



# Alamo Area Aquatic Association

[www.aaaa-sa.org](http://www.aaaa-sa.org)

## Meet Information

Re-posted 09/30/11



- Meet:** •2011 NEAT 14 and under B+
- Dates:** •October 22 and 23, 2011
- Sanction Number:** •ST-11-69
- Venue:** •Josh Davis Natatorium  
•Blossom Athletic Center (Northeast Stadium)  
•Jones-Maltsberger Road at Starcrest (Bitters)  
•San Antonio, TX 78216  
•210-491-6132.
- Facility:** •The Josh Davis Natatorium is part of the North East School District's Blossom Athletic Center also sometimes known as the North East Stadium  
•Eight FINA width lanes (2.75-meters)  
•Start depth 2.25 meters / turn depth 3.5 meters  
•Automatic DAKTRONICS starting and timing  
•Off-deck stadium type seating for 1500 spectators  
•Spectators are not permitted on deck at any time for any reason!  
•Concessions and swim shop in the lobby  
•This course has been professionally surveyed and certified
- Qualifying Times:** •This is a "B" and faster meet  
•Athletes entering this meet must have achieved at least the 2009 – 2012 National Motivational Top-16-based "B" Time Standard for every event entered  
    •Times must be provable via the SWIMS Database  
•Entry times may be challenged and a swimmer who is found to have entered with a fraudulent time will be disqualified from further competition  
•Please see page four (4)  
•An HYV File for importing events and time standards into Team Manager is available on the Meet Calendar Page of the AAAA Web Site at: [www.aaaa-sa.org](http://www.aaaa-sa.org).
- 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
- 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 North East 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.
- Rules:** •The 2011 USA Swimming Rules and any relevant sections of the STSI Policies and Procedures Manual will apply
- USA Swimming Registration:** •All swimmers, coaches, and officials participating in this competition must be currently (2011 or 2012) 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  
•National and LSC Regulations do not allow for any exceptions to these policies.

- Format:**
- Timed finals
  - All events will be seeded and swum by gender and time only without regard to age
  - No relays or time trials
  - Fly-over starts will be utilized except for backstroke events

#### Entry

- Restrictions:**
- This meet is open ONLY to currently (2011 or 2012) USA Swimming or FINA Registered swimmers
  - Age as of October 22, 2011 determines age for the entire meet
  - Entrants must be registered with USA Swimming or FINA by the entry deadline
  - Maximum of four (4) events per day
  - 11 and 12 year olds may not swim both the 50 and 200-yard back, breast or fly – they must swim one or the other
  - All entries must include a seed time
  - Entries received without a seed time will not be accepted and any entry fees will not be refunded
  - Entries will be capped at 350

#### 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

#### Entry

- Procedures:**
- The *only* acceptable mode of entry is via Hy-Tek Commlink File or disk
  - Hard copy **MUST** accompany
  - An "HYV" File for Team Manager is available on the Meet Calendar Page of the AAAA Web Site ([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 e-mail

#### E-Mail

- Entries:**
- Entries, in Commlink Format only, **MUST** be sent to: **wspurg@neisd.net**
  - E-mail submissions to any other address will not 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 (210-491-6133) 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 to: 210-491-6133

- Psych sheet:**
- The Psych Sheet will be posted on the AAAA Web Site ([www.aaaa-sa.org](http://www.aaaa-sa.org)) by 12-noon, Wednesday, October 19th

#### Scratch

- Rules:**
- There is no penalty for scratching from a pre-seeded event

#### Entry Fees

##### (Includes

- Splash Fee):**
- \$6.50** per Individual event, which includes the \$1.25 STSI Splash Fee
  - Checks payable to:** NEISD

#### Entry

- Deadline:**
- 12-noon, Tuesday, October 11, 2011
  - No Exceptions!
  - No late / deck entries

#### Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Warm-up Safety Policies and Procedures found on page seven (7)

**Meet Management:**

**•Meet Director**

- Larry Hough
- 12002 Jones-Maltsberger
- San Antonio, TX 78216
- 210-491-6132
- FAX: 210-491-6133
- djohns1@neisd.net

**•Entries Chair**

- Bill Spurgeon
- 12002 Jones-Maltsberger
- San Antonio, TX 78216
- 210-491-6132
- FAX: 210-491-6133
- wspurg@neisd.net

**•Meet Referee**

- Rick Russell
- 3607 Willow Walk
- San Antonio, TX 78259
- 210-834-7409
- rd.russ@yahoo.com

**•Administrative Referee**

- Denny Ryther
- 30011 Cibolo Run
- Fair Oaks Ranch, TX 78015
- dryther@gvtc.com

- Special Needs:**
- Please notify the Davis Natatorium (210-491-6132) 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 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

- Scoring:**
- Not scored

- Time trials:**
- None!

- Awards:**
- Ribbons places one through eight
  - Standard age groups, i. e., 10 and under, 11 and 12 and 13 and 14

**Daily**

- Schedule:**
- |                             |      |                           |      |
|-----------------------------|------|---------------------------|------|
| •Saturday warm-ups begin at | 0930 | •Sunday warm-ups begin at | 0730 |
| •Clear pool at              | 1015 | •Clear pool at            | 0815 |
| •Coaches' meeting at        | 1015 | •Session begins at        | 0830 |
| •Session begins at          | 1030 |                           |      |

- Timers:**
- The host facility will attempt to provide backup timers for this meet
  - However, volunteers will be welcome, no doubt needed and very much appreciated

- Officials:**
- All currently (2011 / 2012) certified and properly registered USA Swimming Officials and Trainees are welcome and encouraged to participate
  - The uniform is white over navy blue - Bermuda length shorts are acceptable - jeans are not!
  - The wearing of name tags is strongly encouraged
  - Please report to the deck level classroom at 0800 both days to receive assignments



# Order of Events and Minimum Qualifying Times

Distances are in yards  
National Motivational "B" times

Saturday, October 22nd							
Girl's #	Age	Faster than:	Distance	Stroke	Faster than:	Age	Boy's #
<b>1</b>	10 & Under	0:39.79	<b>50</b>	<b>Freestyle</b>	0:38.89	10 & Under	<b>2</b>
	11 and 12	0:34.29			0:33.39	11 and 12	
	13 and 14	0:33.39			0:30.69	13 and 14	
<b>3</b>	10 & Under	3:42.69	<b>200</b>	<b>Individual Medley</b>	3:40.89	10 & Under	<b>4</b>
	11 and 12	3:03.79			3:03.09	11 and 12	
	13 and 14	2:55.49			2:43.69	13 and 14	
<b>5</b>	10 & Under	0:48.79	<b>50</b>	<b>Backstroke</b>	0:49.19	10 & Under	<b>6</b>
	11 and 12	0:39.59			0:39.49	11 and 12	
<b>7</b>	11 and 12	3:01.89	<b>200</b>	<b>Backstroke</b>	2:58.39	11 and 12	<b>8</b>
	13 and 14	2:51.79			2:41.29	13 and 14	
<b>9</b>	10 & Under	1:59.99	<b>100</b>	<b>Breaststroke</b>	1:55.69	10 & Under	<b>10</b>
	11 and 12	1:36.39			1:35.09	11 and 12	
	13 and 14	1:30.59			1:24.09	13 and 14	
<b>11</b>	10 & Under	1:57.49	<b>100</b>	<b>Butterfly</b>	1:55.19	10 & Under	<b>12</b>
	11 and 12	1:27.19			1:25.79	11 and 12	
	13 and 14	1:19.09			1:13.29	13 and 14	
Sunday, October 23rd							
<b>13</b>	10 & Under	1:31.29	<b>100</b>	<b>Freestyle</b>	1:29.19	10 & Under	<b>14</b>
	11 and 12	1:13.59			1:13.09	11 and 12	
	13 and 14	1:12.49			1:06.99	13 and 14	
<b>15</b>	10 & Under	3:20.19	<b>200</b>	<b>Freestyle</b>	3:09.89	10 & Under	<b>16</b>
	11 and 12	2:43.19			2:38.89	11 and 12	
	13 and 14	2:36.09			2:26.09	13 and 14	
<b>17</b>	10 & Under	0:53.59	<b>50</b>	<b>Breaststroke</b>	0:53.59	10 & Under	<b>18</b>
	11 and 12	0:44.09			0:44.29	11 and 12	
<b>19</b>	11 and 12	3:26.39	<b>200</b>	<b>Breaststroke</b>	3:21.69	11 and 12	<b>20</b>
	13 and 14	3:14.59			3:02.39	13 and 14	
<b>21</b>	10 & Under	1:45.69	<b>100</b>	<b>Backstroke</b>	1:42.89	10 & Under	<b>22</b>
	11 and 12	1:27.99			1:25.79	11 and 12	
	13 and 14	1:19.89			1:14.89	13 and 14	
<b>23</b>	10 & Under	0:48.79	<b>50</b>	<b>Butterfly</b>	0:47.29	10 & Under	<b>24</b>
	11 and 12	0:37.79			0:38.19	11 and 12	
<b>25</b>	11 and 12	3:04.99	<b>200</b>	<b>Butterfly</b>	3:01.19	11 and 12	<b>26</b>
	13 and 14	2:53.39			2:43.69	13 and 14	

# 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 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 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.**