



Palo Alto College Natatorium

Posted 05/11/10

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: •2010 AAAA Long Course Unclassified

Date: •Friday, Saturday and Sunday, June 4, 5 and 6, 2010

**Sanction
Number:** •ST-10-46

Venue: •**Palo Alto College Natatorium**
•1400 West Villaret Blvd
•San Antonio, Texas 78224
•210-486-3800

Facility: •Eight-lane 50-meter course
•Start end depth 7.0 feet / turn end depth 18.0 feet
•All automatic DAKTRONICS starting and timing
•Concessions and swim shop available
•Ample warm-up / cool down lanes constantly 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 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
•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, **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.

Entry

Restrictions: •This Meet is open only to currently (2010) USA Swimming Registered Swimmers
•Maximum of three events per session – five events per day
•Converted times are acceptable
•The accepted conversion factor is 1.11
•Age as of June 5, 2009 determines age for the entire meet
•ENTRIES WILL BE CAPPED AT 350!

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.

Meet Format:

- Unclassified, Long course meters (LCM)
- Timed finals
- No relays
- Four sessions over three days
- Events will be seeded by gender without regard to age
- The 800 and 1500-meter freestyle events will require positive check-in by 9:00 AM on Sunday
- Awards will be made to the Age Groups noted below
- The 2010 USA Swimming Rules and any relevant sections of the STSI Handbook will apply

Entries:

- Entries may be submitted only via Hy-Tek Commlink File or Disk
- Please format disks before utilizing for entries
- Entries may be submitted via e-mail or hand delivered
- E-mail entries to: pestrada@alamo.edu
- Each individual may swim a maximum of three events session / five events per day
- All entrants must be currently (2010) registered with USA Swimming
- All entries MUST include a seed time
- Entries received without a seed time will not be accepted, will not be entered into the meet, and any entry fees WILL NOT be refunded
- An HYV File for Team Manager is available on the AAAA Web Site at www.aaaa-sa.org.
- ENTRIES WILL BE CAPPED AT 400!

•UNDER NO CIRCUMSTANCES WILL ENTRIES BE ACCEPTED BY FAX!

Schedule:

- | | | | | |
|--------------------|----------|---------|-------------|---------|
| •Friday evening: | Warm-ups | 4:30 PM | Meet begins | 5:30 PM |
| •Saturday morning: | Warm-ups | 8:30 AM | Meet begins | 9:30 AM |
| •Saturday evening: | Warm-ups | 4:30 PM | Meet begins | 5:30 PM |
| •Sunday morning: | Warm-ups | 8:30 AM | Meet begins | 9:30 AM |
- Check-in for both events not later than 9:00 AM

Awards:

- Ribbons first through eighth places
- In 8 and under, 9-10, 11-12, 13-14, and 15 and over age groups.

Entry Fees:

- \$6.00 per individual event
- Includes the STSI Splash Fee
- Please submit your entries and fees to the Entries Chairman noted below
- Late entries will be accepted at \$12.00 per event to fill empty lanes only
- Make checks payable to: Palo Alto College

Meet Management:

Entries Chair:

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

Meet Director:

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

Meet Referee:

J. R. Rightmyer
3730 Longridge
San Antonio, TX 78228
210-857-4950
john_rightmyer@yahoo.com

Entry

Deadline:

- 12-noon, Monday, May 24, 2010
- Late entries will be accepted to fill empty lanes only – no new heats will be created

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

- 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

Timers and

Lap counters: •Competitors in the 800 and 1500-meter freestyles on Sunday will be required to provide their own backup timers and lap counters

- 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

Session One – Friday – 5:30 PM

Women's #	Distance in meters	Stroke	Men's #
1	100	Breaststroke	2
3	200	Backstroke	4
5	50	Butterfly	6
7	100	Freestyle	8
9	200	Individual Medley	10

Session Two – Saturday – 9:30 AM

Women's #	Distance in meters	Stroke	Men's #
11	200	Breaststroke	12
13	50	Backstroke	14
15	100	Butterfly	16
17	200	Freestyle	18
19	400	Individual Medley	20

Session Three – Saturday – 5:30 PM

Women's #	Distance in meters	Stroke	Men's #
21	50	Breaststroke	22
23	100	Backstroke	24
25	200	Butterfly	26
27	50	Freestyle	28
29	400	Freestyle	30

Session Three – Sunday – 9:30 AM

31	800	Freestyle	32
33	1500	Freestyle	34

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.