

May Madness  
Saturday May 1st, 2010  
McAllen Swim Club  
ST-10-32

**Location:** The swimming pool is located at the corner of Nicholson and West 15<sup>th</sup> St. in Mission, Texas. **DIRECTIONS TO THE MISSION HIGH SCHOOL POOL:**  
**Route 83 West Exit at CONWAY in Mission**  
**Go north on CONWAY for 1.4 miles**  
**At 7<sup>th</sup> traffic light, turn left onto Cleo Dawson Drive (18<sup>th</sup> Street)**  
**Continue on Cleo Dawson Street and then turn left onto Nicholson Ave.**  
**The pool is on the left side of the street at the corner of Nicholson Ave and W. 15<sup>th</sup> Street.**

**Facilities:** The meet will be conducted in a five lane outdoor swimming pool with a 50-meter course, using a Colorado timing system. The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet, at the start end and 4 1/2 feet, at the turn end. Starting platforms are located at the deep end of the pool. Parking, spectator, and restroom space is adequate. Food and beverages will be available at the concession stand. Signs will be posted. There are few trees, therefore shade tarps and folding chairs are recommended.

**Liability:** In granting this approval, it is understood and agreed that United States Swimming, Inc., South Texas Swimming, Inc., McAllen Swim Club, City of Mission and employees, meet officials, and volunteers shall be free from any liability or claim for damage arising by reason of injuries to anyone during the conduct of the meet.

**Rules:** This meet is sanctioned by South Texas Swimming, Inc. Current 2010 USA Swimming Rules and relevant sections of the STSI Handbook will apply.

**Meet Format:** All events will be timed finals, swum in one long course meter pool, seeded only by time and gender. Check in is required for the 400-meter IM. The time for positive check-in will be announced. Age groups will be combined alternating girls and boys' heats. These events shall be swum fastest to slowest. All other events shall be swum slowest to fastest.

**Meet Behavior:** It is expected that all persons attending the meet respect the facilities and remember that they represent themselves, their respective clubs, and South Texas Swimming, Inc. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending club if attached, to be held accountable and liable for repairs. It also may result in expulsion from the meet.

**Eligibility:** All swimmers must be currently registered athletes with US Swimming for the year 2010. Participating teams and clubs must be registered with US Swimming. Swimmers will be scored in age groups based on their ages as of the first day of the meet (May 1st, 2010).

**Swimmers with Disabilities:** 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. Note: So that we can properly accommodate disabled swimmers, please ensure that coaches notify the Meet Referee and/or Meet Director prior to the start of the meet on the day a swimmer competes.

### **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 banned from further competition until the violation has been remedied.
  - 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

**Entries:** Swimmers may compete in a maximum of five individual events per day. Swimmers will be seeded by times and age groups. Enter in long course meter times. Team Manager should be used to convert yard and short course meter times to long course meter times for seeding purposes. Teams are encouraged to use the HYV file provided at the STSI website to aid in the entry procedure. Deadline for entries is Saturday, April 17<sup>th</sup>.

**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.

**Entry Fees:** \$5.00 per event (This includes the South Texas \$1.25 splash fee) Checks should be made payable to: McAllen Swim Club (MSC) and sent to Monica Santos, 3700 Hildreth Lane, McAllen, TX 78504.

**Entry Procedures:** The DEADLINE for meet entries is Saturday, April 17, 2010. Entries must be entered into HY-TEK or compatible disk. Hard copy and fees must accompany entries and once accepted will not be refunded. The entry fees need to be received by Friday, April 17th, 2010. An entry report file in word format needs to be attached to your email and needs to be received by the entry deadline. The entry chair will e-mail you back within 24 hours of receiving your entry. If you do not receive this e-mail, call the entry chair immediately. Please include a club contact person's phone number and e-mail.

### **Entry chair:**

Monica Santos  
3700 Hildreth Lane,  
McAllen, TX 78504  
(956) 318-1013 / (956) 867-4545 cell  
mscentries@gmail.com

### **Cell phone**

#### **Restrictions: 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.

**Awards:** There will be ribbons awarded for places 1-8, in each event for each age group (8 and under, 9-10, 11-12, 13-14, and 15 and over).

**Warm-up procedures:** The South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. Violators may be disqualified. **WARM-UPS BEGIN: 7:00 a.m. MEET BEGINS: 8:00 a.m.**

**Timers:** Each competing team may be asked to supply 2 timers. Volunteer timers will be greatly appreciated. Athletes in the 400 I.M. must provide their own timers.

<b>Referee:</b> <b>Miguel Gonzalez</b> 7025 N. 5 <sup>th</sup> St. McAllen, TX 78504 (956) 994-0996  <a href="mailto:gonzalezma@panam.edu">gonzalezma@panam.edu</a>	<b>Meet Director:</b> <b>Helene Picard- Sanchez</b> 1412 Quamasia, McAllen (956) 630-1344 <a href="mailto:hpicard@rgv.rr.com">hpicard@rgv.rr.com</a> or <b>Rosanne Garza</b> 2300 S. 47 <sup>th</sup> St. McAllen (956)758-5083 <a href="mailto:rbgarza@rgv.rr.com">rbgarza@rgv.rr.com</a>	<b>Head Coach:</b> <b>Roxanne Balducci</b> 2117 Deborah St. Edinburg, TX 78539 (956) 380-0279 <a href="mailto:rbalducci2002@yahoo.com">rbalducci2002@yahoo.com</a>
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## SCHEDULE OF EVENTS

### SATURDAY

- Event # Girls
1. 400 IM (12-O)
  3. 200 IM (12-U)
  5. 200 Free (Open)
  7. 100 Free (Open)
  9. 200 Fly (11-O)
  11. 100 Fly (12-U)
  13. 200 Breast (11-O)
  15. 100 Breast (12-U)
  17. 50 Free (Open)
  19. 200 Back (11-O)
  21. 100 Back (12-U)
  23. 200 Free Relay (12-U)
  25. 400 Free Relay (13-O)

- Event # Boys
2. 400 IM (12-O)
  4. 200 IM (12-U)
  6. 200 Free (Open)
  8. 100 Free (Open)
  10. 200 Fly (11-O)
  12. 100 Fly (12-U)
  14. 200 Breast (11-O)
  16. 100 Breast (12-U)
  18. 50 Free (Open)
  20. 200 Back (11-O)
  22. 100 Back (12-U)
  24. 200 Free Relay (12-U)
  26. 400 Free Relay (13-O)

**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**

<b>POOL</b>	<b>PUSH/PACE</b>	<b>DIVES/SPRINTS</b>	<b>GENERAL WARMUP</b>
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! Dive sprints may only be done under the direct supervision of the coach.
- d. There will be no diving in the general warm-up lanes. Circle swimming only.
- e. No kick boards, pull buoys, or hand paddles may be used.

**3. 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. 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

1. 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.

2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

3. 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.

4. Warm-up procedures will be enforced for any breaks scheduled during the competition.

5. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-up 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.***

**STSI Safety Guidelines and Warm-up Procedures  
Revised 29SEP03**