

Alamo Area Aquatic Association Meet Information



www.aaaa-sa.org
Re-posted 04/30/11

- Meet:**
- 2011 AAAA B+ (LCM)
 - Friday's events are open to all age groups
 - Saturday and Sunday's events are restricted to 12 and Unders
- Sanction:**
- ST-11-06
- Dates:**
- June 10, 11 and 12, 2011
- Venue:**
- Bill Walker Pool
 - Blossom Athletic Center (North East Stadium)
 - Jones-Maltsberger Road at Starcrest / Bitters
 - San Antonio, TX 78217
 - 210-491-6132
- Facility:**
- Eight 2.25-meter wide lanes
 - Start end depth 3.66 meters / Turn end depth 1.35 meters
 - The course length has not been professionally certified
 - Colorado / Daktronics starting and timing
 - Deck seating is very limited
 - The adjacent Davis pool will be available for warm-ups and cool downs
- 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 North East Independent School District (NEISD), and all meet officials shall be free from any liabilities for claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet
- Rules:**
- The 2011 USA Swimming Rules and any relevant sections of the STSI Handbook will apply
- Format:**
- Friday's events are open to all age groups
 - Saturday and Sunday's events are open ONLY to 12 and under swimmers
 - Timed finals – no relays
 - The 400-meter freestyle will require a positive check-in by 1630 on Friday, be seeded on deck by time without regard to age and swum fastest to slowest alternating girls, boys, girls, etc.
 - No time trials
- USA Swimming**
- Registration:**
- All swimmers and coaches participating in this competition must be currently (2011) 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 2011 USA Swimming Rules and any relevant sections of the STSI Handbook will apply
- Unaccompanied Swimmers:**
- Any swimmer entered in this meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement
- 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

Swimmer

Photographs

- There may be one or more photographers on deck at this meet
- In the event photographers are on deck, parents or guardians of swimmers under the age of 18 who do not wish to have photographs of their athletes taken, are required to contact the Meet Director prior to the beginning of competition

Qualifying

Times:

- Athletes must have, at some time, achieved at least the 2009 – 2012 National Motivational “B” time for every event entered
 - Please refer to pages six (6) through eight (8)
- Entered times must be provable via SWIMS and may be challenged at any time by a coach, the Meet Director or the Meet Referee
- Swimmers who may be found to have entered with a fraudulent time will be disqualified from further competition
- Entry times are specified in Long Course Meters only
- Entries with times OTHER than Long Course Meters will not be accepted and any entry fees will not be refunded
- Times converted from other course lengths are acceptable with appropriate notation

Entry

Deadline:

- 12-noon, Tuesday, May 31, 2011

Entry

Restrictions:

- This meet is open all currently (2011) USA Swimming and FINA registered athletes
- Friday’s events are open to all age groups
- Swimmers entering Saturday or Sunday’s events must be age 12 or under as of June 10, 2011
- Maximum of four (4) 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):

- \$6.25 per event
- Checks payable to: **NEAT**

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 Entries Chair 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 or hand-carried to: wspurg@neisd.net
- 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
- No additional heats will be created
- 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 – 210-491-6133

Scratch

Rules:

- There is no penalty for scratching from a pre-seeded event
- Swimmers who check-in for the 400 freestyle and / or the 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:

•Meet Director

- Larry Hough
- 12002 Jones-Maltsberger
- San Antonio, TX 78216
- 210-491-6132
- FAX: 210-491-6133
- lhough@neisd.net

•Entries Chair

- Bill Spurgeon
- 12002 Jones-Maltsberger
- San Antonio, TX 78216
- 210-491-6132
- FAX: 210-491-6133
- wspurg@neisd.net

•Meet Referee

- Rick Russell
- 3607 Willow Walk
- San Antonio, TX 78259
- 210-834-7409
- rd.russ@yahoo.com

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page five(5)
- Please also review the daily schedule below

Awards:

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

Special Needs:

- Please notify the North East Aquatic Center (210-492-6132) in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
- 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.

Daily

Schedule:

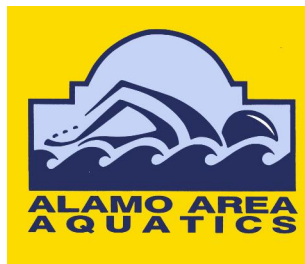
- | | |
|-------------------------------|------|
| •Friday warm-ups begin at | 1630 |
| •Session begins at | 1730 |
| •Saturday warm-ups begin at | 1130 |
| •Saturday coaches' meeting at | 1145 |
| •Session begins at | 1230 |
| •Sunday warm-ups begin at | 0800 |
| •Session begins at | 0900 |

Timers:

- The Meet Host will attempt to provide backup timers for this meet
- Volunteers will undoubtedly be needed and appreciated

Officials:

- All currently (2011) certified and in training USA Swimming officials are cordially invited to participate
- All Deck Officials must also have a current USA Swimming Background Check
- 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 #:
Friday, June 10th - 1730		
1	Open 50 Free	2
10 Minute Break		
3*	Open 400 Free*	4*
Saturday, June 11th - 1230		
5	12 and U 200 I-M	6
7	12 and U 50 Back	8
9	12 and U 100 Fly	10
11	12 and U 50 Breast	12
13	12 and U 100 Free	14
Sunday, June 12th - 0900		
15	12 and U 200 Free	16
17	12 and U 50 Fly	18
19	12 and U 100 Breast	20
21	12 and U 100 Back	22

*The 400-meter freestyle (#3 & #4) will require a positive check-in by 1630, be seeded on deck, and swum fastest to slowest, alternating girls, boys, girls, etc. Swimmers will be required to provide 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 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.

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
45.09	40.79	36.39	50 Free	36.09	40.19	44.29
1:43.99	1:32.99	1:21.89	100 Free	1:20.59	1:31.09	1:41.59
3:48.59	3:23.59	2:58.49	200 Free	2:52.39	3:13.99	3:35.49
7:37.29	6:51.59	6:05.89	400 Free	6:06.79	6:52.69	7:38.49
55.99	49.89	43.69	50 Back	43.89	50.09	56.39
2:02.39	1:48.89	1:35.29	100 Back	1:33.29	1:45.69	1:58.09
1:01.59	54.89	48.29	50 Breast	48.49	55.09	1:01.59
2:17.49	2:02.29	1:46.99	100 Breast	1:45.99	1:59.79	2:13.59
55.09	48.59	42.09	50 Fly	40.99	46.89	52.89
2:12.59	1:55.19	1:37.89	100 Fly	1:36.49	1:53.19	2:09.79
4:12.99	3:46.49	3:19.89	200 I-M	3:18.89	3:44.79	4:10.69

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
39.19	36.39	32.39	50 Free	32.59	35.29	37.99
1:25.79	1:19.59	1:13.49	100 Free	1:11.39	1:17.39	1:23.29
3:03.89	2:50.79	2:37.69	200 Free	2:34.89	2:47.79	3:00.69
6:27.79	6:00.09	5:32.39	400 Free	5:27.09	5:54.39	6:21.69
13:31.69	12:33.69	11:35.69	800 Free	11:30.99	12:28.59	13:26.19
26:04.19	24:12.39	22:20.69	1500 Free	22:14.19	24:05.29	25:56.49
45.49	42.29	38.99	50 Back	36.69	42.19	45.69
1:38.89	1:31.09	1:23.29	100 Back	1:23.59	1:31.39	1:39.19
3:30.29	3:15.29	3:00.19	200 Back	2:56.39	3:11.09	3:25.79
49.09	45.59	42.09	50 Breast	43.09	47.09	51.09
1:49.99	1:41.89	1:33.79	100 Breast	1:32.49	1:40.89	1:49.19
3:57.59	3:40.59	3:23.69	200 Breast	3:20.79	3:37.49	3:54.19
42.39	39.39	36.29	50 Fly	36.19	39.59	42.99
1:38.69	1:30.79	1:22.89	100 Fly	1:21.49	1:29.49	1:37.49
3:29.09	3:14.19	2:59.29	200 Fly	2:58.49	3:13.39	3:28.29
3:29.69	3:14.79	2:59.79	200 I-M	2:58.09	3:13.89	3:29.59
7:27.89	6:55.89	6:23.99	400 I-M	6:20.19	6:51.79	7:23.49

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.89	35.19	32.49	50 Free	30.29	32.79	35.39
1:22.09	1:16.19	1:10.39	100 Free	1:05.99	1:11.49	1:16.99
2:57.09	2:44.39	2:31.79	200 Free	2:23.29	2:35.19	2:47.09
6:09.39	5:42.99	5:16.59	400 Free	5:02.79	5:27.99	5:53.29
12:35.99	11:41.99	10:47.99	800 Free	10:29.39	11:21.79	12:14.29
24:06.39	22:23.09	20:39.79	1500 Free	19:55.89	21:35.29	23:14.99
1:30.79	1:24.29	1:17.79	100 Back	1:14.49	1:20.59	1:26.89
3:15.29	3:01.29	2:47.39	200 Back	2:40.69	2:54.09	3:07.49
1:43.89	1:36.39	1:29.99	100 Breast	1:21.29	1:28.09	1:34.89
3:43.99	3:27.99	3:11.99	200 Breast	3:01.99	3:17.19	3:32.39
1:29.19	1:22.89	1:16.49	100 Fly	1:11.09	1:16.99	1:22.89
3:16.29	3:02.29	2:48.29	200 Fly	2:38.79	2:51.99	3:05.19
3:19.99	3:05.69	2:51.49	200 I-M	2:42.39	2:55.99	3:09.49
7:01.19	6:31.09	6:00.99	400 I-M	5:44.49	6:13.19	6:41.89

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
15 – 16 Girls			Event	15 – 16 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.09	34.49	31.79	50 Free	28.79	31.19	33.59
1:20.09	1:14.39	1:08.59	100 Free	1:03.09	1:08.39	1:13.59
2:51.79	2:39.49	2:27.19	200 Free	2:17.19	2:28.59	2:39.99
6:00.39	5:34.69	5:08.89	400 Free	4:50.19	5:14.39	5:38.59
12:23.29	11:30.19	10:37.09	800 Free	10:01.89	10:52.09	11:42.19
23:53.09	22:10.69	20:28.39	1500 Free	19:13.39	20:49.49	22:25.59
1:28.99	1:22.69	1:16.29	100 Back	1:10.59	1:16.49	1:22.39
3:11.69	2:57.99	2:44.29	200 Back	2:31.29	2:43.89	2:56.49
1:41.09	1:33.89	1:26.69	100 Breast	1:19.69	1:26.39	1:32.99
3:36.59	3:21.19	3:05.69	200 Breast	2:54.29	3:08.79	3:23.29
1:26.59	1:20.39	1:14.19	100 Fly	1:07.69	1:13.39	1:19.99
3:09.69	2:56.19	2:42.69	200 Fly	2:30.59	2:43.19	2:55.69
3:15.19	3:01.19	2:47.29	200 I-M	2:35.89	2:48.89	3:01.79
6:48.99	6:19.79	5:50.59	400 I-M	5:27.09	5:54.39	6:21.59

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
17 – 18 Girls			Event	17 – 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
36.79	34.09	31.49	50 Free	27.99	30.29	32.59
1:19.79	1:14.09	1:08.39	100 Free	1:01.79	1:06.89	1:12.09
2:51.09	2:38.89	2:26.69	200 Free	2:14.79	2:26.09	2:37.29
6:00.99	5:35.19	5:09.39	400 Free	4:47.19	5:11.09	5:34.99
12:19.59	1:26.79	10:33.99	800 Free	9:59.09	10:48.99	11:38.89
23:33.89	21:58.49	20:17.09	1500 Free	19:00.79	20:35.79	22:10.89
1:29.49	1:23.09	1:16.69	100 Back	1:09.19	1:14.89	1:20.69
3:11.89	2:58.19	2:44.49	200 Back	2:30.99	2:43.59	2:56.19
1:39.59	1:32.49	1:25.29	100 Breast	1:18.39	1:24.99	1:31.49
3:36.19	3:20.79	3:05.29	200 Breast	2:50.09	3:04.19	3:18.39
1:25.59	1:19.49	1:13.39	100 Fly	1:06.59	1:12.19	1:17.69
3:08.49	2:55.09	2:41.59	200 Fly	2:26.69	2:38.89	2:51.09
3:13.49	2:59.69	2:45.89	200 I-M	2:31.29	2:43.89	2:56.49
6:50.69	6:21.29	5:51.99	400 I-M	5:21.79	5:48.69	6:15.49

