



Alamo Area Aquatic Association

www.aaaa-sa.org

Meet Information

Posted 03/02/11



Meet Name: •**AAAA McAlpin-Gupta Deaf Swimming Benefit Meet** – All net proceeds from this meet will be used to help send Abby McAlpin and Jarmila Gupta to the Deaf Swimming World Championships in Coimbra, Portugal August 6 – 13, 2011.

Sanction

Number: •ST-11-31

Meet Date(s): •May 7, 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 each starting end
- 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 the 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.

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 or acquire 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 (2011) USA Swimming Rules and any relevant sections of the STSI Handbook will apply.

Meet Format:

- Entering swimmers must have achieved at least three National Motivational "B" time, two "BB" or one "A" time for single year age groups in which case they may enter any event.

- Must be provable via SWIMS
- Timed finals
- All events will be gender separated, seeded by time without regard to age, and swum fastest to slowest.
- No relays
- Time trials will not be offered.

Entry

- Restrictions:**
- This Meet is open to all currently (2011) Registered USA Swimming athlete
 - Age as of April 30th determines age for the entire meet
 - Maximum of 5 individual events per day
 - Please submit entry times in short course yards

Qualifying

- Times:**
- As noted previously in "Meet Format"
 - Must be provable via SWIMS
 - Please refer to page 5 & 6 for USA Swimming National Motivational "B", "BB" and "A" time standards.

Entry

- Deadline:** •6:00 PM, Monday, April 18th, 2011

Entry Fees

Include

- Splash Fee:**
- \$6.25 per Individual event
 - Late entries \$12.50 per event
 - Checks payable to: **Northside Aquatic Boosters**

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 USA Swimming Page of the AAAA Web Site (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 USA Swimming Page of the AAAA Web Site at: (www.aaaa-sa.org)

E-Mail

- Entries:**
- Entries in Commlink Format only, MUST be sent to: coachpeteh@gaggle.net
 - E-mail submissions to any other address cannot be accepted.
 - Electronic payment must accompany entries
 - Please go to: <http://www.nisd.net/aquaww/payment.htm>
 - 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

Meet Referee

Entries Chair

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

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

- 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
- Specific warm-up times and lane assignments will be posted with the Psych Sheet at www.aaaa-sa.org by noon on Wednesday, April 27th
- Please also review the daily schedule below.

Scratch

Rules:

- This meet will be deck seeded
- All swimmers intending to compete in the 200 IM will be required to positively check-in with the Clerk of Course no later than 8:30 AM. All other swimmers must positively check-in no later than 9:00 AM
- 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:

- 13 and Younger:** Ribbons places one through eight
- Single age groups, i.e., 10 and Under, 11, 12, 13 and older.
- 14 and Older:** 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:

	Saturday
Warm-ups	7:30 AM
Clear Pool	8:50 AM
Coaches' meeting	8:50 AM (if needed)
Meet begins	9:00 AM

Timers:

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

Officials:

- All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and STSI Swimming for 2011 and have a current Background Check acknowledged by USA Swimming.
- 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, April 23rd, 9:00 AM				
Girl's #	Age	Distance	Stroke	Boy's #
1	Open	200	IM	2
3	13 and Over	100	Back	4
5	12 and Under	50	Breast	6
7	Open	200	Free	8
9	13 and Over	100	Fly	10
11	12 and Under	50	Back	12
13	Open	100	Free	14
15	13 and Over	100	Breast	16
17	12 and Under	50	Fly	18
19	Open	50	Free	20

2009-2012 Single Year Age Group National Motivational Time Standards												
Short Course Yards												
Girls						Event	Boys					
"A"	"BB"	"B"	"A"	"BB"	"B"		"B"	"BB"	"A"	"B"	"BB"	"A"
11	11	11	10-U	10-U	10-U		10-U	10-U	10-U	11	11	11
30.89	33.39	35.79	32.19	35.99	39.79	50 Free	38.89	35.19	31.59	35.69	33.09	30.59
1:07.49	1:13.09	1:18.69	1:11.89	1:21.59	1:31.29	100 Free	1:29.19	1:19.99	1:10.79	1:17.99	1:12.39	1:06.79
2:26.09	2:38.19	2:50.39	2:36.39	2:58.29	3:20.19	200 Free	3:09.89	2:50.89	2:31.89	2:49.09	2:37.09	2:24.99
6:29.39	7:01.79	7:34.19	6:48.39	7:39.49	8:30.49	500 Free	8:25.79	7:35.19	6:44.59	7:29.39	6:57.29	6:25.19
13:35.69	14:43.69	15:51.69				1000 Free				15:50.59	14:42.69	13:34.79
22:42.09	24:35.59	26:29.09				1650 Free				26:47.79	24:52.99	22:58.09
35.79	38.79	41.79	38.09	43.49	48.79	50 Back	49.19	43.89	42.19	42.79	39.59	36.29
1:17.79	1:25.09	1:32.29	1:22.19	1:33.99	1:45.69	100 Back	1:42.89	1:32.09	1:21.29	1:31.99	1:24.79	1:17.49
2:44.39	2:57.99	3:11.69				200 Back				3:11.89	2:58.19	2:44.39
39.99	43.39	46.69	41.99	47.79	53.59	50 Breast	53.59	47.89	42.19	48.79	44.99	41.09
1:26.79	1:34.29	1:41.79	1:33.39	1:46.69	1:59.99	100 Breast	1:55.69	1:43.69	1:31.79	1:42.99	1:35.09	1:27.29
3:07.49	3:23.09	3:38.69				200 Breast				3:39.59	3:23.89	3:08.29
34.19	37.09	39.89	37.29	42.99	48.79	50 Fly	47.29	41.99	36.69	41.49	38.19	34.89
1:16.99	1:24.39	1:31.69	1:26.69	1:42.09	1:57.49	100 Fly	1:55.19	1:40.39	1:25.59	1:32.29	1:24.69	1:17.09
2:47.19	3:01.09	3:14.99				200 Fly				3:15.79	3:01.79	2:47.79
1:18.29	1:24.79	1:31.39	1:22.59	1:33.79	1:44.99	100 IM	1:41.29	1:31.19	1:21.09	1:30.89	1:24.29	1:17.69
2:45.09	2:58.79	3:12.59	2:55.99	3:19.39	3:42.69	200 IM	3:40.89	3:18.09	2:55.29	3:15.19	3:00.49	2:45.79
5:54.19	6:23.69	6:53.19				400 IM				6:51.89	6:22.49	5:53.09

2009-2012 Single Year Age Group National Motivational Time Standards

Short Course Yards

Girls						Event	Boys					
"A"	"BB"	"B"	"A"	"BB"	"B"		"B"	"BB"	"A"	"B"	"BB"	"A"
13	13	13	12	12	12		12	12	12	13	13	13
29.29	31.69	34.19	29.49	31.89	34.29	50 Free	33.39	30.99	28.59	31.79	29.49	27.29
1:03.49	1:08.79	1:14.09	1:03.09	1:08.29	1:13.59	100 Free	1:13.09	1:07.89	1:02.69	1:09.29	1:4.39	59.39
2:16.29	2:27.69	2:38.99	2:19.89	2:31.49	2:43.19	200 Free	2:38.89	2:27.49	2:16.19	2:31.99	2:21.09	2:10.29
6:02.19	6:32.39	7:02.49	6:09.29	6:40.09	7:10.79	500 Free	7:05.49	6:35.09	6:04.69	6:46.59	6:17.49	5:48.49
12:26.59	13:28.89	14:31.09	12:51.69	13:55.99	15:00.29	1000 Free	14:50.09	13:46.49	12:42.89	13:58.09	12:58.29	11:58.39
20:45.99	22:29.79	24:13.69	21:39.59	23:27.89	25:16.19	1650 Free	24:57.49	23:10.49	21:23.59	23:27.19	21:46.69	20:06.19
			33.89	36.79	39.59	50 Back	39.49	36.49	33.49			
1:09.99	1:15.89	1:21.69	1:14.19	1:21.09	1:27.99	100 Back	1:25.79	1:19.09	1:12.29	1:17.59	1:11.99	1:06.49
2:30.39	2:42.99	2:55.49	2:35.89	2:48.89	3:01.89	200 Back	2:58.39	2:45.59	2:32.89	2:47.89	2:35.89	2:23.89
			37.79	40.89	44.09	50 Breast	44.29	40.79	37.29			
1:19.39	1:25.99	1:32.59	1:22.19	1:29.29	1:36.39	100 Breast	1:35.09	1:27.79	1:20.49	1:27.99	1:21.69	1:15.39
2:51.29	3:05.59	3:19.79	2:56.89	3:11.69	3:26.39	200 Breast	3:21.69	3:07.29	2:52.89	3:11.89	2:58.19	2:44.49
			32.39	35.09	37.79	50 Fly	38.19	35.19	32.09			
1:09.09	1:14.89	1:20.59	1:13.19	1:20.19	1:27.19	100 Fly	1:25.79	1:18.69	1:11.69	1:16.49	1:11.09	1:05.59
2:32.19	2:44.89	2:57.59	2:38.59	2:51.79	3:04.99	200 Fly	3:01.19	2:48.29	2:35.29	2:48.69	2:36.59	2:24.59
			1:13.99	1:20.09	1:26.29	100 IM	1:23.69	1:17.59	1:11.49			
2:34.59	2:47.49	3:00.29	2:37.59	2:50.69	3:03.79	200 IM	3:03.09	2:49.39	2:35.59	2:50.59	2:38.49	2:26.29
5:25.89	5:52.99	6:20.19	5:36.09	6:04.19	6:32.19	400 IM	6:23.69	5:56.29	5:28.89	6:01.49	5:35.69	5:09.89

2009-1012 Single Year Age Group National Motivational Time Standards

Short Course Yards

Girls						Event	Boys					
"A"	"BB"	"B"	"A"	"BB"	"B"		"B"	"BB"	"A"	"B"	"BB"	"A"
Senior	Senior	Senior	14	14	14		14	14	14	Senior	Senior	Senior
28.39	30.69	33.09	28.69	30.99	33.39	50 Free	30.69	28.49	26.29	29.99	27.89	25.69
1:01.19	1:06.29	1:11.39	1:02.19	1:07.39	1:12.49	100 Free	1:06.99	1:02.19	57.39	1:05.59	1:00.89	56.19
2:11.79	2:22.79	2:33.79	2:13.79	2:24.99	2:36.09	200 Free	2:26.09	2:15.69	2:05.29	2:22.69	2:12.49	2:02.29
5:51.39	6:20.69	6:49.89	5:52.99	6:22.39	6:51.79	500 Free	6:31.09	6:03.19	5:35.19	6:25.19	5:57.69	5:30.19
12:06.09	13:06.59	14:07.09	12:07.59	13:08.29	14:08.89	1000 Free	13:32.49	12:34.39	11:36.39	13:19.19	12:22.09	11:24.99
20:13.99	21:55.19	23:36.29	20:12.19	21:53.19	23:34.19	1650 Free	22:28.29	20:51.99	19:15.69	22:23.99	20:47.99	19:11.99
						50 Back						
1:07.39	1:12.99	1:18.59	1:08.49	1:14.19	1:19.89	100 Back	1:14.89	1:09.59	1:04.19	1:12.89	1:07.69	1:02.49
2:25.99	2:38.19	2:50.39	2:27.29	2:39.59	2:51.79	200 Back	2:41.29	2:29.79	2:18.19	2:37.99	2:26.69	2:15.39
						50 Breast						
1:16.39	1:22.79	1:29.19	1:17.59	1:24.09	1:30.59	100 Breast	1:24.09	1:18.09	1:12.09	1:22.59	1:16.69	1:10.79
2:45.89	2:59.79	3:13.59	2:46.79	3:00.69	3:14.59	200 Breast	3:02.39	2:49.39	2:36.29	3:00.19	2:47.29	2:34.39
						50 Fly						
1:07.49	1:13.09	1:18.69	1:07.79	1:13.49	1:19.09	100 Fly	1:13.29	1:08.09	1:02.89	1:11.79	1:06.69	1:01.59
2:28.19	2:40.49	2:52.89	2:28.59	2:40.99	2:53.39	200 Fly	2:43.69	2:31.99	2:20.29	2:38.99	2:27.59	2:16.29
						100 IM						
2:28.69	2:40.99	2:53.39	2:30.49	2:42.99	2:55.49	200 IM	2:43.69	2:31.99	2:20.29	2:40.49	2:28.99	2:17.59
5:15.39	5:41.69	6:07.99	5:17.79	5:44.29	6:10.79	400 IM	5:50.59	5:25.49	5:00.49	5:42.29	5:17.89	4:53.39

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 are to be coordinated by the coach(es) supervising that lane.
- c. Dive sprints may be done in individual lanes 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. Kick boards, pull buoys, or hand paddles may not be used at any time.

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.
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 during any and all breaks scheduled during the competition.
- VI. Hand paddles, fins, or kickboards may not be used at any time during general, specific, or between warm-up sessions unless approved by the Meet Director and 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.