

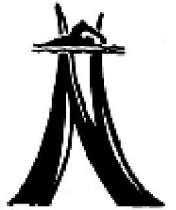


# Alamo Area Aquatic Association

www.aaaa-sa.org

## Meet Information

Revised and re-posted 05/20/11



**Meet Name:** •AAAA Long Course Senior Series III (Bronze/Silver/Gold)

### Sanction

**Number:** •ST-11-30

**Meet Date(s):** •June 18 and 19, 2011

### Venue:

**NISD Natatorium**

- 8400 N Loop 1604 West
- San Antonio, Texas 78249
- 210-397-7522

### Facility:

- Six-lane 50-meter racing course certified by USA Swimming
- Seven feet minimum depth at the start and turn ends
- DAKTRONICS automatic starting and timing
- Concessions and swim shop available
- Two-lanes continuous warm-up/cool down available throughout the meet

### 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 Northside Independent School 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.

### Start

#### Certification

•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, or any other equipment capable of producing photographic and/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 arrest, disqualification from the meet and/or 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.

### USA

### Swimming

#### Registration:

- All swimmers, coaches, and officials participating in this competition must be *currently* (2011) 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)** late enter **2)** 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 Policies and Procedures will apply.

- Meet Format:**
- Entering Swimmers must be 13 years of age or older as of June 18, 2011
  - Entering swimmers must be at least three National Motivational “B” time, two “BB” or one “A” time for the 13 years old single year age group standard in which case they may enter any event
  - Must be provable via SWIMS
  - Timed finals
  - All events will be swum fastest to slowest.
  - No relays
  - Time trials will not be offered.

### Entry

- Restrictions:**
- Age as of June 18th determines age for the entire meet
  - Maximum of 5 individual events per day
  - Please submit entry times in long course meter. Entries received without an entry time will not be accepted and entry fees will not be given.

### Qualifying:

- Times:**
- As noted previously in “Meet Format”
  - Must be provable via SWIMS
  - Please refer to page 5 for USA Swimming National Motivational “B”, “BB” and “A” time standards.

### Entry

- Deadline:**
- 6:00 PM, Tuesday, June 7, 2011

### Entry Fees Include

- Splash Fee:**
- \$7.50 per Individual event
  - Late entries \$15.00 per event
  - Checks payable to: N.I.S.D. Aquatics

### Late/Deck

- Entries:**
- Late entering athletes must be prepared to prove their current USA Swimming Registration.

### 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
  - An “HYV” File for Team Manager is available on the Meet Calendar Page under 4A Club Swimming at [www.aaaa-sa.org](http://www.aaaa-sa.org)
  - 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 Meet Director noted below
  - Entries may also be submitted via email
  - An HYV File for importing events and time standards into Team Manager is available on the Meet Calendar Page under 4A Club Swimming at [www.aaaa-sa.org](http://www.aaaa-sa.org)

### E-Mail

- Entries:**
- Entries in Commlink Format only, **MUST** be sent or delivered to: [coachpeteh@gaggle.net](mailto:coachpeteh@gaggle.net)
  - E-mail submissions to any other address cannot be accepted.
  - 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 (210-561-5280), or hand-delivered.
  - Athletes **WILL NOT** be entered into the meet until entry fee payment has been received by the Meet Director or designee

- FAX Entries:**
- Under no circumstances will entries be accepted via FAX
  - Entry Reports **WILL** be accepted via FAX

**Meet Management:**

**•Meet Director**

- Robert Laura
- 8400 North Loop 1604 West
- San Antonio, TX 78249
- 210-397-7522
- robert.laura@nisd.net

**•Meet Referee**

- Mike Bertirotti
- 8603 Timber Place
- San Antonio, TX 78250
- 210-520-2050
- mbertiro@aol.com

**•Entries Chair**

- Peter Hay
- 8400 North Loop 1604 West
- San Antonio, TX 78249
- 210-397-7524
- coachpeteh@gaggle.net

**Warm-ups:**

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page six
- Lane assignments will be made and posted with the Psych Sheet at [www.aaaa-sa.org](http://www.aaaa-sa.org)
- Please also review the daily schedule below.

**Scratch**

- This meet will be *deck seeded*

**Rules:**

- All swimmers intending to compete will be required to positively check-in with the Clerk of Course no later than 8:30 AM for session I, 4:30 PM for session II and 8:30 AM for session III
- Swimmers who fail to compete in an event for which they have positively checked-in will be automatically scratched from their next event and then required to positively check-in for each of their remaining events prior to being allowed to compete further

**Awards:**

- No awards.

**Special**

**Needs:**

- A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.
- Please notify the NISD Natatorium (210-397-7522) in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
- The NISD Natatorium 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.
- 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:**

	Session I (6/18 AM)	Session II (6/18 PM)	Session III (6/19 PM)
Warm-ups	7:30 AM	3:30 PM	7:30 AM
Clear Competition Pool	8:50 AM	4:50 PM	8:50 AM
Coaches' meeting	8:50 AM (if needed)	none	none
Meet begins	9:00 AM	5:00 PM	9:00 AM

**Timers:**

- The host team will attempt to provide backup timers for this meet
- Volunteers will be needed and appreciated.

**Officials:**

- All currently certified and in training USA Swimming officials are cordially invited to participate
- All deck officials must be currently (2011) registered with USA Swimming and have a current Background Check on file
- 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 are in meters

Saturday, June 18th, 9:00 AM			
Women	Distance	Stroke	Men
1	200	Back	2
3	100	Free	4
5	200	Breast	6
7	400	Free	8
Saturday, June 18th, 5:00 AM			
9	100	Fly	10
11	100	Breast	12
13	200	Free	14
15	400	IM	16
Sunday, June 19th, 9:00 AM			
17	200	Fly	18
19	100	Back	20
21	200	IM	22
23	50	Free	24
25	800	Free	
	1500	Free	26
<b>All events will be swum <u>Fastest to Slowest</u></b> <b><u>Positive Check-in required for all events.</u></b> Events 1 thru 8 by 8:30 AM Events 9 thru 16 by 4:30 PM Events 17 thru 26 by 8:30 AM			

2009-1012 Single Year Age Group National Motivational Time Standards						
Long Course Meters						
Women			Men			
"A"	"BB"	"B"	Event	"B"	"BB"	"A"
13	13	13		13	13	13
33.29	36.09	38.89	50 Free	36.49	33.89	31.29
1:11.99	1:17.99	1:23.99	100 Free	1:19.69	1:13.99	1:08.39
2:34.99	2:47.99	3:00.89	200 Free	2:53.49	2:41.09	2:28.79
5:24.69	5:51.69	6:18.79	500 Free	6:06.09	5:39.89	5:13.79
11:11.19	12:07.09	13:02.99	1000 Free	12:42.09	11:47.59	10:53.19
21:26.09	23:13.19	21:26.09	1650 Free	24:42.09	22:33.49	20:49.39
1:20.49	1:27.19	1:33.89	100 Back	1:29.99	1:23.59	1:17.19
2:54.19	3:08.69	3:23.19	200 Back	3:14.29	3:00.39	2:46.49
1:31.29	1:38.89	1:46.49	100 Breast	1:42.09	1:34.79	1:27.59
3:16.49	3:32.89	3:49.29	200 Breast	3:42.19	3:26.29	3:10.49
1:18.19	1:24.59	1:31.09	100 Fly	1:26.69	1:20.49	1:14.29
2:52.69	3:07.09	3:21.49	200 Fly	3:13.59	2:59.79	2:45.99
2:55.49	3:10.09	3:24.79	200 IM	3:15.89	3:01.89	2:47.99
6:08.59	6:39.29	7:09.99	400 IM	6:54.49	6:24.89	5:55.29

2009-1012 Single Year Age Group National Motivational  
Time Standards

Short Course Yards

Women			Men			
"A"	"BB"	"B"	Event	"B"	"BB"	"A"
13	13	13		13	13	13
29.29	31.69	34.19	<b>50 Free</b>	31.79	29.49	27.29
1:03.49	1:08.79	1:14.09	<b>100 Free</b>	1:09.29	1:4.39	59.39
2:16.29	2:27.69	2:38.99	<b>200 Free</b>	2:31.99	2:21.09	2:10.29
6:02.19	6:32.39	7:02.49	<b>500 Free</b>	6:46.59	6:17.49	5:48.49
12:26.59	13:28.89	14:31.09	<b>1000 Free</b>	13:58.09	12:58.29	11:58.39
20:45.99	22:29.79	24:13.69	<b>1650 Free</b>	23:27.19	21:46.69	20:06.19
1:09.99	1:15.89	1:21.69	<b>100 Back</b>	1:17.59	1:11.99	1:06.49
2:30.39	2:42.99	2:55.49	<b>200 Back</b>	2:47.89	2:35.89	2:23.89
1:19.39	1:25.99	1:32.59	<b>100 Breast</b>	1:27.99	1:21.69	1:15.39
2:51.29	3:05.59	3:19.79	<b>200 Breast</b>	3:11.89	2:58.19	2:44.49
1:09.09	1:14.89	1:20.59	<b>100 Fly</b>	1:16.49	1:11.09	1:05.59
2:32.19	2:44.89	2:57.59	<b>200 Fly</b>	2:48.69	2:36.59	2:24.59
2:34.59	2:47.49	3:00.29	<b>200 IM</b>	2:50.59	2:38.49	2:26.29
5:25.89	5:52.99	6:20.19	<b>400 IM</b>	6:01.49	5:35.69	5:09.89



# 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.**