



Alamo Area Aquatic Association Meet Information



www.aaaa-sa.org
Posted 04/22/10

- Meet:** •2010 AAAA Palo Alto College 12 and under IMX
- Sanction:** •ST-10-38
- Dates:** •May 15, 2010 (Two sessions)
- Venue:** •**Palo Alto College Natatorium**
•1400 West Villaret Blvd
•San Antonio, Texas 78224
•210-486-3800
- Facility:** •Eight-lane 50-meter course
•Start end 7 feet / turn end depth 18 feet
•All automatic Daktronics starting and timing
•Concessions and swim shop available
•Ample warm-up / cool down lanes constantly available
- Format:** •Timed finals – no relays
•The 400-meter freestyle and 400-meter individual medley will require positive check-ins, gender-mixed, seeded on deck, and swum fastest to slowest
•No time trials
- Liability:** •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the Alamo Community College District, 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.

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**) 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.

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.

Qualifying**Times:** •None**Entry****Deadline:** •12-noon, Monday, May 4, 2010**Entry****Restrictions:**

- This meet is open all currently (2010) USA Swimming and FINA registered athletes
- Swimmers must be age 12 or under
- Age as of May 15, 2010 determines age for the entire meet
- Maximum of five individual events per day
- All entries must include a seed time
- Entries received without a seed time will not be accepted and entry fees will not be refunded

Entry Fees**(Includes****Splash Fee):**

- \$6.00** per Individual event
- Checks payable to: *Palo Alto College*

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
- 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 below
- Entries may also be submitted via e-mail
- An HYV File for importing events and time standards into Team Manager is available on the USA Swimming Page of the AAAA Web Site at: www.aaaa-sa.org

E-Mail**Entries:**

- Entries in Commlink Format only, MUST be sent to: pestrada@mail.accd.edu
- 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 (210-486-3801), or hand-delivered.
- Athletes WILL NOT be entered into the meet until entry fee payment has been received by the Meet Director or designee

Late/Deck**Entries?**

- Only to fill empty lanes at \$12.00 per event
- Late entering athletes must be prepared to prove their current USA Swimming Registration

FAX**Entries:**

- Under no circumstances will entries be accepted via FAX
- Entry Reports WILL be accepted via FAX – 210-486-3801

Scratch**Rules:**

- There is no penalty for scratching from a pre-seeded event
- Swimmers who check-in for the 400 freestyle or 400 individual medley and then fail to appear for competition will be disqualified from further participation in the meet, illness and injury excepted

Meet**Management:****Entries Chair:**

Patricia Estrada
 1400 West Villaret
 San Antonio, TX 78224
 210-486-3802
pestrada@mail.accd.edu

Meet Director:

Patricia A. Estrada
 1400 West Villaret
 San Antonio, TX 78224
 210-486-3802
pestrada@mail.accd.edu

Meet Referee:

J. R. 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 on page four
- Please also review the daily schedule below

Awards:

- Ribbons for places one through eight in each designated age group (8 and under, 9, 10, 11 and 12)

- Special Needs:**
- Please notify the Palo Alto Natatorium (210-486-3800) in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
 - The PAC 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.

Daily

- Schedule:**
- Saturday AM warm-ups begin at 8:30 AM Check-in for the 400 free by 9:30 AM
 - Clear pool 9:15 AM
 - Coaches' meeting 9:16 AM
 - Meet begins 9:30 AM
 - Saturday PM warm-ups begin at 4:30 PM Check-in for the 400 I-M by 5:30 PM
 - Clear pool 5:20 PM
 - Meet begins 5:30 PM

- Timers:**
- The host team will attempt to provide backup timers for this meet
 - Volunteers will undoubtedly be needed

- Officials:**
- All currently (2010) 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 scheduled start time of the session to receive your assignments
 - The wearing of name tags is strongly encouraged

Order of Events - Distances in Meters		
Girl's #:	Event:	Boy's #:
Saturday, 9:30 AM		
1	12 and Under 200 Fly	2
3	12 and Under 100 Fly	4
5	12 and Under 200 Breast	6
7	12 and Under 100 Breast	8
9	12 and Under 400 Free*	10
Saturday – 5:30 PM		
11	12 and Under 200 Free	12
13	12 and Under 200 I-M	14
15	12 and Under 200 Back	16
17	12 and Under 100 Back	18
19	12 and Under 400 I-M*	20

*The 400-meter freestyle (#9 & 10, swum as #9) and 400-meter individual medley (#19 & 20, swum as #19) will require positive check-ins, be gender-mixed, seeded on deck, and swum fastest to slowest. Swimmers should plan on providing their own backup timers.

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.