

Corpus Christi Aquatic Alliance-Club Estates  
Long Course Unclassified  
May 22-23, 2010  
Entry Deadline: May 12, 2010

Sanction ST-10-40

**Welcome:** The Corpus Christi Aquatic Alliance – Club Estates Marlins invites you to join us at the CCISD Natatorium to compete in our long course unclassified. The meet is open to all swimmers registered with USA Swimming. Designated warm up lanes will be available during the meet.

**Location:** Corpus Christi Independent School District Natatorium located at 3202 Cabiness Parkway, Corpus Christi, TX 78415 near the intersection of Saratoga and Kostoryz.

**Facility:** An indoor 8 lane, 50 meter pool with 9 foot lanes, 6 foot minimum water depth and a Daktronics timing and starting system. Hy-Tek Meet Manager software will be utilized. A 4 lane, 25 yard teaching pool will be available for continuous warm-up and cool down. Parking, spectator areas and dressing rooms are available.

**A concession stand will be available in the natatorium atrium area. No tobacco or alcohol is allowed on CCISD Property which includes the parking lot.** Please note that the natatorium policy prohibits food of any kind in the pool area, only beverages in plastic bottles are allowed. Food is allowed in the natatorium atrium area.

**Liability:** In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Corpus Christi Aquatic Alliance, Club Estates Marlins, the CCISD Natatorium, the City of Corpus Christi and its employees, all meet officials, and volunteers shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet or while traveling to and from the meet. It is expected that all persons attending the meet will respect the facilities and remember they represent themselves and their respective clubs. Damages to the facility, when proven, shall cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. It may also result in **expulsion** from the meet.

**Cell phone Restrictions:** The presence and / or use of cell phones 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.

**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.

**Pool Measurement:** The competition course has not been certified in accordance with 104.2.2.C. (3) & (4).  
The water depths of the competition course measured from 1 meter to 5 meters from the starting and turning ends of the course are as follows:  
**Pool: Start End – 6'; Turn End - 14'- 6"**

**USA Swimming Registration:** All swimmers, coaches, and officials participating in this competition must be currently registered with USA Swimming.

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 chose to late enter when possible, or need to be entered because of clerical errors by the entering team or the meet host; will be re-

quired to present their USA Swimming ID Card, verify their USA Swimming registration via electronic means, or accomplish a USA Swimming Registration Form and pay the necessary fees prior to being allowed to compete. National and LSC Regulations do not allow for any exceptions to these policies.

**Rules:** The most current USA Swimming Rules and Regulations and any relevant sections of the STSI Handbook will govern the conduct of this meet.

**USAS Diving Rule:** **By entering swimmers in this meet, each coach certifies that their swimmers 10 years and younger and/or swimmers with less than one year of experience has satisfactorily completed the racing start learning progression as set forth by USA Swimming. For swimmers 11 years and older with more than one year of experience, certification has been completed based on the coach's observation that the swimmer is capable of safely controlling the depth of their dives. The coach also certifies that all records of such certification is in their possession and is available for attachment to any incident form if needed.**

**Meet Format:** All events are timed finals, seeded by time and gender. Age groups will be combined and events will be swum slowest to fastest. **Exception: The 800 Free and 1500 Free will be gender combined and swum fastest to slowest. The 800 free and 1500 require positive check in and will require their own timer and counter.**

**The meet host reserves the right to split the meet between the 12 & U and 13 & O in order to comply with the 4 hour rule. If the meet has to be split the 13 & O warm-ups will begin one hour after the morning session is completed.**

**Age up Date:** May 22, 2010

**Qualifying Times:** None

**Entry Deadline:** Entries are due by May 12, 2010.

**Deck Entries:** Deck entries will be accepted for open lanes. Additional heats may be created at the discretion of the meet director and/or meet referee. All deck entries will be entered with a NT. You may deck enter for the current session beginning at the start of warm up for that session. **Swimmers that are not previously entered in the meet are required to show proof of their current 2010 USA Swimming registration** to the Clerk of Course in order to deck enter. Deck entry fees are double per event.

#### **General**

**Entry Procedures:** Swimmers may enter a maximum of **5** individual events per day. The age of the swimmer will be his/her age on May 22, 2010. Please do not enter with NT; you may estimate a time for your athlete. A good estimated time will ensure your athlete is seeded in the proper heat -- this provides the best competition for all athletes.

All teams with five or more swimmers entered in the meet must submit their entries using Hy-Tek Team Manager software. We understand that sometimes it is necessary to send a corrected Hy-Tek file but this should be the exception.

Email entries to [meetdirector@ccaquaticfb.com](mailto:meetdirector@ccaquaticfb.com). When you email the entries, also attach a Word document of the Hy-Tek Meet Entry Report by swimmer. If you don't receive an email confirmation, your entries were not received.

Teams with fewer than five swimmers may send an **email** including the team, team abbreviation, LSC, the swimmers full name (as registered with USA Swimming), USA ID, event numbers, event description, and entry times for each swimmer.

**Entry fees must be received by Friday, May 21, 2010.** Please include the meet entry fees report with your check. Do NOT send a copy of the entries you emailed earlier. Mail entry fees and entry report to: CCAA-CEM c/o Raychel Laya, 6606 Clarion Dr. Corpus Christi, TX 78412

No paper, phone, or fax entries will be accepted. **Entries received without accurate USA Swimming registration numbers will NOT be accepted or processed and refunds will not be given.**

**CCAA-CEM reserves the right to limit the number of swimmers allowed to enter the meet in order to maintain the timeline of the meet as close as**

**possible to fall within the 4 hour rule as prescribed by South Texas and USA Swimming. The entries will be accepted in the order of receipt. The meet director will notify the teams whose entries that do not fall within the four hour rule as soon as possible and no later than May 13, 2010.**

**Relay Entries:** Relay team entry times may be determined by the sum of the individual team member times for like strokes/distances, or the actual time that relay team achieved in sanctioned competition. Relays must be comprised of swimmers with ages corresponding to age group categories for awards. Relay cards are due 30 minutes prior to the start of each session.

**Entry Fees:** \$5.50 per individual event and \$11.00 per relay (both include the STS splash fee of \$1.25)  
Please make checks payable to: CCAA-CEM

**Heat Sheets:** Heat sheets will be available for sale at a nominal cost.

<b>Administration:</b>	<b>Meet Director:</b> Raychel Laya 6606 Clarion Dr. Corpus Christi, TX 78412 361-739-0290 <a href="mailto:meetchief@ccaquaticfb.com">meetchief@ccaquaticfb.com</a>	<b>Meet Referee:</b> Pat O'Connell 8108 Mt. Zion Corpus Christi, TX 78413 361-814-5212 <a href="mailto:patoc@jjoconnell.com">patoc@jjoconnell.com</a>	<b>Head Coach CCAA-CEM:</b> Annette DuVall 7101 Trappers Lake Corpus Christi, TX 78413 361-946-5815 <a href="mailto:amdcpa@yahoo.com">amdcpa@yahoo.com</a>
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**Warm-ups:** Warm-ups will be conducted in accordance with the current STSI Policies and Procedures posted on the STSI website.

**Scratch Rules:** There is no penalty for scratching from an event. However, in order to assist those swimmers that wish to deck enter, please report any scratches to the clerk of course as soon as possible.

**Awards:** Individual event ribbons, first through eighth, will be awarded in the following age group categories: 10&U, 11, 12, 13, 14, 15-O. The top swimmer in each age group category will be awarded a high point trophy. Relays will be awarded ribbons first through third in the following age group categories: 10&U, 11-12, 13-14, 15-0. Relays will not count towards the high point trophy.

**Special Needs:** Please notify Corpus Christi Aquatic Alliance – Club Estates Marlins at 361-946-5815 in advance of this event with the name and age of any member on your team who needs assistance to enter the building.  
The CCISD 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 of the USA Swimming Rules and Regulations.

**Daily Schedule:**

**Saturday:**  
Warm up: 7:00 a.m.  
Clear the pool: 7:45 a.m.  
Start time 8:00 a.m.

**Sunday:**  
Warm up: 8:00 a.m.  
Clear the pool: 8:45 a.m.  
Start time: 9:00 a.m.

**Coaches meeting will be held 15 minutes prior to the start of each session.**

**Timers:** All swim teams are expected to participate in the swim meet by providing volunteer timers. Lane timers will be assigned by lane based on the number of entries from each team, and will be posted each day of the meet. Athletes in the 800 and 1500 Freestyle must provide their own timers. Lane assignments will be made by the host team.

**Officials:**

All currently certified and in-training USA Swimming officials are cordially invited to participate. USA Swimming Rules and Regulations require that officials prominently display their USA Swimming and LSC credentials while on deck as an official.

The wearing of name tags is strongly encouraged.

Please check-in with the Meet Referee via email no later than May 20<sup>th</sup>.

# Order of Events

May 22-23, 2010

## SATURDAY SESSION

<u>GIRLS</u>			<u>BOYS</u>
1	OPEN	400 Free	2
5 minute break			
3	12&U	200 F Relay	3
5	13&O	400 F Relay	6
7	12&U	50 Fly	8
9	13&O	200 IM	10
11	11-12	200 Breast	12
13	13&O	50 Free	14
15	12&U	50 Back	16
17	11&O	200 Fly	18
19	12&U	100 Free	20
21	13&O	100 Breast	22
23	11&O	200 Back	24
10 minute break			
25*	11&O	800 Free	

## SUNDAY SESSION

<u>GIRLS</u>			<u>BOYS</u>
27	11&O	400 IM	28
5 minute break			
29	12&U	200 M Relay	30
31	13&O	400 M Relay	32
33	12&U	100 Back	34
35	13&O	100 Free	36
37	12&U	50 Free	38
39	13&O	200 Breast	40
41	12&U	50 Breast	42
43	13&O	100 Back	44
45	OPEN	200 Free	46
47	12&U	100 Breast	48
49	OPEN	100 Fly	50
51	12&U	200 IM	52
10 minute break			
53*	11&O	1500 Free	

\*Sign in required.

Heats will run fastest to slowest, gender combined.

Each swimmer must furnish one counter and one timer for these events.

## 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 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 warmups 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.***

