

Approval #: ST-10-26A.



The Anderson Mill Swim Club Invites You to Join Us for our

## Spring Fever Meet

**Approval Number:** ST-10-26A

**Meet Date:** Sunday, April 11, 2010

**Venue:** The Anderson Mill Pool is located at 10701 School House Lane, in the Anderson Mill Subdivision, Austin, Texas 78750.

**Facility:** The Anderson Mill Pool is a 25 yard outdoor facility, with 6 lanes. The depth and length of the pool was certified to be within USA requirements on September 9, 2008, by MLAWA Engineers. A semi-automatic timing system will be used (three stop watches per lane, with back-up watches.) Hy-Tek Meet Manager software will be used to record the times.

**Liability:** In granting an approval for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), AMSC, The Anderson Mill Limited District and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.

### USA Swimming

**Registration:**

All coaches and officials participating in this competition must be currently registered with USA Swimming and should be prepared to present their USA-S ID Card as proof of their USA-S Membership to the Meet Director. **Although some non-USA swimmers may be competing, the meet will nevertheless be conducted under USA-S Rules by USA-S/ LSC Certified officials and that only times from USA-S Swimmers will be loaded into SWIMS.** Swimmers who choose to deck enter when possible, or need to be entered because of clerical errors by the entering team, or meet host, will be required to present their current 2010 USA Swimming ID Card, if applicable. National and LSC Regulations do not allow for any exceptions to these policies.

**Rules:** The 2009 USA Swimming Rules and any relevant sections of the STSI Handbook will apply.

**Schedule:** This meet is divided into three sessions.

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Session 1 – Warm ups at 8:00 am to 8:45 am. Start time: 9:00 am  
Session 2\* – Warm up at 1:00 pm to 1:45 pm. Start time: 2:00 pm  
Session 3\* – Warm ups at 5:30 pm to 6:15 pm. Start time: 6:30 pm

**\*These times may be subject to change, depending on the final timeline. Teams will be notified prior to the meet date.**

**Meet Format:** Swimmers may enter a maximum of five events for the day, with no more than three events per session. There will be positive check-in for the 500 Free. Check-in sheets will be available at the Clerk of Course at the start of the meet. Check-in will close 45 minutes before the event is scheduled to swim.

Events will be seeded age combined and swum fast to slow.

If necessary, we will cap the number of swimmers entered in each session in order to keep each session about 4 hours in length.

**Entry Restrictions:** Except as outlined above, there are no additional exceptions.

**Age up Date:** **April 11, 2010**

**Qualifying Times:** There are no qualifying times.

**Entry Deadline:** **Monday, March 29, 2010**

**Deck Entries:** Deck Entries will be accepted on the day of the meet up until 30 minutes before each session. Cost of Deck Entries will be \$10/event. Deck Entries will only be accepted to fill empty lanes in a heat. No new heats shall be created.

**General Entry Procedures:** Entries must be submitted by Hy-Tek Commlink file for teams with more than five swimmers. **An entry list, by name, must accompany the file in pdf format.** Entries may be submitted only via email. Entries must be sent to **palmore@swbell.net**. The Commlink file must be renamed to identify the entering team. USA Swimmers must be identified with their USA ID numbers and must be currently registered. Athletes will not be permitted to compete until satisfactory fee payments have been sent to the Meet Director or his/her designee. **Please make sure the correct session is selected for the 25 events and the 100 Free.**

**Entry Fees:** **\$5.00** per event (This includes the South Texas \$1.25 splash fee) Checks should be made payable to: Anderson Mill Swim Club (AMSC) and sent to: Meet Director Shari Anderson, P.O. Box 200283, Austin, TX 78750. Fees should be postmarked no later than **April 3, 2010**.

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**All fees are non-refundable.**

**Heat Sheets:** Heat sheets will be made available before the start of the meet and will be posted on our website:  
[www.andersonmillswimclub.sports.officelive.com](http://www.andersonmillswimclub.sports.officelive.com).

**Awards:** Every swimmer entered in the meet will receive a participation award. No other award will be given.

**Officials:** Help from visiting officials is always welcome. Visiting Officials are asked to email the Meet Referee ([palmore@swbell.net](mailto:palmore@swbell.net)).

**Timers:** Because we are using semi-automatic and manual watches, help in this area is critical. Please consider stepping up to help as timers if needed. Our meet will not start until all positions are filled.

Swimmers in the 500 Free **must provide at least 2 timers and their own counters.**

**Cell phone Restrictions:** The presence and / or use of cell phones in locker rooms is strictly and specifically prohibited at all times. There are no exceptions to this prohibition. Violators are subject to disqualification from the meet and disbarment from the facility.

**Swim Wear Restrictions:** Only one suit is permitted during competition  
The suits must:

- Be of one piece
- Be constructed of woven / knit material
- Be 100% permeable to air and water
- Not aid buoyancy
- Not have fastening system other than waist ties, casings, ribbing or elastic (no zippers)
- Not extend below the knee and not cover the neck or shoulders for women
- Not extend above the navel or below the knee for men

Swimmers found in violation of these restrictions will be banned from further competition until the violation has been remedied.

**Special Needs:** Please notify the Meet Director, Shari Anderson ([sharibarlage@yahoo.com](mailto:sharibarlage@yahoo.com)), in advance of this event with the name and age of any member of your team who needs assistance entering the facility. The AMSC staff will make reasonable accommodations for swimmers, coaches, or spectators who wish to enter and use our facility.

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In any meet sanctioned or approved by this LSC that may include one or more swimmers with visual, hearing, mental, or physical disabilities, the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.

**Anderson Mill Limited District Rules:**

As guests of the Anderson Mill Limited District, all must adhere to the AM Limited District rules. Coaches must supervise their swimmers. There will no smoking permitted inside the pool perimeter, and no glass containers are permitted. Children must be supervised at all times.

**Spectators are encouraged to bring their own chairs. Space priority will be given to the registered participants.**

**Concessions will be available.**

**Parking:**

Parking is limited on the premises, but parking is allowed on the adjacent streets in the neighborhood, with the exception of the bridge next to the pool. We also ask that participants avoid parking in front of mail boxes. Violators will be towed by local law enforcement.

**Administration:**

**Meet Referee/ Entries Chair: Dorothy Palmore**

11109 Miramar Dr, Austin, TX 78726

512-918-1889

[palmore@swbell.net](mailto:palmore@swbell.net)

**Meet Director: Shari Anderson**

P.O. Box 200283, Austin, 78750

512-751-2661

[sharibarlage@yahoo.com](mailto:sharibarlage@yahoo.com)

**Head Coach: Jamee Stewart**

Morning Glory, Austin, TX 78750

512-331-7379

[jstewart@austincc.edu](mailto:jstewart@austincc.edu)

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## Schedule of Events

### Session One

Warm-up 8:00 AM

Start Time: 9:00 AM

Girls	Event	Boys
1	25 Free	2
3	25 Breast	4
5	25 Fly	6
7	25 Back	8
9	200 IM	10
11	100 Fly	12
13	50 Back	14
15	100 Free	16
17	50 Breast	18
19	100 Back	20

### Session Two

Warm-up 1:00 PM

Start Time: 2:00 PM

Girls	Event	Boys
21	25 Back	22
23	25 Breast	24
25	25 Free	26
27	25 Fly	28
29	50 Free	30
31	200 Free	32
33	100 IM	34
35	100 Free	36
37	50 Fly	38
39	100 Breast	40

### Session Three

Warm-Up: 5:30-6:15

Start Time 6:30 pm

41	500 Free*	42
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\*Positive Check-In is required. Swimmers must provide their own counter and at least two timers.

# SOUTH TEXAS SWIMMING, Inc.

## Safety Guidelines and Warm-up Procedures

### A. WARM-UP PROCEDURES

- I. Assigned warm-up Procedures.
  - a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
  - b. All warm-up activities will be coordinated by the coach(es) supervising that lane
  - c. Dive sprints may be done only under the direct supervision of the coach
- II. Open warm-up procedures.

#### LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first ½ of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace Lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times - one way only!
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes - circle swimming only.
- f. No kick boards, pull buoys, or hand paddles may be used.

### III. Safety Guidelines

- a. Coaches are responsible for the following:
  - 1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices
  - 2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
  - 3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
- b. The host team will be responsible for the following.
  - 1. A minimum of four (4) marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s). Marshals must be members of United States Swimming.
  - 2. Marshals will have authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these Procedures.
  - 3. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
  - 4. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and the following statement will appear in the meet information: "South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
  - 5. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
  - 6. Hazards in locker rooms, on deck, or areas used by coaches, swimmers, or officials will be either removed or clearly marked.

### B. MISCELLANEOUS NOTES

- I. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warmups unless approved by the Referee.

**NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.**