

STREAMLINE AQUATICS

2011 SASA Last Chance Time Trials

July 10, 2011

Sanction Number: ST-11-57



Welcome: Streamline Aquatics invites you to join us at the Barshop Natatorium on the campus of The University of the Incarnate Word to compete in our Last Chance SCM Time Trials. This meet will be conducted in one 10 lane pool, 25 meter pool, with 6 lanes for competition and 2 lanes for warm up and warm down. We will use Hy-Tek Meet Manager software and Daktronics timing system.

Location: The Barshop Natatorium is located on UIW's Campus at 4301 Broadway, San Antonio, TX 78209. The pool is located on the West side of campus over the river bridge and on the right. Parking is Free!

From 281 SOUTH – Turn Left onto Hildebrand, Turn Left at second stop light, Turn left at T. Follow road and merge left over the bridge, and Natatorium is first building on Right.

Schedule: Warm Up 4:30 PM Start 5:45 PM

Facility: Depth at start end: 7 foot lanes 1-3, 6 foot lanes 4-6
Depth at turn end: 7 foot lanes 1-3, 6 foot lanes 4-6
The course has been professionally surveyed and certified in accordance with 104.2.2C(4)

Sanctions: This meet is sanctioned by South Texas Swimming and 2011 rules apply. All swimmers must be registered for 2011 with USA Swimming. Athletes that deck enter or register with USA Swimming after the entry deadline may deck enter the meet only if the meet director is contacted by Angella Woodard, the South Texas Executive Secretary for verification of registration.

Liability: USA Swimming, South Texas Swimming, The University of the Incarnate Word, Barshop Natatorium, and Streamline Aquatics accept no responsibility or liability for injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

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

Rules: The 2011 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.

Photographers: No professional photographers will be on deck at this meet.

Schedule: Sunday Time Trials: Warm Up 4:30 PM Start 5:45 PM

Meet Format:

- The meet will run twice through
 - First - long to short
 - Second - short to long
- Swimmers are permitted to enter one (1) event each round
- Events with dissimilar strokes but like distances may be combined – lane separation will not be guaranteed
- Freestyle events longer than 400-yards may be combined and the necessary electronic splits taken at intermediate distances
- Swimmers will be seeded by time if provided, otherwise by lot
- Events may be gender mixed

Scoring

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

Limits: •Two (2) events (one per round)

Entry Deadline: Entries must be received by **Tuesday, June 28, 2011 at 6 PM**. Entry fees must be received by Friday, July 1, 2011.
Entries will be accepted **on deck** until 5:00 PM
Swimmers entering on deck must present their 2011 USA Swimming ID Cards and be prepared to pay the entry fees

Entry

Fees:

- \$10.00 per event via Commlink - includes the \$1.25 STSI splash fee
- \$15.00 per event on deck - includes the \$1.25 STSI splash fee
- Make checks payable to: **Streamline Aquatics**

Entries: Entries must be emailed to Angella Woodard at admin@stswim.org. If you don't receive an email confirmation, your entries were not received. You do not need to mail a hard copy of what you emailed. No paper, phone or fax entries will be accepted. Entries received without accurate USA Swimming registration numbers will NOT be accepted or processed.

Make checks payable to **Streamline Aquatics** and mail to:

Meet Director- SASA Last Chance
14514 Majestic Prince
San Antonio, TX 78248

Officials: Help from visiting officials is always welcome. Visiting officials are asked to indicate their availability with the team's entry or email the meet referee, Rusty Prewitt-Campbell – rustypc@hotmail.com

Timers & Lap Counters:

Competitors must provide their own backup timers and lap counters

Special Needs:

Please notify the Barshop Natatorium (210-805-3078) in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The 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 this LSC that 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.

Parking: There should be plenty of free parking in front and behind the Barshop Natatorium.

Meet Referee: Rusty Prewitt-Campbell
210-913-1357
rustypc@hotmail.com

Meet Director: Phillip Davis
210-805-3078 office
padavis@uiwtx.edu

Entry Chair: Angella Woodard
210-479-0881
admin@stswim.org

Order of Events – Distances are in short course meters

Round One	Round Two
400	50
200	100
100	200
50	400
Twenty Minute Break	800 / 1500



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! Dive sprints may only be done under the direct supervision of the coach.
- d. There will be no diving in the general warm-up lanes. Circle swimming only.
- e. No kick boards, pull buoys, or hand paddles may be used.

3. 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. 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

1. Backstrokers will ensure that they are not starting as 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.
2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
3. 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.
4. Warm-up procedures will be enforced for any breaks scheduled during the competition.
5. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warmup 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

Revised Sept 29, 2003