



# Alamo Area Aquatic Association

www.aaaa-sa.org

## Meet Information

Posted 06/29/11



- Meet Name:** •2011 AAAA BB and Under End of Summer Splash (SCY)
- Sanction Number:** •ST-11-61
- Meet Date(s):** •Saturday and Sunday, August 6 and 7, 2011
- Meet Venue:** •Northside Natatorium on Loop 1604  
 •8400 North Loop 1604 West (Between Bandera and Hausmann on the Northbound side)  
 •San Antonio, TX 78249  
 •210-397-7522

<p><b>Entry deadline:</b>  <b>6:00 PM, Tuesday, July 26, 2011</b>  <b>No exceptions!</b>  <b>Late entries to fill empty lanes only!</b></p>
<p><b>E-mail entry address:</b>  <a href="mailto:coachpeteh@gaggle.net">coachpeteh@gaggle.net</a></p>

- Facility:**
- Two (if needed) eight-lane 25-yard racing courses
  - Depth: Start end 7.0 feet / Turn end 7.0 feet
  - All automatic DAKTRONICS starting and timing
  - Four-lane warm-up / cool down pool between the courses
  - The competition course has been certified in accordance with 104.2.2C(4)
- 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 I.S.D., 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
- 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, disbarment from the facility and arrest
- 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 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)** chose to 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
- Rules:**
- The 2011 USA Swimming Rules and any relevant sections of the STSI Policies and Procedures Manual will apply

- Meet Format:**
- All events in this meet will be seeded on-deck
  - Positive check-in by 8:30 AM daily for all events is required
  - 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
  - Timed finals
  - No relays
  - No time trials
  - Not scored
  - All events will be seeded by gender and time only, without regard to age
  - If the number of entries warrants, in the interest of time conservation, the Meet Host reserves the right to split the meet gender-wise, and conduct the competition in both courses
    - If that becomes necessary, the information will be posted with the Psych Sheet and warm-up lane assignments on the AAAA Web Site ([www.aaaa-sa.org](http://www.aaaa-sa.org)), by 6:00 PM, Wednesday, July 28th
  - Fly-over starts will be employed for all events EXCEPT backstroke

**Entry**

- Restrictions:**
- This meet is open to all USA Swimming and FINA swimmers who are properly registered for 2011
  - Age as of August 6, 2011 determines age for this meet
  - Maximum of five events per day

**Qualifying**

- Times:**
- Swimmers may enter any event for which they have not achieved or exceeded the minimum National Motivational Age Group "A" Qualifying Time Standard either long or short course
  - This meet is specified in Short Course Yards (SCY)
  - Please refer to pages six (6) through eight (8)
  - Times converted from SCM or LCM will be accepted, but should be annotated to ensure proper seeding
  - Eight and under events are unclassified as there are no time standards for the age group

- Proof-of-Time:**
- Times will be proven via the SWIMS National Database

**Entry**

- Procedures:**
- The **only** acceptable mode of entry is via Hy-Tek Commlink Disk or File
  - Hard copy MUST accompany
  - 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](http://www.aaaa-sa.org)) and on the South Texas Swimming Web Site.
  - Entries received without a seedtime will not be entered into the meet and fees will not be refunded
  - E-Mail or hand deliver entries to the Entry Chair noted below

- E-Mail Entries:**
- Entries in Commlink Format only, MUST be sent to: [coachpeteh@gaggle.net](mailto:coachpeteh@gaggle.net)
  - Payment by check must accompany entries
  - 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 and fees are paid.
  - Under no circumstances will entries be accepted via FAX
  - Entry Reports, however, WILL be accepted via FAX

**Entry Fees:**

(Includes

Splash Fee)

- Normal           \$ 7.50 per event
- Late             \$15.00 per event
- Checks payable to: N.I.S.D.

**Meet**

**Management:**

- |   |  |  |
|---|--|--|
| <ul style="list-style-type: none"> <li>•<b>Meet Director</b></li> <li>•Robert Laura</li> <li>•8400 North Loop 1604 West</li> <li>•San Antonio, TX 78249</li> <li>•210-397-7522</li> <li>•robert.laura@nisd.net</li> </ul> | <ul style="list-style-type: none"> <li>•<b>Meet Referee</b></li> <li>•Mike Bertirotti</li> <li>•8603 Timber Place</li> <li>•San Antonio, TX 78250</li> <li>•210-520-2050</li> <li>•mbertiro@aol.com</li> </ul> | <ul style="list-style-type: none"> <li>•<b>Entries Chair</b></li> <li>•Peter Hay</li> <li>•8400 North Loop 1604 West</li> <li>•San Antonio, TX 78249</li> <li>•210-397-7524</li> <li>•coachpeteh@gaggle.net</li> </ul> |
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- Warm-ups:** •Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures on page five (5)
- Daily Schedule:**
- Warm-ups begin 7:30 AM
  - Late Entries close 8:30 AM
  - Positive check-ins for every event by 8:30 AM Daily
  - Clear pool 8:45 AM
  - Coaches' Meeting (Saturday only) 8:45 AM
  - Meet begins 9:00 AM
- Special Needs:**
- Please notify the Northside 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 Aquatics Center 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 for judging under Article 105
- Awards:** •Awards: Ribbons places one through eight for 8 and under, 9, 10, 11, 12, 13, 14 (no 15 – 18)
- Timers:**
- The host team will attempt to provide one timer per lane
  - Volunteers will undoubtedly be needed and greatly appreciated
- Officials:**
- All currently (2011) 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 assignments
  - The wearing of name tags is strongly encouraged



# Order of Events

Distances are in yards  
Saturday, August 6th, 9:00 AM

**All events will be deck seeded and require positive check-in by 8:30 AM. FLY-OVER STARTS!**

Girls Number	Age Group	Distance & Stroke	Boy's Number
1	8 & U	25 Free	2
3	11 & Over	200 Back	4
5	Open	100 Free	6
7	9 & Over	100 Breast	8
9	12 & U	50 Back	10
11	9 & O	200 I-M	12
13	8 & U	25 Back	14
15	9 & Over	100 Fly	16
17	12 & U	50 Breast	18

**Sunday, August 7th, 9:00 AM**

**All events will be deck seeded and require positive check-in by 8:30 AM. FLY-OVER STARTS!**

Girls Number	Age Group	Distance & Stroke	Boy's Number
19	Open	50 Free	20
21	8 & U	25 Breast	22
23	9 & Over	100 Back	24
25	12 & U	50 Fly	26
27	11 & O	200 Breast	28
29	8 & U	25 Fly	30
31	12 & U	100 IM	32
33	9 & Over	200 Free	34



# 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.**

2009 – 2012 National Motivational Time Standards						
Short Course Yards						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
39.79	35.99	32.19	50 Free	31.59	35.19	38.89
1:31.29	1:21.59	1:11.89	100 Free	1:10.79	1:19.99	1:29.19
3:20.19	2:58.29	2:36.39	200 Free	2:31.89	2:50.89	3:09.89
8:30.49	7:39.49	6:48.39	500 Free	6:44.59	7:35.19	8:25.79
48.79	43.49	38.09	50 Back	38.29	43.69	49.19
1:45.69	1:33.99	1:22.19	100 Back	1:21.29	1:32.09	1:42.89
53.59	47.79	41.99	50 Breast	42.19	47.89	53.59
1:59.99	1:46.69	1:33.39	100 Breast	1:31.39	1:43.69	1:55.69
48.79	42.99	37.29	50 Fly	36.69	41.99	47.29
1:57.49	1:42.09	1:26.69	100 Fly	1:25.59	1:40.39	1:55.19
1:44.99	1:33.79	1:22.59	100 I-M	1:21.09	1:3.19	1:41.29
3:42.69	3:19.39	2:55.99	200 I-M	2:55.29	3:18.09	3:40.89

2009 – 2012 National Motivational Time Standards						
Short Course Yards						
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
34.29	31.89	29.49	50 Free	28.59	30.99	33.39
1:13.59	1:08.29	1:03.09	100 Free	1:02.69	1:07.89	1:13.09
2:43.19	2:31.49	2:19.89	200 Free	2:16.19	2:27.49	2:38.89
7:10.79	6:40.09	6:09.29	500 Free	6:04.69	6:35.09	7:05.49
15:00.29	13:55.99	12:51.69	1000 Free	12:42.89	13:46.49	14:50.09
23:16.19	23:27.89	21:39.59	1650 Free	21:23.59	23:10.49	24:57.49
39.59	36.79	33.89	50 Back	33.49	36.49	39.49
1:27.99	1:21.09	1:14.19	100 Back	1:12.29	1:19.09	1:25.79
3:01.89	2:48.89	2:35.89	200 Back	2:32.89	2:45.59	2:58.39
44.09	40.89	37.79	50 Breast	37.29	40.79	44.29
1:36.39	1:29.29	1:22.19	100 Breast	1:20.49	1:27.79	1:35.09
3:26.39	3:11.69	2:56.89	200 Breast	2:52.89	3:07.29	3:21.69
37.79	35.09	32.39	50 Fly	32.09	35.19	38.19
1:27.19	1:20.19	1:13.19	100 Fly	1:11.69	1:18.69	1:25.79
3:04.99	2:51.79	2:38.59	200 Fly	2:25.29	2:48.29	3:01.19
1:26.19	1:20.09	1:13.99	100 I-M	1:11.49	1:17.59	1:23.69
3:03.79	2:50.69	2:37.59	200 I-M	2:35.59	2:49.39	3:03.09
6:32.19	6:04.19	5:36.09	400 I-M	5:28.89	5:56.29	6:23.69

2009 – 2012 National Motivational Time Standards						
Short Course Yards						
13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
33.39	30.99	28.69	50 Free	26.29	28.49	30.69
1:12.49	1:07.39	1:02.19	100 Free	57.39	1:02.19	1:06.99
2:36.09	2:24.99	2:13.79	200 Free	2:05.29	2:15.69	2:26.09
6:51.79	6:22.39	5:52.99	500 Free	5:35.19	6:03.19	6:31.09
14:08.89	13:08.29	12:07.59	1000 Free	11:36.39	12:34.39	13:32.49
23:34.19	21:53.19	20:12.19	1650 Free	19:15.69	20:51.99	22:28.29
1:19.89	1:14.19	1:08.49	100 Back	1:04.19	1:09.59	1:14.89
2:51.79	2:39.59	2:27.29	200 Back	2:18.19	2:29.79	2:41.29
1:30.59	1:24.09	1:17.59	100 Breast	1:12.09	1:18.09	1:24.09
3:14.59	3:00.69	2:46.79	200 Breast	2:36.29	2:49.39	3:02.39
1:19.09	1:13.49	1:07.79	100 Fly	1:02.89	1:08.09	1:13.29
2:53.39	2:40.99	2:28.59	200 Fly	2:20.29	2:31.99	2:43.69
2:55.49	2:42.99	2:30.49	200 I-M	2:20.29	2:31.99	2:43.69
6:10.79	5:44.29	5:17.79	400 I-M	5:00.49	5:25.49	5:50.59

2009 – 2012 National Motivational Time Standards						
Short Course Yards						
15 and 16 Girls			Event	15 and 16 Girls		
B Min	BB Min	A Min		A Min	BB Min	B Min
32.69	30.39	26.89	50 Free	25.29	27.39	29.49
1:10.89	1:05.79	1:00.79	100 Free	55.19	59.79	1:04.39
2:32.09	2:21.19	2:10.39	200 Free	2:00.09	2:10.09	2:20.09
6:45.29	6:16.29	5:47.39	500 Free	5:24.29	5:51.29	6:18.39
13:55.19	12:55.49	11:55.89	1000 Free	11:12.19	12:08.19	13:03.19
23:18.79	21:38.89	19:58.89	1650 Free	18:47.99	20:21.89	21:55.89
1:17.69	1:12.09	1:06.59	100 Back	1:01.09	1:06.19	1:11.29
2:47.89	2:35.89	2:23.89	200 Back	2:12.39	2:23.39	2:34.39
1:28.29	1:21.99	1:15.69	100 Breast	1:08.89	1:14.69	1:20.39
3:09.99	2:56.39	2:42.79	200 Breast	2:30.09	2:42.59	2:55.09
1:17.39	1:11.79	1:06.29	100 Fly	1:00.09	1:05.09	1:10.09
2:48.59	2:36.49	2:24.49	200 Fly	2:13.39	2:24.49	2:35.59
2:51.49	2:39.29	2:26.99	200 I-M	2:15.09	2:26.39	2:37.69
6:01.49	5:35.69	5:09.89	400 I-M	4:47.79	5:11.79	5:35.79

2009 – 2012 National Motivational Time Standards						
Short Course Yards						
17 and 18 Girls			Event	17 and 18 Girls		
B Min	BB Min	A Min		A Min	BB Min	B Min
32.39	30.09	27.79	50 Free	24.49	26.59	28.59
1:09.89	1:04.89	59.89	100 Free	53.59	58.09	1:02.59
2:30.99	2:20.29	2:09.49	200 Free	1:58.09	2:07.89	2:17.69
6:42.39	6:13.69	5:44.99	500 Free	5:17.69	5:44.196	6:10.59
13:52.59	12:53.09	11:52.59	1000 Free	11:03.89	11:59.19	12:54.49
23:06.19	21:27.19	19:48.19	1650 Free	18:27.19	19:59.39	21:31.69
1:17.19	1:11.69	1:06.19	100 Back	59.19	1:04.19	1:09.09
2:47.29	2:35.39	2:23.39	200 Back	2:09.09	2:19.89	2:30.59
1:27.79	1:21.49	1:15.29	100 Breast	1:07.59	1:13.19	1:18.79
3:09.29	2:55.79	2:42.19	200 Breast	2:27.09	2:39.29	2:51.59
1:16.39	1:10.99	1:05.49	100 Fly	58.69	1:03.59	1:08.39
2:46.49	2:34.59	2:22.69	200 Fly	2:09.59	2:20.39	2:31.19
2:49.49	2:37.39	2:25.29	200 I-M	2:11.69	2:22.59	2:33.59
6:01.29	5:35.49	5:09.69	400 I-M	4:42.39	5:05.99	5:29.49

2009 – 2012 National Motivational Time Standards						
Short Course Yards						
15 - 18 Girls			Event	15 - 18 Girls		
B Min	BB Min	A Min		A Min	BB Min	B Min
32.69	30.39	26.89	50 Free	25.29	27.39	29.49
1:10.89	1:05.79	1:00.79	100 Free	55.19	59.79	1:04.39
2:32.09	2:21.19	2:10.39	200 Free	2:00.09	2:10.09	2:20.09
6:45.29	6:16.29	5:47.39	500 Free	5:24.29	5:51.29	6:18.39
13:55.19	12:55.49	11:55.89	1000 Free	11:12.19	12:08.19	13:03.19
23:18.79	21:38.89	19:58.89	1650 Free	18:47.99	20:21.89	21:55.89
1:17.69	1:12.09	1:06.59	100 Back	1:01.09	1:06.19	1:11.29
2:47.89	2:35.89	2:23.89	200 Back	2:12.39	2:23.39	2:34.39
1:28.29	1:21.99	1:15.69	100 Breast	1:08.89	1:14.69	1:20.39
3:09.99	2:56.39	2:42.79	200 Breast	2:30.09	2:42.59	2:55.09
1:17.39	1:11.79	1:06.29	100 Fly	1:00.09	1:05.09	1:10.09
2:48.59	2:36.49	2:24.49	200 Fly	2:13.39	2:24.49	2:35.59
2:51.49	2:39.29	2:26.99	200 I-M	2:15.09	2:26.39	2:37.69
6:01.49	5:35.69	5:09.89	400 I-M	4:47.79	5:11.79	5:35.79