



SWIM BELTON



Where swimming fast is fun!

Swim Belton

is proud to host the

2010 June Short Course Meet

Saturday, June 19th, 2010

Sanction Number ST-10-35

- Welcome:** Swim Belton invites you to join us at the Roy and Jean Potts Belton Swim Center to compete in the 2010 June Short Course meet.
- Facility:** The Roy and Jean Potts Belton Swim Center is located at 600 Lake Rd, Belton, Texas 76513 on the Belton High School Campus. This meet will be conducted in one, indoor, 8-lane, 25-yard pool using a Daktronics Timing System and Hy-Tek Meet Manager software. The pool has 7- foot lanes with a 5-foot minimum water depth. Telephone numbers: (254) 215-2444, (254) 718-7270, or (254) 939-1574. The facility has a separate 3-lane 25 yard pool with depths of 3' to 4'9" which will be available for continuous warm-up and cool down. Parking and spectator areas are adequate. Dressing rooms have limited space. This pool opened in October of 2007 and has not been professionally certified.
- A reasonably-priced concession stand will be available in the area throughout the meet. Spectators and athletes may not bring food nor drink into the facility from outside sources.
- Sanctions:** This meet is sanctioned by South Texas Swimming and current rules apply. All swimmers must be registered for 2010 with USA swimming by the entry deadline.
- Liability:** USA Swimming, South Texas Swimming, Swim Belton, Belton Independent School District and the Roy and Jean Potts Belton Swim Center accept no responsibility or liability for injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.
- Meet Format:** Events will be seeded by time and gender. All events will be timed finals. All events will be swum slowest to fastest unless otherwise noted.
- Meet Eligibility:** This meet is open only to USA Swimming and FINA registered swimmers. Entries received without a complete USA Swimming Registration number will not be processed. It is strongly recommended that swimmers have their USA Swimming ID card with them. Deck entries will not be accepted for a swimmer not already in the meet unless the swimmer's USA Swimming registration can be verified. Swimmers must compete in age groups based on their age as of June 19, 2010. Each contestant may compete only in the age group for which she/he is eligible.
- Entry Limitations:** An individual swimmer may enter a maximum of 5 individual events and 2 relays.
- Relay Entries:** Relay team entry times may be determined by the sum of the individual team member's times for like strokes/distances, or the actual time of that relay team achieved in sanctioned competition. Relay cards must be turned in with final relay line-up prior to the designated time (as shown on the schedule). If a relay card is not turned in, it is assumed that the relay is scratched. No relays will swim without a relay card submitted.
- Entry Deadline:** Entry deadline is 6:00 PM on Monday, June 11th, 2010.
- Requirements:** All entries must contain the following:
- The name, email address, and phone number of the person preparing the entries in case clarification is needed.
 - An attachment of the Hy-tek Team Manager export file



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Entry Procedures: \$6.00 per individual event and \$15.00 per relay event. This includes the South Texas Swimming splash fee of \$1.25 per splash. Check for entry fees made out to Swim Belton must be received by June 16, 2010. If payment is not received on time, your swimmers will be removed from the meet. Please include the meet entry fee report with your check.

We will accept team entries in the order in which they are received, and refuse entries when we reach maximum capacity in order to comply with the USA Swimming 4-hour time limitation or 200 swimmers which ever comes first.

Once the entry fees are accepted they will not be refunded for any reason, even if a swimmer should fail to compete. No paper, phone, or fax entries will be accepted. If you don't receive an email confirmation, your entries were not received.

Deck Entries: Deck entries will be accepted at \$12.00 per individual event, \$30.00 per relay. You may deck enter for the current session beginning at the start of warm-up. Deck entries will close 30 minutes prior to the start of the session.

Swimmers not previously entered in the meet must present their USA swimming registration card or provide proof of electronic registration at Clerk of Course to deck enter. No exceptions.

Warm-up Procedures: South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet (see Attachment). South Texas Swimming, Inc. warm-up procedures will be enforced. **Violators may be disqualified.** The pool will be available for open warm-ups as shown on the schedule. There will two warm – up sessions of 35 minutes. (Warm-up times and lane assignments for each team will sent to the coach via email. **COACHES WILL BE RESPONSIBLE FOR SUPERVISING THEIR SWIMMERS.**

AWARDS
Ribbons will be awarded for each individual event for 1-8th place for 8&U, 9-10, 11-12, and 13 & Over. Ribbons will be awarded for 1st-8th place in relay events for 12 & Under and 13 & Over.

Meet Administration:

Meet Director: Lenore Burt
7267 Woodlake Circle
Belton, Texas 76513
254.939.1574
coachmike@swimbelton.com

Meet Referee: Susan Nickel
4904 Ascot Pkwy
Temple, TX 76502
254.774.8643
anickel@hotmail.com

Head Coach: Michael Burt
7267 Woodlake Circle
Belton, TX 76513
254-215-2444, 254-718-7270
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Entry Chair: Lenore Burt
7267 Woodlake Circle
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Officials: Help from visiting officials is always welcome. Visiting officials are asked to email the meet referee prior to the meet. Uniform will be white over blue. Deck officials must be currently registered (2010) with USA Swimming. Officials shall prominently display both their USA Swimming and STSI credentials while on deck. Wearing of name tags is strongly encouraged.

Timers: We will be asking for assistance from each team.

Special Needs: Please notify the meet director in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The 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 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.

Parking: The parking lot adjacent to the facility as well as the Belton High School student parking area are available.

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 extend below the knee and not cover the neck or shoulders for women
- Not extend above the navel or below the knee for men
- Not have fastening system other than waist ties, casings, ribbing or elastic (no zippers)

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 or 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.



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Schedule

1 st warm-up session:	7:50 a.m.
2 nd warm-up session:	8:25 a.m.
Relay Cards due	8:45 a.m.
Clear Pool:	9:00a.m.
Coaches meeting:	9:05 a.m.
Session begins	9:15 a.m.

Order of Events All Events are in Yards

SATURDAY JUNE 19th		
Girls #	EVENTS	Boys #
1	12 & Under 200 Free Relay	2
3	13 & Under 200 Free Relay	4
5	50 Back	6
7	200 Free	8
9	10 & Under 25 Free	10
11	100 Breast	12
13	50 Free	14
15	100 Fly	16
17	10 & Under 25 Back	18
19	12 & Under 100 IM	20
21	Open 200 IM	22
23	10 & Under 25 Breast	24
25	100 Back	26
27	50 Breast	28
29	10 & Under 25 Fly	30
31	100 Free	32
33	50 Fly	34
35	12 & 200 Medley Relay	36
37	13 & Over 200 Medley Relay	38



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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! 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 as 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 warmup 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