

West Austin Aquatics – July 1 Time Trial Swim Meet

ST-10-59

July 1, 2010 (Thursday)

Warm-ups 4:15 pm, Meet Start 5:30 pm

Location: The meet will be held in a 4-lane outdoor 50-meter pool at West Austin Athletic Club located at 1024 Patterson Rd in Austin, TX. This pool has been professionally certified and registered with USA Swimming as being 50 meters in length and constant 6 foot depth. The pool is off 2244 between Loop 360 and Hwy 71. Cool-down lanes (25-yard) will be available. The pools are heated as needed, but please bring appropriate tents, etc, as weather requires. WAAC's phone is 512-263-4282.

Liability: In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), West Austin Aquatics (WFLY), West Austin Athletic Club, 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.

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

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

USA

Swimming

Registration:

All swimmers, coaches, and officials participating in this competition must be currently (year) 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.

Unaccompanied Swimmers:

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water

It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement

Schedule: •Warm-up 4:15 pm
• Session Start 5:30 pm

Rules: •The current USA Swimming Rules and any relevant sections of the STSI Handbook will apply.

Scoring & Awards: •There will be no scoring or awards.

Eligibility: •The meet is open to currently registered USA Swimming swimmers only.

Entry Limits: •Four (4) events

Entry

Fees: •\$ 5.50 per event via HyTek file in email
•\$11 per event on deck
•Entry fee includes the \$1.25 STSI splash fee
•Make checks payable to: **WAAC and due before first swim**

Swimmers With Special Need: • Please notify the West Austin Athletic Club (512-263-4282) in advance of this event with the name and age of any member on your team who needs assistance to enter the facility. The Facility 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.

Entry

Deadline: •Entries submitted via Hy-Tek Commlink File by email or disk must be in the hands of the Meet Director not later than Friday, June 25, 2010
•Entries will be accepted on deck until 5:15 pm
•Swimmers entering on deck must present their USA Swimming ID Cards and be prepared to pay the entry fees

Format: •The meet will run until all desired swims have been swum
•Swimmers are permitted to enter one (1) event each round
•Events with dissimilar strokes but like distances may be combined
•Swimmers will be seeded by time if provided, otherwise by lot

Administration: Entries: Susan Walsh susan@wfly.com 512-968-2518
Meet Director: Alex Walsh 1024 Patterson Rd. Austin, TX 78733
Meet Coach: Janet Risser 1024 Patterson Rd, Austin, TX 78733
Meet Referee: Rich Zbranak zbranak@yahoo.com 512-916-1200

Timers and Lap

Counters: •Competitors must provide their own timers and lap counters

Order of Events – Distances are in meters

Trials will be performed as rounds. Each swimmer may swim once per round. Swimmers may enter an event more than once. Heats will include mixed gender and mixed strokes. After Round 4 the rounds will be repeated until all swims are swum.

- Round 1 200s, 100s, then 50s
- Round 2 200s, 100s then 50s
- Round 3 200s, 100s, then 50s
- Round 4 400 IM, 400 Fr, 1500 Fr

- Event Numbers 01 200 fr, 02 200 bk, 03 200 br, 04 200 fl, 05 200 IM
- 11 100 fr, 12 100 bk, 13 100 br, 14 100 fl
- 21 400 fr, 25 400 IM, 26 1500 Fr
- 31 50 fr, 32 50 bk, 33 50 br, 34 50 fly

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
4 Lanes	1	2 and 3	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.

STSI Safety Guidelines and Warm-up Procedures last Revised 29-SEP-03