

Sanction #: **ST-11-79**

The Sailfish Invite You to Join



Us for

The Great Pumpkin Invitational

Sanction Number: [ST-11 79](#)

Meet Date: Saturday, October 29

Venue: The Sendero Springs Pool is located at 4203 Pasada Lane, Round Rock, 78681

Facility: The Sendero Springs Pool is a 25 yard outdoor facility, with 8 lanes. The Pool has not been certified, but has been measured by Corbett Technologies on May 10, 2010. The depth of the pool is 5 ½ feet at the starting end and 4 feet at the turn end of the pool. A semi-automatic timing system will be used (three CTS Dolphin wireless stop watches with a manual back-up watch per lane.) Hy-Tek Meet Manager software will be used to record the times.

Liability: In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), CK Swimming LLC, Sailfish (FISH), the Brushy Creek MUD 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 athletes, coaches and officials participating in this competition must be currently registered with USA Swimming and should be prepared to present their USA-S ID Card as proof of their USA-S Membership to the Meet Director. The meet will be conducted under 2011 USA-S Rules by USA-S / LSC Certified officials. Swimmers who choose to deck enter when possible, or need to be entered because of clerical errors by the entering team, or meet host, will be required to present their current 2012/2011 USA Swimming ID Card, if applicable. National and LSC Regulations do not allow for any exceptions to these policies.

Rules: The most current USA Swimming Rules and any relevant sections of the STSI Handbook will apply.

Schedule: This meet is divided into two sessions.

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Session 1 – Warm ups at 7:30 am to 8:15 am. Start time: 8:30 am
Session 2 – Warm up at 12:15 pm to 01:15 pm. Start time: 01:30 pm

Meet Format: Events will be swum fast to slow in event number order.
Swimmers may enter a maximum of five events for the day, with no more than three events per session. Check in sheets will be available at the Clerk of Course at the start of the meet. Check-in will close 45 minutes before each event is scheduled to swim.

If necessary, we will cap the number of swimmers entered in each session in order to keep each session about 4 hours in length.

Entry Restrictions: Except as outlined above, there are no additional exceptions.

Age up Date: **October 29, 2011**

Qualifying Times: There are no qualifying times.

Entry Deadline: **October 17, 2011**

Deck Entries: Deck Entries will be accepted on the day of the meet up until 30 minutes before each session. Cost of Deck Entries will be \$12/event. Deck Entries will only be accepted to fill empty lanes in a heat. No new heats shall be created.

General Entry Procedures: Entries must be submitted by Hy-Tek Commlink file for teams with more than five swimmers. **An entry list, by name, must accompany the file in pdf format.** Entries may be submitted only via email. Entries must be sent to **ckjeldsen@austin.rr.com**. The Commlink file must be renamed to identify the entering team. USA Swimmers must be identified with their USA ID numbers and must be currently registered. Athletes will not be permitted to compete until satisfactory fee payments have been sent to the Meet Director or his/her designee.

Entry Fees: **\$6.00** per event (This includes the South Texas current splash fee)
Checks should be made payable to: CKSwimming LLC (Sailfish) and sent to: Meet Director, Chris Kjeldsen, 5401 Sam Bass Rd, Round Rock, Tx 78681 Fees should be postmarked no later than **October 21, 2011**.
All fees are non-refundable.

Heat Sheets: Heat sheets will be made available before the start of the meet and will be posted on our website: www.ckswimming.com .

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Awards: Ribbons, for first through sixth places, will be awarded according to the following age groupings: Boys and Girls, 8 and Under, 9-10, and 11-12. No other awards will be given.

Officials: Help from visiting officials is always welcome. Visiting Officials are asked to email the Meet Referee, Roland Smits (roland@patriotdetection.com)

Timers: Because we are using semi-automatic and manual watches, help in this area is critical. Please consider stepping up to help as timers if needed. Our meet will not start until all positions are filled.

Swimmers in the 500 and 400IM **must provide at least 2 timers.**
Swimmers in the 500 must also provide their own counters.

Cell phone

Restrictions: The presence and / or use of cell phones 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.

**Swimmers without
Coaches**

Any swimmer 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. The Racing Start Certification Checklist, signed by a USA Swimming Member coach, is mandatory, without which, the swimmer must start in the water. A copy of this form can be found on www.stswim.org and at the end of this document.

Swimmers found in violation of these restrictions will be banned from further competition until the violation has been remedied

Special Needs: Please notify the Meet Director Chris Kjeldsen (ckjeldsen@austin.rr.com), in advance of this event with the name and age of any member of your team who needs assistance entering the facility. The Sailfish 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.

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Brushy Creek MUD Rules:

As guests of the Brushy Creek Municipal Utility District, all must adhere to the Brushy Creek MUD rules. Coaches must supervise their swimmers. There will no smoking permitted inside the pool perimeter, and no glass containers are permitted. Children must be supervised at all times.

Spectators are encouraged to bring their own chairs. Space priority will be given to the registered participants.

Concessions will be available.

Parking:

Parking is limited on the premises, but additional parking is allowed on Sendero Springs Drive across from the pool. We also ask that participants avoid parking in the neighborhood streets. Violators will be towed by local law enforcement.

Inclement Weather:

In the event of inclement weather, all attempts at an alternate date will be made and notice posted on the South Texas website.

Administration:

Meet Referee: Roland Smits

512 846 1387

roland@patriotdetection.com

Meet Director/ Entries Chair/ Head Coach: Chris Kjeldsen

5401 Sam Bass Rd, Round Rock, TX 78681

512-694-2180

ckjeldsen@austin.rr.com

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Schedule of Events

Session One

Warm-up 7:30-8:15

Start Time: 8:30 AM

Girls	Event	Boys
1	200 IM	2
3	50 Breast	4
5	100 Free	6
7	200 Fly	8
9	50 Back	10
11	100 Breast	12
13	200 Back	14
15	500 Free*	16

* Swimmers must provide least two timers and their own counter.

Session Two

Warm-up 12:15-1:15

Start Time: 1:30 PM

Girls	Event	Boys
17	25 Free	18
19	200 Free	20
21	25 Back	22
23	50 Fly	24
25	25 Breast	26
27	100 Back	28
29	25 Fly	30
31	100 IM	32
33	200 Breast	34
35	50 Free	36
37	100 Fly	38
39	400 IM*	40

* Swimmers must provide at least two timers.

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). Marshals must be members of United States Swimming.
 - 2. 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.

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"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. "

*The only acceptable documentation for an unattached or unaccompanied athlete is the Racing Start Certification Checklist signed by a USA Swimming coach. Unattached swimmers and/or unaccompanied swimmers must present a copy of the signed form for entry into every meet. **Without this signed form, the athlete must start in the water.***

Racing Start Certification Checklist

Check the appropriate box as each step is satisfactorily demonstrated. Steps 1 through 5 are described in the American Red Cross Safety Training for Swim Coaches Manual. Access the manual on the coaches' tab at www.usaswimming.org. (See Chapter 2: Head-first Entries and Racing Start Safety.)

Step 1-5 must be observed by the undersigned coach for all swimmers with less than one year of competitive experience or who are 10 years of age or younger.

Progression: The swimmer satisfactorily demonstrated the ability to safely enter the water using:

- Step 1: The sitting position
- Step 2: The kneeling position
- Step 3: The compact position
- Step 4: The stride position
- Step 5: A shallow head-first entry

Step 6 must be completed by the coach for all swimmers, regardless of age or experience. Check either one of the boxes below depending on the age and experience of the swimmer:

For swimmers age 10 years and under and/or swimmers with less than one year of experience: The swimmer has satisfactorily completed the racing start learning progression and demonstrated the ability to safely execute a shallow racing start from a starting block.

OR

For swimmers age 11 years and older with more than one year experience: Based on prior competitive experience, the swimmer is capable of safely controlling the depth of his or her racing starts. Based on personal observation, it is the professional judgment of the undersigned coach that the swimmer identified below is capable of performing a shallow racing start on demand and can safely perform a racing start in four feet of water.

Name of the Swimmer Age Name of the Coach (Please Print)

Swimmers' Club Name Signature of the Coach

Date Coach's Club

- Record keeping: o An individual form signed by the coach for each USA Swimming member athlete
- This document must be maintained on file with the club listed above for three years.
- Prior to teaching racing starts check and understand the local and state laws regarding water depth.
- Keep up to date on all USA Swimming rules and information in teaching racing starts.