



# Alamo Area Aquatic Association

www.aaaa-sa.org

## Meet Information

Posted 03/25/10

- Meet:** ■2010 Summer "C" Meet #1 at the San Antonio Natatorium
- Dates:** ■Saturday, April 17, 2010
- Sanction:  
Number:** ■ST-10-30
- Venue:** ■San Antonio Natatorium  
■1430 West Durango  
■San Antonio, Texas 78207  
■210-299-1560
- Facility:** ■Eight 25-meter lanes  
■Depth: 5.5 feet at start / 4.5 feet at turn end  
■All automatic DAKTRONICS starting and timing  
■Limited deck seating (500) / bring lawn chairs  
■Concessions available
- 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.
- Format:** ■Pre-seeded  
■Timed finals in Short Course Meters (SCM)  
■All events will be seeded by time and gender without regard to age  
■Swimmers must be currently (2010) registered with USA Swimming  
■Entries received without a valid and accurate 2009 USA Swimming Identification Number will not be accepted  
■No time trials  
■No proof of time required
- Entry  
Restrictions:** ■This meet is open to all currently (2010) registered USA Swimming athletes  
■Swimmers must enter with a seed time in long course meters (LCM)  
■If entering with a time in short course yards or long course meters, the time must be converted to LCM utilizing any one of the accepted conversion factors  
■Entries received with No Time (NT) will not be accepted and any entry fees will not be refunded  
■In meets one, two and three, swimmers may enter a maximum of three events  
■Swimmers May Not enter more than one event of the same stroke and distance in any 2010 Summer "C" meet
- 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.

- USA Swimming Registration:**
- All swimmers, coaches, and officials participating in this competition must be currently registered with USA Swimming
  - 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

- Maximum Time Standards:**
- Swimmers entering any AAAA "C" Level competition must not have ever achieved a time equal to or faster than the Maximum Times specified in the Order of Events on page 4
    - Please note, the times are specified in Short Course Meters (SCM)!
  - There are no USA Swimming time standards for 8 and under competitors
  - Swimmers who achieve the maximum time standard during the season may not then swim that stroke and distance in any successive meet

- Entry Deadline:**
- 6:00 PM, Tuesday, April 6, 2010

- Late/Deck Entries?**
- Only to fill empty lanes
  - No new heats will be created and standbys will not 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 Fee:**
- \$ 5.00 per Individual event – includes the STSI Splash Fee
  - Late Entries: \$10.00 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 five

**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:**

- Ribbons places one through eight
- Age Groups: Appropriate to each event
- 6 and under, 7, 8, 9, 10, 11, 12 and 13 and over (Girls and Boys)

**Schedule:**

- Warm-ups begin at 7:30 AM
- Meet begins at 9:00 AM

**Officials and Timers:**

- Volunteer timers will be needed
- All currently certified / registered and in-training USA Swimming officials are cordially invited to assist in the conduct of this meet
- Officials must prominently display their South Texas and USA Swimming credentials while on deck
- Wearing of name tags is strongly encouraged
- Please report to the Meet Referee 30 minutes prior to the scheduled start time of the meet to receive assignments



## Order of Events and MAXIMUM Qualifying Times

Distances are in Short Course METERS!

Girl's Number	Slower Than	Age Group	Distance & Stroke	Slower Than	Boy's Number
1	4:06.09	10 & U	200 I-M	4:04.09	2
	3:23.09	11-12	200 I-M	3:22.29	
	3:13.99	13 & O	200 I-M	3:00:79	
3	-	8 & U	50 Free	-	4
	0:43.99	9 & 10	50 Free	0:42.89	
	0:37.89	11-12	50 Free	0:36.89	
	0:36.89	13 & O	50 Free	0:33.89	
5	2:12.59	10 & U	100 Breast	2:07.79	6
	1:46.59	11-12	100 Breast	1:44.99	
	1:40.09	13 & O	100 Breast	1:32.89	
7	-	8 & U	50 Back	-	8
	0:53.89	9 & 10	50 Back	0:54.29	
	0:43.69	11-12	50 Back	0:43.69	
9	2:09.79	10 & U	100 Fly	2:07.29	10
	1:36.29	11-12	100 Fly	1:34.79	
	1:27.39	13 & O	100 Fly	1:20.99	
11	1:40.89	10 & U	100 Free	1:38.49	12
	1:21.29	11-12	100 Free	1:20.79	
	1:20.19	13 & O	100 Free	1:13.99	
13	-	8 & U	50 Breast	-	14
	0:59.19	10 & U	50 Breast	0:59.29	
	0:48.69	11-12	50 Breast	0:48.89	
15	1:56.79	10 & U	100 Back	1:53.69	16
	1:37.29	11-12	100 Back	1:34.79	
	1:28.29	13 & O	100 Back	1:22.79	
17	-	8 & U	50 Fly	-	18
	0:53.89	10 & U	50 Fly	52.19	
	0:41.79	11-12	50 Fly	42.29	
19	3:41.19	10 & U	200 Free	3:29.79	20
	3:00.29	11-12	200 Free	2:55.59	
	2:52.49	13 & O	200 Free	2:41.49	

# 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).
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 backstroke 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 warm-ups 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.**