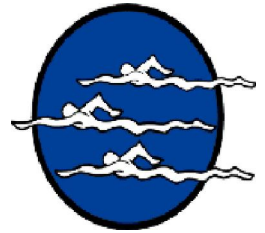


# Alamo Area Aquatic Association

www.aaaa-sa.org

## Meet Information

Posted 03/25/10



- Meet:** ■ Eighth Annual Cinco de Mayo International Invitational (Long Course Meters)
- Dates:** ■ Friday, Saturday and Sunday, April 30, May 1 and 2, 2010
- Approval Number:** ■ ST-10-29
- Venue:** ■ San Antonio Natatorium  
■ 1430 West Durango  
■ San Antonio, Texas 78207  
■ 210-299-1560
- Facility:** ■ Eight 50-meter lanes  
■ Depth: 5.5 feet at start / 4.0 feet at turn end  
■ All automatic DAKTRONICS starting and timing  
■ Limited deck seating (500) / bring lawn chairs  
■ Concessions available  
■ The course length has not been certified
- Liability:** ■ In granting Approval for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the San Antonio Independent School District (SAISD), and all meet officials shall be free from any liabilities for claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.
- Rules:** ■ The 2009 USA Swimming Rules and any relevant sections of the STSI Handbook will apply.
- Swim suit 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
- Cell phone restrictions:** ■ The presence and / or use of cell phones, and any other equipment capable of producing photographic or video images, 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.
- Format:** ■ Pre-seeded  
■ Timed finals in Long Course Meters  
■ No events longer than 200-meters  
■ All events will be seeded by time and gender without regard to age  
■ Swimmers must be currently (2010) registered with USA Swimming or FINA  
■ USA Swimming entries received without a valid and accurate 2010 USA Swimming Registration Number will not be accepted  
■ Meet Manager SD Files will be utilized to verify registration

- No time trials
- No proof of time required
- This meet may include athletes who are not members of USA Swimming, hence it being Approved rather than Sanctioned
  - Nevertheless the meet will be conducted under USA Swimming Technical Rules and officiated by USA Swimming Certified Officials.

## Entry

- Restrictions:**
- All competitors must be currently (2010) registered with either USA Swimming OR FINA
  - Age as of April 30, 2010 will determine a swimmers age for the entire meet
  - Entry times must be in long course meters
  - Swimmers may enter a maximum of five (5) events per day
  - If entering with a non-confirming time (SCM or SCY), swimmers must enter at the qualifying time for that age group
  - Meet will be capped at 350 athletes

## USA Swimming

- Registration:**
- All swimmers, coaches, and officials participating in this competition must be currently (2010) registered with USA Swimming or FINA
  - All should also be prepared to present their USA Swimming ID Card as proof of their Registration to the Meet Director or designee at any time
  - Swimmers who **1)** chose to enter time trials, if offered, **2)** late enter when possible, or **3)** need to be late entered because of clerical errors by the entering team and / or the meet host; will be required to present their USA Swimming ID Card
  - National and LSC Regulations do not allow for any exceptions to these policies

## Qualifying Times:

- The qualifying times for this meet are equal to or faster than the 2009 – 2012 National Motivational Top-16 Based “B” long course meter times — Please see pages four (4) and five (5)
  - Those time standards are also available on the USA Swimming Web Site ([www.usa-swimming.org](http://www.usa-swimming.org))
  - Entries received with seed times slower than the National ‘B’ Standard will not be accepted and any entry fees will not be refunded
  - There are no qualifying times for eight and under swimmers, however, they must nevertheless be entered with a seed time, i.e. No Time (NT) entries WILL NOT be accepted

## Entry

- Deadline:**
- 6:00 PM, Monday, April 19, 2010
  - Full payment must be received by April 26th

## Late/Deck Entries?

- Only to fill empty lanes
- No new heats will be created and standbys will not be permitted

## Entry

- Procedures**
- The **only** acceptable mode of entry is via Hy-Tek Commlink Disk or File
  - A hard copy and Entry Fee Report must be included with your entry
  - If you have questions on this procedure contact Don Walker at the e-mail address noted below •Please format any disks before utilizing for entries
  - An “HYV” File for Team Manager is available on the USA Swimming Page of the AAAA Web Site ([www.aaaa-sa.org](http://www.aaaa-sa.org))
  - Entries received without a seedtime (NT) **will not** be entered into this pre-seeded meet and any entry fees **will not** be refunded
  - Please be certain to confirm your acceptance into this meet prior to making your air and hotel reservations.

## E-Mail

- Entries:**
- Entries in Commlink Format only, **MUST** be sent to: [dmw15479@aol.com](mailto:dmw15479@aol.com)
  - The Commlink File must be renamed to clearly identify the entering team, the shorter the better
  - Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded

■Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (hard copy) is received as an attachment to the e-mail or hand-delivered to the meet director

**FAX Entries:** ■Under no circumstances will entries be accepted via FAX

**Scratch Rules:** ■All events will be pre-seeded and there is no penalty for scratching from an event.

**Entry Fees Includes Splash Fee:** ■\$6.00 per Individual event

**Late Entries:** ■\$12.00 per Individual event

**Checks payable to:** ■San Antonio Nadadores

**Meet Management:**

■**Entries Chair & Meet Director:**

■Don Walker  
■110 Tuleta Drive  
■San Antonio, TX 78212  
■210-299-1560  
■dmw15479@aol.com

■**Meet Referee:**

■Jonathan. Rightmyer  
■3730 Longridge  
■San Antonio TX, 78228  
■210-857-4950  
■john\_rightmyer@yahoo.com

**Warm-ups:** ■Warm-ups will be conducted in accordance with the current STSI Policies and Procedures page seven (7)  
■The diving well will be available for constant warm-up and cool-down  
■Lane assignments will be made  
■Specific lanes and times will be posted with the Psych Sheet at www.aaaa-sa.org no later than 2:00 PM, Tuesday, April 27th  
■These assignments will be determined by the number of entrants and distances traveled

**Special Needs:**

■Please notify the San Antonio Natatorium (210-299-1560) in advance of this event with the name and age of any member on your team who needs assistance to enter the building  
■The facility Staff will make reasonable accommodations for swimmers coaches, or spectators who wish to enter and use our facility  
■In any meet sanctioned or approved by South Texas Swimming, Inc., which 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  
■Coaches and / or athletes must notify the Meet Referee before the event begins if they are to be considered to be judged under Article 105

**Awards:**

■Custom medals will be provided by Hasty Awards and will be awarded for places one through three  
■Custom ribbons from will be awarded to places four through eight  
■High Point Awards for each category  
■Age Groups may be combined in the interest of time but will be scored separately for high point awards  
■A swimmer may only score points for high points in a Nationally recognized event for her/his age group  
■An exception will be made for the 8 and under Divisions

**Age-Groups:** ■8 and under, 9, 10, 11, 12, 13, 14, 15 and 16 and Up (Girls and Boys)

**Results:** ■Daily and Final Results plus the Commlink File will be available on our website at www.aaaa-sa.org

**Schedule:** ■Friday: Warm-ups begin at 4:30 PM Meet begins at 5:30 PM  
■Saturday: Warm-ups begin at 9:00 AM Meet begins at 10:00 AM  
■Sunday: Warm-ups begin at 8:00 AM Meet begins at 9:00 AM

**Timers:** ■Entering teams will be expected to provide backup timers in proportion to their entries  
 ■Volunteers will also be appreciated

**Lodging:** ■Please click on the Corporate Partners Logo on the right side near the top of the AAAA Home Page at [www.aaaa-sa.org](http://www.aaaa-sa.org)

**Contacts:** ■Don Walker: [dmw15479@aol.com](mailto:dmw15479@aol.com) / 210-299-1560  
 ■Sofia Walker: [sofia16518@aol.com](mailto:sofia16518@aol.com) / 210-408-8208

**Foreign Competitors** ■It is strongly recommended that Visa and travel arrangements be made as early as possible  
 ■Entries will be capped at 350

<b>Order of Events</b>								
<b>Friday, April 30th, 5:30 PM</b>			<b>Saturday, May 1st, 10:00 AM</b>			<b>Sunday, May 2nd, 9:00 AM</b>		
<b>Girls No.</b>	<b>Age / Event</b>	<b>Boys No.</b>	<b>Girls No.</b>	<b>Age / Event</b>	<b>Boys No.</b>	<b>Girls No.</b>	<b>Age / Event</b>	<b>Boys No.</b>
1	9 & Over 200 Free	2	7	11 & Over 200 Back	10	17	9 & Over 100 Free	18
3	11 & Over 50 Free	4	9	5 -10 50 Free	12	19	11 & Over 200 Breast	20
5	9 & Over 200 I-M	6	11	9 & Over 100 Breast	14	21	5 – 12 50 Fly	22
			13	5 – 12 50 Back	8	23	9 & Over 100 Back	24
			15	9 & Over 100 Fly	16	25	5 – 12 50 Breast	26
						27	11 & Over 200 Fly	28



2009 – 2012 National Motivational Time Standards						
Long Course Meters						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
45.09	40.79	36.39	50 Free	36.09	40.19	44.29
1:43.99	1:32.99	1:21.8	100 Free	1:20.5	1:31.09	1:41.59
3:48.59	3:23.59	2:58.4	200 Free	2:52.3	3:13.99	3:35.49
7:37.29	6:51.59	6:05.8	400 Free	6:06.7	6:52.69	7:38.49
55.99	49.89	43.69	50 Back	43.89	50.09	56.39
2:02.39	1:48.89	1:35.2	100 Back	1:33.2	1:45.69	1:58.09
1:01.59	54.89	48.29	50 Breast	48.49	55.09	1:01.59
2:17.49	2:02.29	1:46.9	100	1:45.9	1:59.79	2:13.59
55.09	48.59	42.09	50 Fly	40.99	46.89	52.89
2:12.59	1:55.19	1:37.8	100 Fly	1:36.4	1:53.19	2:09.79
4:12.99	3:46.49	3:19.8	200 I-M	3:18.8	3:44.79	4:10.69

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
39.19	36.39	32.39	50 Free	32.59	35.29	37.99
1:25.79	1:19.59	1:13.4	100 Free	1:11.3	1:17.39	1:23.29
3:03.89	2:50.79	2:37.6	200 Free	2:34.8	2:47.79	3:00.69
6:27.79	6:00.09	5:32.3	400 Free	5:27.0	5:54.39	6:21.69
13:31.6	12:33.6	11:35.	800 Free	11:30.	12:28.5	13:26.1
26:04.1	24:12.3	22:20.	1500 Free	22:14.	24:05.29	25:56.4
45.49	42.29	38.99	50 Back	36.69	42.19	45.69
1:38.89	1:31.09	1:23.2	100 Back	1:23.5	1:31.39	1:39.19
3:30.29	3:15.29	3:00.1	200 Back	2:56.3	3:11.09	3:25.79
49.09	45.59	42.09	50 Breast	43.09	47.09	51.09
1:49.99	1:41.89	1:33.7	100	1:32.4	1:40.89	1:49.19
3:57.59	3:40.59	3:23.6	200	3:20.7	3:37.49	3:54.19
42.39	39.39	36.29	50 Fly	36.19	39.59	42.99
1:38.69	1:30.79	1:22.8	100 Fly	1:21.4	1:29.49	1:37.49
3:29.09	3:14.19	2:59.2	200 Fly	2:58.4	3:13.39	3:28.29
3:29.69	3:14.79	2:59.7	200 I-M	2:58.0	3:13.89	3:29.59
7:27.89	6:55.89	6:23.9	400 I-M	6:20.1	6:51.79	7:23.49

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.89	35.19	32.49	50 Free	30.29	32.79	35.39
1:22.09	1:16.19	1:10.3	100 Free	1:05.9	1:11.49	1:16.99
2:57.09	2:44.39	2:31.7	200 Free	2:23.2	2:35.19	2:47.09
6:09.39	5:42.99	5:16.5	400 Free	5:02.7	5:27.99	5:53.29
12:35.9	11:41.9	10:47.	800 Free	10:29.	11:21.7	12:14.2
24:06.3	22:23.0	20:39.	1500 Free	19:55.	21:35.2	23:14.9
1:30.79	1:24.29	1:17.7	100 Back	1:14.4	1:20.59	1:26.89
3:15.29	3:01.29	2:47.3	200 Back	2:40.6	2:54.09	3:07.49
1:43.89	1:36.39	1:29.9	100	1:21.2	1:28.09	1:34.89
3:43.99	3:27.99	3:11.9	200	3:01.9	3:17.19	3:32.39
1:29.19	1:22.89	1:16.4	100 Fly	1:11.0	1:16.99	1:22.89
3:16.29	3:02.29	2:48.2	200 Fly	2:38.7	2:51.99	3:05.19
3:19.99	3:05.69	2:51.4	200 I-M	2:42.3	2:55.99	3:09.49
7:01.19	6:31.09	6:00.9	400 I-M	5:44.4	6:13.19	6:41.89

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
Senior Girls			Event	Senior Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.09	34.49	31.79	50 Free	28.79	31.19	33.59
1:20.09	1:14.39	1:08.5	100 Free	1:03.0	1:08.39	1:13.59
2:51.79	2:39.49	2:27.1	200 Free	2:17.1	2:28.59	2:39.99
6:00.39	5:34.69	5:08.8	400 Free	4:50.1	5:14.39	5:38.59
12:23.2	11:30.1	10:37.	800 Free	10:01.	10:52.0	11:42.1
23:53.0	22:10.6	20:28.	1500 Free	19:13.	20:49.4	22:25.5
1:28.99	1:22.69	1:16.2	100 Back	1:10.5	1:16.49	1:22.39
3:11.69	2:57.99	2:44.2	200 Back	2:31.2	2:43.89	2:56.49
1:41.09	1:33.89	1:26.6	100	1:19.6	1:26.39	1:32.99
3:36.59	3:21.19	3:05.6	200	2:54.2	3:08.79	3:23.29
1:26.59	1:20.39	1:14.1	100 Fly	1:07.6	1:13.39	1:19.99
3:09.69	2:56.19	2:42.6	200 Fly	2:30.5	2:43.19	2:55.69
3:15.19	3:01.19	2:47.2	200 I-M	2:35.8	2:48.89	3:01.79
6:48.99	6:19.79	5:50.5	400 I-M	5:27.0	5:54.39	6:21.59



# 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.

POOL	LANE USE		
	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).
2. Marshals must be members of United States Swimming.
3. 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.
4. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
5. 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."
6. 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.
7. 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.**