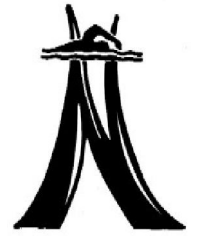


Alamo Area Aquatic Association

www.aaaa-sa.org

Meet Information

Posted 04/19/10



The contents of this document are the sole responsibility of the Meet Host. Any and all questions regarding any aspect of the competition must be addressed only to the designated Meet Director.

- Meet Name:**
- 2010 Alamo Area Long Course Senior Series I
 - Sanction Number: ST-10-34
- Meet Date(s):**
- May 22 and 23, 2010
- Meet Venue:**
- George Block Aquatics Center
 - 7001 Culebra Road
 - San Antonio, TX 78238
 - 210-397-8985.
- Facility:**
- Six, 50-meter competitive lanes, with two 50-meter warm-up lanes
 - Certified pool: Depth four to twelve feet
 - Automatic starting and timing
 - Stadium type seating for 700 spectators
 - Concessions available
- Liability**
- In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming (STSI), the Alamo Area Aquatic Association (AAAA), the Northside I.S.D., 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
- 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 and / or F.I.N.A.
 - 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 when offered, 2) late enter when possible, or 3) need to be entered because of clerical errors by the entering team 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.
- Rules:**
- The 2010 USA Swimming Rules and any relevant sections of the STSI Handbook will apply.
- Meet Format:**
- Timed finals
 - No relays.
 - Individual events
 - No time trials
- Entry Restrictions:**
- This meet is open to all currently (2010) registered USA Swimming and F.I.N.A. swimmers ages 13 and over
 - Age as of May, 22, 2010 determines age for the entire meet
 - Maximum of five events per day
- 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

Qualifying Times: •None, unclassified

Proof of Time: •No!

Entry Deadline: •6:00 PM, Tuesday, May 11, 2010

Late/Deck Entries: •Yes, but to fill empty lanes only!

Entry Procedures: The **only** acceptable mode of entry is via Hy-Tek Commlink Disk or File

- Hard copy **MUST** accompany
- Please format 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)
- Entries received without a seed time will not be entered into the meet and fees will not be refunded**
- Mail or hand deliver entries to the Meet Director noted above
- Entries may also be submitted via e-mail

E-Mail Entries:

- Entries in Commlink Format only, MUST be sent to: rlatone@gaggle.net
- E-mail submissions to any other address will not be accepted.
- Electronic payment must accompany entries
- 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, via FAX (210-561-5280), or hand-delivered.
- Athletes WILL NOT be entered into the meet until entry fee payment has been received by the Meet Director or designee
- Under no circumstances will entries be accepted via FAX.
- ONLY Entry Reports WILL be accepted via FAX.

Entry Fees: •Normal (Commlink) **\$6.00 per event**
(Incl. Splash Fee) •Late **\$12.00 per event**
 (Late entries close 30 minutes before the start of each session)

•Checks payable to: N.I.S.D.
 •Payment by credit card may be made at: www.nisd.net/aquaww/payment.htm

Meet Administration:

- | | | |
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| <ul style="list-style-type: none"> •Meet Director •Terry Vettters •7001 Culebra Road •San Antonio, TX 78238 •210-397-8985 •terry.vettters@nisd.net | <ul style="list-style-type: none"> •Meet Referee •Dennis Guill •131 Eagle Vail •San Antonio, TX 78258 •210-497-1803 •daguill@att.net | <ul style="list-style-type: none"> •Entries Chair •Ryan Latone •7001 Culebra Road •San Antonio, TX 78238 •210-397-7587 •rlatone@gaggle.net |
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Special Needs:

- Please notify the Northside Aquatics Center (210-397-8985) in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
- The NISD 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.

Warm-ups: •Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page 4

Time trials: •None

Scoring/Awards: •None

Daily Schedule:

•AM warm-ups begin	8:00 AM (Saturday & Sunday)
•Check-in for 400 free (Saturday AM)	9:00 AM
•PM warm-up begin	4:00 PM (Saturday)
•Check-ins for the 400 I-M (Saturday PM)	5:00 PM
•Late Entries close	30 minutes prior to the start of each session
•Clear pool	10 minutes prior to the start of each session
•Coaches' Meeting	8:51 AM (Saturday) & Sun. (if needed)
•Meet begins	9:00 AM sessions 5:00 PM session

Timers:

- Each team is asked to assist in providing timers throughout each session.
- Volunteers will undoubtedly be needed and greatly appreciated.
- Swimmers competing in the 400-meter freestyle, and 400-meter individual medley will need to provide their own backup timers

Officials:

- All currently certified and in-training USA Swimming officials are cordially invited to participate
- Please report to the Meet Referee at least 30 minutes prior to the starting time of each session to receive your assignments
- The wearing of name tags is encouraged.

ORDER OF EVENTS		
Distances are in meters		
Saturday AM		
Women #	Event	Men #
1	100 Fly	2
3	400 Free*	4
5	200 IM	6
7	50 Free	8
Saturday PM		
Women #	Event	Men #
9	100 Back	10
11	100 Breast	12
13	200 Free	14
15	400 Individual Medley*	16
Sunday		
Women #	Event	Men #
17	200 Back	18
19	100 Freestyle	20
21	200 Breast	22
23	200 Fly	24

* Swum fastest to slowest alternating women/men.

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.