



Alamo Area Aquatic Association

www.aaaa-sa.org

Meet Information

Posted 11/08/11



Meet Name: •Northside B-Plus Winter Wonderland

Sanction

Number: •ST-11-72

Meet Date(s): •December 16, 17, and 18, 2011

Venue:

- NISD Natatorium
- 8400 North Loop 1604 West
- San Antonio, Texas 78249
- 210-397-7525

Facility:

- Two eight-lane 25-yard racing courses
- Start end depth 7.0 feet / Turn end depth 7.0 feet
- All automatic DAKTRONICS starting and timing
- Concessions and swim shop available
- Six-lane warm-up / cool down pool between the courses
- The courses have been professionally surveyed and certified

Cell phone

Restrictions:

- The presence and / or use of cell phones, and / or any other equipment capable of producing audio recordings, photographic or video images in locker rooms, rest rooms or changing areas 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 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

USA

Swimming

Registration:

- All swimmers, coaches, and officials participating in this competition must be *currently* (2010 - 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
- National and LSC Regulations do not allow for any exceptions to these policies

Rules:

- The 2011 USA Swimming Rules and any relevant sections of the STSI Policies and Procedures Manual will apply

Meet Format:

- All events will be deck seeded, fastest to slowest, and require a positive check-in starting at the beginning of warm-ups and ending 30 minutes before the start time of each and every session
- Entering swimmers must have at some time achieved a National Motivational "B" time for every event entered
- Entry times must be provable via SWIMS
- Timed finals
- No relays
- No time trials

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.

Qualifying

- Times:**
- National Motivational "B" time required for every event entered
 - Must be provable via SWIMS
 - EXCEPTION: Swimmers may qualify for the 1000 and 1650-yard freestyle events with a provable SWIMS "A" time in the 500 yard freestyle
 - Please refer to page 5

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

Entry

- Deadline:**
- 6:00 PM, Monday, December 5, 2011

Entry

- Restrictions:**
- This Meet is open to all 2011 or 2012 Registered USA Swimming or FINA athletes
 - Age as of December 16, 2011 determines age for the entire meet
 - Maximum of five events per day
 - All entries must include a seed time
 - Entries received without a seed time (NT) or times slower than those specified will not be accepted

Entry

- Procedures:**
- The **only** acceptable mode of entry is via Hy-Tek Commlink File
 - Hard copy **MUST** accompany
 - Entries received without a seed time will not be entered into the meet and fees will not be refunded
 - E-mail or hand deliver entries to the Entries Chair noted below
 - 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

E-Mail

- Entries:**
- Entries in Commlink Format only, **MUST** be sent **ONLY** 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

Late/Deck

- Entries?**
- Late entering athletes must be prepared to prove their current USA Swimming Registration.

Scratch

- Rules:**
- Swimmers who check-in for an event and subsequently fail to appear for competition in that same event, will be disqualified from their next scheduled event
 - Those swimmers will then also be required to re-check-in for each of their remaining events

Entry Fees**Include**

- Splash Fee:**
- \$6.50 per Individual event / No refunds!
 - Late entries \$12.00 per event
 - Checks payable to: **N.I.S.D.**

Meet**Management:****•Meet Director**

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

•Meet Referee

- Mike Bertirotti
- 18630 Canoe Brook
- San Antonio, TX 78258
- 210-520-2050
- mbertiro@aol.com

•Entries Chair

- Peter Hay
- 8400 North Loop 1604 West
- San Antonio, TX 78249
- 210-397-7524
- coachpeteh@gaggle.net

•Administrative Referee

- Regina Prewitt-Campbell
- 14825 Omnicron Drive
- San Antonio, TX 78245
- 210-445-3150
- reginapc2003@hotmail.com

Special**Needs:**

- Please notify the NISD Natatorium (210-397-7524) 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 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.

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page six (6)
- Lane assignments will be made
- Specific warm-up times and lane assignments will be posted with the Psych Sheet at www.aaa-sa.org by noon on Wednesday, December 14th
- Please also review the daily schedule below.

Awards:

- 14 and Under: Ribbons places one through eight
- Single age groups, i. e., 10 and under, 11, 12, 13 and 14
- 15 and over: No awards.

Daily**Schedule:**

	Fri PM	Sat and Sun AM	Sat PM	Sun PM
•Warm-ups	4:00 PM	8:00 AM	2:00 PM	1:00 PM
•Clear pool(s)	4:45 PM	8:45 AM	2:45 PM	1:45 PM
•Coaches' meeting	4:45 PM	8:45 AM	--	--
•Session begins	5:00 PM	9:00 AM	3:00 PM	2:00 PM

Timers:

- The host team will attempt to provide backup timers for this meet
- Volunteers will be needed
- Competitors in the 500 / 1000 / 1650 freestyle and 400 I-M must provide their own backup timers and lap counters

Officials:

- All 2011 or 2012 certified and in training USA Swimming registered officials are cordially invited to participate
- 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 and Minimum Qualifying Times

Distances are in yards

Girl's Number	Equal to or Faster than:	Age Group	Distance And Stroke	Equal to or Faster Than:	Boy's Number
Friday, December 16th, 5:00 PM					
1	3:42.69	10 & Under	200 I-M	3:40.89	2
	3:03.79	11 & 12		3:03.09	
	2:55.49	13 & 14		2:43.69	
	2:51.49	15 & Over		2:37.69	
3	0:39.79	10 & Under	50 Free	0:38.89	4
	0:34.29	11 & 12		0:33.39	
	0:33.39	13 & 14		0:30.69	
	0:30.39	15 & Over		0:29.49	
5	6:51.79	13 & 14	500 Free	6:31.09	6
	6:45.29	15 & Over		6:18.39	
Saturday, December 17th 9:00 AM					
7	3:21.19	10 & Under	200 Free	3:09.89	8
	2:43.19	11 & 12		2:38.89	
9	0:48.79	10 & Under	50 Back	0:49.19	10
	0:39.59	11 & 12		0:39.49	
11	1:59.99	10 & Under	100 Breast	1:55.69	12
	1:36.39	11 & 12		1:35.09	
13	1:57.49	10 & Under	100 Fly	1:55.19	14
	1:27.19	11 & 12		1:25.79	
15	3:01.89	11 & 12	200 Back	2:58.39	16
17	1:44.99	10 & Under	100 I-M	1:41.29	18
	1:26.29	11 & 12		1:23.69	
Saturday, December 18th, 3:00 PM					
19	2:36.09	13 & 14	200 Free	2:26.09	20
	2:32.09	15 & Over		2:20.09	
21	2:51.79	13 & 14	200 Back	2:41.19	22
	2:47.89	15 & Over		2:34.39	
23	1:30.59	13 & 14	100 Breast	1:24.09	24
	1:28.29	15 & Over		1:20.39	
25	1:19.09	13 & 14	100 Fly	1:13.29	26
	1:17.39	15 & Over		1:10.09	
27	6:32.19	11 & 12	400 I-M	6:23.69	28
	6:10.79	13 & 14	400 I-M	5:50.59	
	6:01.49	15 & Over	400 I-M	5:35.79	
29	15:00.29	11 & 12	1000 Free	14:50.09	30
	14:08.89	13 & 14	1000 Free	13:32.49	
	13:55.19	15 & Over	1000 Free	13:04.19	



Sunday, December 18th, 9:00 AM					
Girl's Number	Equal to or Faster than:	Age Group	Distance And Stroke	Equal to or Faster Than:	Boy's Number
31	1:31.29	10 & Under	100 Free	1:29.19	32
	1:13.59	11 & 12		1:13.09	
33	3:26.39	11 & 12	200 Breast	3:21.69	34
35	0:48.79	10 & Under	50 Fly	0:47.29	36
	0:37.79	11 & 12		0:38.19	
37	1:45.69	10 & Under	100 Back	1:42.89	38
	1:27.99	11 & 12		1:25.79	
39	0:53.59	10 & Under	50 Breast	0:53.59	40
	0:44.09	11 & 12		0:44.29	
41	8:30.49	10 & Under	500 Free	8:25.79	42
	7:10.79	11 & 12		7:05.49	
Sunday, December 18th, 2:00 PM					
43	1:12.49	13 & 14	100 Free	1:06.99	44
	1:10.89	15 & Over		1:04.39	
45	3:14.59	13 & 14	200 Breast	3:02.39	46
	3:09.99	15 & Over		2:55.09	
47	3:04.99	11 & 12	200 Fly	3:01.19	48
	2:53.39	13 & 14		2:43.69	
	2:48.59	15 & Over		2:35.59	
49	1:19.89	13 & 14	100 Back	1:14.89	50
	1:17.69	15 & Over		1:11.29	
51	25:16.19	11 & 12	1650 Free	24:57.49	52
	23:34.19	13 & 14		22:28.29	
	23:18.79	15 & Over		21:55.89	



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.

STSI Safety Guidelines and Warm-up Procedures last Revised 29-SEP-03

LODGING CONVENIENT to the NISD NATATORIUM
and the GEORGE BLOCK AQUATICS CENTER

NATATORIUM (Loop 1604)

Quality Inns & Suites Bandera Pointe
9522 Brimhall (Loop 1604)
SA, TX 78254
512-826-0663 (3 blocks from pool)

Comfort Inn Fiesta Park
6755 North Loop 1604 West
SA, TX 78249
210-696-4766 (2 miles from pool)

Motel 6 San Antonio
11425 Loop 1604 N
SA, TX 78254
210-695-6616 (1 mile from pool)

La Quinta Inn and Suites
5622 Utex Blvd
SA, TX 78249
210-696-0100 (5 miles from pool)

Staybridge Suites (Sea World-Westover Hills)
10919 Town Center Drive
SA, TX 78251-4545
(5 miles from pool)

Comfort Inn Fiesta Park
6755 North Loop 1604 West
SA, TX 78238
210-696-4766 (2 miles from pool)

Holiday Inn Northwest Sea World
10135 State Highway 151
SA, TX 78251
210-520-2508 (5 miles from the pool)

Fairfield Inn SeaWorld
11605 State Hwy 151
SA, TX 78251
210-509-3700 (5 miles from pool)

Courtyard by Marriott
11605 State Hwy 151
SA, TX 78251 (5 miles from pool)
210-509-3700

Best Western Fiesta Inn
13535 IH 10 West,
SA, TX 78249
210-696-2400 (3 miles from pool)

Hilton San Antonio/Hill Country Hotel & Spa
9800 Westover Hills Blvd.
SA, TX 78251
210-767-5355 (ask for Celeste Oliva)
210-509-9800 (6 miles from pool)

AQUATICS CENTER (Loop 410)

Hampton Inn NW
4803 Manitou
SA, TX, 78228
Tel 210.684.9966

Ramada Inn
7043 Culebra Road
SA, TX 78238
210-521-1485

La Quinta Inn
7134 NW Loop 410
SA, TX 78238
210-680-8883

Red Roof Inn
6880 NW Lop 410
SA, TX 78238
210-509-3434

Courtyard by Marriott
6738 NW Loop 410
SA, TX 78238
210-647-4100

Holiday Inn Express
2861 Cinema Ridge
SA, TX 78238
210-520-4200

Best Western Ingram Park
6855 NW Loop 410
SA, TX 78238
210-520-8080