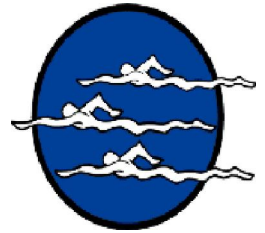


Alamo Area Aquatic Association

www.aaaa-sa.org

Meet Information

Re-posted 03/09/11



- Meet:** ■Ninth Annual Cinco de Mayo International Invitational (Long Course Meters)
- Dates:** ■Friday, Saturday and Sunday, April 29, April 30, May 1, 2011
- Sanction Number:** ■ST-11-33
- Venue:** ■San Antonio Natatorium
■1430 West Durango
■San Antonio, Texas 78207
■210-299-1560
- Facility:** ■Eight 50-meter lanes
■Depth: 5.5 feet at start / 4.0 feet at turn end
■All automatic DAKTRONICS starting and timing
■Limited deck seating (500) / bring lawn chairs
■Concessions available
■The course length has not been certified
- 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 San Antonio Independent School District (SAISD), 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 2010 USA Swimming Rules and any relevant sections of the STSI Handbook will apply.
- 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.
- 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.
- Format:** ■Pre-seeded
■Timed finals in Long Course Meters
■No events longer than 200-meters
■All events will be seeded by time and gender without regard to age
■Swimmers must be currently (2011) registered with USA Swimming or FINA
■USA Swimming entries received without a valid and accurate 2011 USA Swimming Registration Number will not be accepted
■Meet Manager SD Files will be utilized to verify registration
■No time trials
■No proof of time required
■This meet has been sanctioned by South Texas Swimming and 2011 rules will apply. There may be athletes competing who are not members of USA Swimming, but the USA Swimming Technical Rules will be observed and all deck officials will be USA Swimming Certified Officials. Foreign athletes must notify the Meet Director for FINA approval before the entry deadline. Only times from properly registered USA Swimming athletes will be loaded into the SWIMS database.

Entry

Restrictions:

- All competitors must be currently (2011) registered with either USA Swimming OR FINA
- Age as of April 29, 2011 will determine a swimmers age for the entire meet
- Entry times must be in long course meters
- Swimmers may enter a maximum of five (5) events per day
- If entering with a non-confirming time (SCM or SCY), swimmers must enter at the qualifying time for that age group
- Meet will be capped at 350 athletes per session.

USA

Swimming

Registration:

- All swimmers, coaches, and officials 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
- National and LSC Regulations do not allow for any exceptions to these policies

Qualifying

Times:

- The qualifying times for this meet are equal to or faster than the 2009 – 2012 National Motivational Top-16 Based “B” long course meter times — Please see pages four (4) and five (5)
 - Those time standards are also available on the USA Swimming Web Site (www.usa-swimming.org)
 - Entries received with seed times slower than the National ‘B’ Standard will not be accepted and any entry fees will not be refunded
 - There are no qualifying times for eight and under swimmers, however, they must nevertheless be entered with a seed time, i.e. No Time (NT) entries WILL NOT be accepted

Entry

Deadline:

- 6:00 PM, Monday, April 18, 2011
- Full payment must be received by April 25th

Late/Deck

Entries?

- Only to fill empty lanes
- No new heats will be created and standbys will not be permitted

Entry

Procedures

- The **only** acceptable mode of entry is via Hy-Tek Commlink Disk or File
- A hard copy and Entry Fee Report must be included with your entry
- If you have questions on this procedure contact Don Walker at the e-mail address noted below
 - Please format any 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 seedtime (NT) **will not** be entered into this pre-seeded meet and any entry fees **will not** be refunded
- Please be certain to confirm your acceptance into this meet prior to making your air and hotel reservations.

E-Mail

Entries:

- Entries in Commlink Format only, **MUST** be sent to: dmw15479@aol.com
- 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 or hand-delivered to the meet director

FAX Entries:

- Under no circumstances will entries be accepted via FAX

Scratch

Rules:

- All events will be pre-seeded and there is no penalty for scratching from an event.

Entry Fees**Includes****Splash Fee:** ■\$6.75 per Individual event**Late Entries:** ■\$13.00 per Individual event**Checks****payable to:** ■San Antonio Nadadores**Meet****Management:****■Entries Chair & Meet Director:**

- Don Walker
- 110 Tuleta Drive
- San Antonio, TX 78212
- 210-299-1560
- dmw15479@aol.com

■Meet Referee:

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

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures page seven (7)
- The diving well will be available for constant warm-up and cool-down
- Lane assignments will be made
 - Specific lanes and times will be posted with the Psych Sheet at www.aaaa-sa.org no later than 2:00 PM, Tuesday, April 26th
 - These assignments will be determined by the number of entrants and distances traveled

Special**Needs:**

- Please notify the San Antonio Natatorium (210-299-1560) 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 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

Awards:

- Custom medals will be awarded for places one through three
- Custom ribbons from will be awarded to places four through eight
- High Point Awards for each category
- Age Groups may be combined in the interest of time but will be scored separately for high point awards
- A swimmer may only score points for high points in a Nationally recognized event for her/his age group
- An exception will be made for the 8 and under Divisions

Age-Groups:

- 8 and under, 9, 10, 11, 12, 13, 14, 15 and 16 and Up (Girls and Boys)

Results:

- Daily and Final Results plus the Commlink File will be available at www.aaaa-sa.org

Schedule:

- | | | |
|------------|----------------------------|---|
| ■Friday: | Warm-ups begin at 4:00 PM | Meet begins at 5:30 PM (all age groups) |
| ■Saturday: | Warm-ups begin at 8:30 AM | Meet begins at 10:00 AM (12 and under) |
| -Saturday: | Warm-ups begin at 1:00 PM | Meet starts at 2:30 PM (13 and over) |
| ■Sunday: | Warm-ups begin at 7:30 AM | Meet begins at 9:00 AM (12 and under) |
| - Sunday | Warm-ups begin at 12:00 PM | Meet begins at 1:30 PM (13 and over) |

Officials:

- Please contact Rich Jonathan Rightmyer if you can help with this meet. All officials must be currently (2011) registered with USA Swimming and have a current and valid Background Check.

Timers:

- Entering teams will be expected to provide backup timers in proportion to their entries
- Volunteers will also be appreciated

Contacts: ■Don Walker: dmw15479@aol.com / 210-299-1560
 ■Sofia Walker: safia16518@aol.com / 210-408-8208

Foreign

Competitors ■It is strongly recommended that Visa and travel arrangements be made as early as possible
 ■Entries will be capped at 350 for all sessions.

Order of Events

Friday, April 29th, 5:30 PM			Saturday, April 30th, 10:00 AM			Sunday, May 1st, 9:00 AM		
Girls No.	Age / Event	Boys No.	Girls No.	Age / Event	Boys No.	Girls No.	Age / Event	Boys No.
1	13 & Over 200 IM	2	9	9-12 200 Free	10	29	12 & Under 100 Free	30
3	9-12 Under 200 IM	4	11	12 & Under 50 Back	12	31	10-12 200 Breast	32
5	13 & Over 50 Free	6	13	9-12 100 Breast	14	33	12 & Under 50 Fly	34
7	12 & Under 50 Free	8	15	10-12 200 Back	16	35	9-12 100 Back	36
			17	9-12 100 Fly	18	37	10-12 200 Fly	38
			19	12 & Under 50 Breast	20			
				Saturday, April 30th,			Sunday, May 1st	
				13 & Over, 2:30 PM			13 & Over, 1:30 PM	
			21	13 & Over 200 Free	22	39	13 & Over 100 Free	41
			23	13 & Over 100 Breast	24	41	13 & Over 200 Breast	43
			25	13 & Over 200 Back	26	43	13 & Over 200 Fly	45
			27	13 & Over 100 Fly	28	45	13 & Over 100 Back	46



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	1:21.8	100 Free	1:20.5	1:31.09	1:41.59
3:48.59	3:23.59	2:58.4	200 Free	2:52.3	3:13.99	3:35.49
7:37.29	6:51.59	6:05.8	400 Free	6:06.7	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	1:35.2	100 Back	1:33.2	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	1:46.9	100	1:45.9	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	1:37.8	100 Fly	1:36.4	1:53.19	2:09.79
4:12.99	3:46.49	3:19.8	200 I-M	3:18.8	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	1:13.4	100 Free	1:11.3	1:17.39	1:23.29
3:03.89	2:50.79	2:37.6	200 Free	2:34.8	2:47.79	3:00.69
6:27.79	6:00.09	5:32.3	400 Free	5:27.0	5:54.39	6:21.69
13:31.6	12:33.6	11:35.	800 Free	11:30.	12:28.5	13:26.1
26:04.1	24:12.3	22:20.	1500 Free	22:14.	24:05.29	25:56.4
45.49	42.29	38.99	50 Back	36.69	42.19	45.69
1:38.89	1:31.09	1:23.2	100 Back	1:23.5	1:31.39	1:39.19
3:30.29	3:15.29	3:00.1	200 Back	2:56.3	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	1:33.7	100	1:32.4	1:40.89	1:49.19
3:57.59	3:40.59	3:23.6	200	3:20.7	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	1:22.8	100 Fly	1:21.4	1:29.49	1:37.49
3:29.09	3:14.19	2:59.2	200 Fly	2:58.4	3:13.39	3:28.29
3:29.69	3:14.79	2:59.7	200 I-M	2:58.0	3:13.89	3:29.59
7:27.89	6:55.89	6:23.9	400 I-M	6:20.1	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	1:10.3	100 Free	1:05.9	1:11.49	1:16.99
2:57.09	2:44.39	2:31.7	200 Free	2:23.2	2:35.19	2:47.09
6:09.39	5:42.99	5:16.5	400 Free	5:02.7	5:27.99	5:53.29
12:35.9	11:41.9	10:47.	800 Free	10:29.	11:21.7	12:14.2
24:06.3	22:23.0	20:39.	1500 Free	19:55.	21:35.2	23:14.9
1:30.79	1:24.29	1:17.7	100 Back	1:14.4	1:20.59	1:26.89
3:15.29	3:01.29	2:47.3	200 Back	2:40.6	2:54.09	3:07.49
1:43.89	1:36.39	1:29.9	100	1:21.2	1:28.09	1:34.89
3:43.99	3:27.99	3:11.9	200	3:01.9	3:17.19	3:32.39
1:29.19	1:22.89	1:16.4	100 Fly	1:11.0	1:16.99	1:22.89
3:16.29	3:02.29	2:48.2	200 Fly	2:38.7	2:51.99	3:05.19
3:19.99	3:05.69	2:51.4	200 I-M	2:42.3	2:55.99	3:09.49
7:01.19	6:31.09	6:00.9	400 I-M	5:44.4	6:13.19	6:41.89

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
Senior Girls			Event	Senior 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	1:08.5	100 Free	1:03.0	1:08.39	1:13.59
2:51.79	2:39.49	2:27.1	200 Free	2:17.1	2:28.59	2:39.99
6:00.39	5:34.69	5:08.8	400 Free	4:50.1	5:14.39	5:38.59
12:23.2	11:30.1	10:37.	800 Free	10:01.	10:52.0	11:42.1
23:53.0	22:10.6	20:28.	1500 Free	19:13.	20:49.4	22:25.5
1:28.99	1:22.69	1:16.2	100 Back	1:10.5	1:16.49	1:22.39
3:11.69	2:57.99	2:44.2	200 Back	2:31.2	2:43.89	2:56.49
1:41.09	1:33.89	1:26.6	100	1:19.6	1:26.39	1:32.99
3:36.59	3:21.19	3:05.6	200	2:54.2	3:08.79	3:23.29
1:26.59	1:20.39	1:14.1	100 Fly	1:07.6	1:13.39	1:19.99
3:09.69	2:56.19	2:42.6	200 Fly	2:30.5	2:43.19	2:55.69
3:15.19	3:01.19	2:47.2	200 I-M	2:35.8	2:48.89	3:01.79
6:48.99	6:19.79	5:50.5	400 I-M	5:27.0	5:54.39	6:21.59

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.

POOL	LANE USE		
	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 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.