

**McALLEN SWIM CLUB LONG COURSE
UNCLASSIFIED SWIM MEET
JUNE 12-13, 2010
Sanction # ST-10-39**

Location: The swimming pool is located at the corner of Nicholson and West 15th 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 7th traffic light, turn left onto Cleo Dawson Drive (18th 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. 15th Street.

Facilities: The meet will be conducted in an eight 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 McAllen

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 free, 1500-

meter Free, and 400-meter IM. The time period for positive sign-in by swimmers

will be announced. Age groups will be combined for positive check-in, 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.

2010 Unclassified Swim Meet

Order of Events

<u>Saturday</u>		
Girl's #	Age Group	Boy's #
400 IM		
1	13 & O	2
3	11-12	4
100-yard Freestyle		
5	Open	6
50 Butterfly		
7	12 & U	8
200-yard Butterfly		
9	13 & O	10
11	11-12	12
50 Backstroke		
13	12 & U	14
200 Backstroke		
15	13 & O	16
17	11-12	18
100 Breaststroke		
19	13 & O	20
21	12 & U	22
200 Freestyle		
23	13 & O	24
25	12 & U	26
200 Freestyle Relay		
27	12 & U	28
400 Freestyle Relay		
29	13 & O	30

<u>Sunday</u>		
Girl's #	Age Group	Boy's #
400 Freestyle		
31	13 & O	32
33	10-12	34
100 Butterfly		
35	Open	36
50 Breaststroke		
37	12 & U	38
200 Breaststroke		
39	13 & O	40
41	11-12	42
50 Freestyle		
43	Open	44
100 Backstroke		
45	13 & O	46
47	12 & U	48
200 IM		
49	13 & O	50
51	12 & U	52
200 IM Relay		
53	12 & U	54
400 IM Relay		
55	13 & O	56
1500 Freestyle		
57	13 & O	58

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 (June 12, 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

■ 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.

- **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

Entry Fees: \$5.50 per individual event, \$10.00 late entry. These fees include the

\$1.25 South Texas splash fee. Make checks or money orders payable to McAllen

Swim Club. Late entries will be accepted up to 7:30 am on the day of the meet. No additional heats will be created.

Entry Procedures: The DEADLINE for meet entries is **May29, 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.

- * Do not send entries by Express, Overnight Mail, etc., without a waver of signature.

- * Please include a club contact person's phone number and e-mail.

* **E-mail entries are accepted.** A Hy-Tek file, and an entry report file in word format needs to be attached to your e-mail and needs to be **received by the entry deadline.** The entry fees need to be received before the meet starts June 12, **2010.** The entry chair will e-mail you back within 24 hours of receiving your e-mail entry. If you do not receive this e-mail, call the entry chair immediately.

Entry chair: Monica Santos

3700 Hildreth Lane

McAllen, TX 78504

(956) 318-1013 / (956) 867-4545 cell

mscentries@gmail.com

Awards: There will be first place high point boy and girl trophies awarded for each

age group including 8 and under. Ribbons will be awarded for places 1-8, in each

event for each age group (9-10, 11-12, 13-14, 15 -0) including 8 and under.

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 two (2) timers each day.

Volunteer timers will be greatly appreciated. Athletes in the 400-meter Free, 1500-

meter Free and 400 meter I.M. must provide their own timers.

Referee: Miguel Gonzalez 7025 N. 5th St. McAllen, TX 78504 (956) 994-0996 <u>gonzalezma@panam.edu</u>	Meet Director: Helene Picard- Sanchez 1412 Quamasia Ave. McAllen, TX 78504 (956) 630-1344 or 929-0496 <u>hpicard@rgv.rr.com</u>	Head Coach: Roxanne Balducci 2117 Deborah St. Edinburg, TX 78539 (956) 380-0279 <u>rbalducci2002@yahoo.com</u>
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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.

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 $\frac{1}{2}$ 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 backstroker 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.

STSI Safety Guidelines and Warm-up Procedures last Revised 29-SEP-04

