



*Corpus Christi Aquatic Alliance Flour Bluff
is pleased to host the:
CCAA Reindeer Races
at the
CCISD Natatorium, Corpus Christi, Texas
December 3 & 4, 2011*



Sanction #: ST-11-86

Entry Deadline: Tuesday, November 22, 2011

Venue: The CCISD Natatorium is located 3202 Cabaniss Parkway, Corpus Christi, TX 78415 near the intersection of Saratoga and Kostoryz. Pool Telephone numbers: (361) 878-2337, (361) 878-2334, or (361) 878-2337.

Directions: From South I-37, take State Hwy 358 (SPID) toward Padre Island. Exit at the Kostoryz exit, turn right onto Kostoryz and proceed south to Saratoga Blvd. Turn right onto Saratoga, and take the first left, the pool is on your left in the Cabaniss Athletic Complex.

From US 77 North, turn right on FM 665 at Driscoll, TX. Proceed toward Corpus Christi. The road will change to FM43. Turn left onto Ayers Street (State Hwy 286). Go straight to Saratoga Blvd., turn right on Saratoga and proceed east toward the Cabaniss Field Athletic Complex. The pool will be on your right in the Cabaniss Field Athletic Complex.

Facility: All deep 8 lane, 25-yard competition pool with a 6-lane 25-yard warm-up/cool-down pool. A Daktronics timing system and a Hy-tek Meet Manager Software will be utilized. Seating is available for over 975. Dressing and locker rooms are available on-site. The Natatorium is on CCISD property. No tobacco or alcohol is allowed on CCISD property including the parking lot. A Concession Stand will be provided.

Liability: In granting sanction for this meet, it is understood and agreed that United States of America Swimming (USA Swimming) Inc., South Texas Swimming, Inc. (STSI), the Corpus Christi Aquatic Alliance Swim Team, the Corpus Christi Independent School District, the City of Corpus Christi and its employees, and all meet officials and volunteers shall be free from any liabilities or claims for damages arising by reason(s) of injuries to anyone during the conduct of this meet or while traveling to and from the meet.

Meet

Behavior: It is expected that all persons attending the meet will respect the facilities and remember that they represent themselves and their respective clubs. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending club if attached, to be held accountable and liable for repairs. It also may result in expulsion from the meet.

Rules: The most current USA Swimming Rules and Regulations and any relevant sections of the STSI Handbook will govern the conduct of this meet.

Eligibility: This meet is sanctioned by South Texas Swimming and 2011 rules apply. All swimmers must be currently registered as athletes for 2011 or 2012 with USA Swimming or FINA by the entry deadline. Athletes who register with USA Swimming or FINA after the entry deadline may deck enter the meet only if they can present their 2011 or 2012 USA or FINA card.

Entries received without complete USA Swimming or FINA Registration (ID) number will not be processed. It is strongly recommended that all swimmers have **their USA Swimming or FINA registration card with them** at the meet.

Meet Format: Events will be timed finals and seeded by time and gender. All events will be swum slowest to fastest unless otherwise noted.

Check-in is required for the 500 yard Freestyle and 400 IM. For these deck-seeded events, positive check-in with the Clerk of Course is required. The check-in time for the 400 IM is at 11:30 AM on Saturday. The check-in time for the 500 free is at 1:30 PM on Saturday. Age groups will be combined, alternating girls and boys heats.

Swimmers will be entered in the order entries are received. We reserve the right to cap the number of swimmers entered in order to stay within the four hour rule during each sessions.

Pool Measurement: The competition course has been certified in accordance with 104.2.2.C(3) & (4). If a swimmer expects to, or does break a record, please inform the meet director or referee. In accordance to 104.2.2.C(4).c), "Where a moveable Bulkhead is used, course measurement of the lane in which the record was set must be confirmed at the conclusion of the session during which the time was achieved".

The water depths of the competition course measured from 1-meter to 5-meters from the start and turn ends of the course are as follows:

Start End: 6 feet Turn End: 6 feet

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

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.

Qualifying Times: There are no qualifying times for this meet.

Age up Date: December 3, 2011

Entry Deadline: November 22, 2011

Entry Fees: \$6.00 per event, \$12.00 per relay (Includes \$1.25 STSI splash fee)
Checks payable to: FAST

Entry Restrictions: Swimmers may enter up five individual events and one relay event per day. Entries with NT are acceptable; however, coaches are encouraged to generate custom seed times for swimmers with no-times to ensure proper seeding.

Relay Entries: Entry times may be determined by the sum of the individual team member times for like strokes/distances, or the actual time that relay team achieved in sanctioned competition. Relays must be comprised of swimmers with ages corresponding to age group categories for awards. Relay cards are due 30 minutes prior to the start of each session.

Late/Deck Entries: Late entries are accepted at double the normal entry fee (\$12.00/\$24.00). Deck entries will be accepted only for open lanes. No new heats will be created. You may deck enter the current session beginning at the start of warm-up. Deck entries will close 30 minutes before the start of each session. **Swimmers not previously entered in the meet must prove the swimmers USA Swimming registration status to the Clerk of Course to be able to deck enter.**

Entry

Procedures: E-mail entries to meetdirector@ccaquaticfb.com . When you e-mail the entries, attach a word document of the Hy-Tek Meet Entry Report by swimmer. A meet Entry Fee report shall accompany the e-mail entries and needs to be received by the entry deadline. The entry chair will acknowledge receipt of e-mail entries within 24 hours. If no reply, please contact the entry chair immediately. Please be sure we receive your check prior to the start of the meet. Your team will NOT be allowed to compete until the entry fees are paid.

Make checks payable to FAST.

Please mail entries and fees to:

FAST
C/o Raychel Laya
6606 Clarion Dr.
Corpus Christi, TX 78418
meetdirector@ccaquaticfb.com

Awards: Awards separated by age groups within Meet Manager. Ribbons for 1st through 8th for individual events will be awarded to 8 & under, 9-10, 11-12, 13-14, 15-18, 19 & over age groups. Ribbons for relays will be awarded to the first three places to 8 & under, 9-10, 11-12 and 13 & over. Relay age is based on the oldest swimmer in the relay.

High point trophies will be awarded for the following age groups: 8 & under, 9-10, 11-12, 13- 14 and 15-18.

Relay events will not count toward high point trophy.

Scoring: Standard eight place scoring will be utilized. Individual events: 9-7-6-5-4-3-2-1 (1st through 8th place)

Scratch Rules: There are no penalties for not scratching an event; however, in order to assist swimmers that wish to deck enter, please inform the clerk of course of any scratches as soon as possible.

Warm-up

Procedures: South Texas Swimming Safety Guidelines and Warm-up procedures will be in effect at this meet (enclosed, see below). Violators shall be disqualified from their first individual event.

Warm-up times and lane assignments for each team will be posted in the Natatorium, and e-mailed to the coaches

Swimmers with

Disabilities: In a meet sanctioned or approved by the 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, Article 105. A disability is defined as a permanent physical or mental impairment that substantially limits one or more major life activities. **Note: So that we can properly accommodate disabled swimmers, coaches please ensure to notify the Meet Referee and/or Meet Director prior to the start of the meet on the day a swimmer competes.**

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.**

Administration:

Meet Director, Entry Chair & Admin Referee:

Raychel Laya
6606 Clarion Dr.
Corpus Christi, TX 78412
Phone: 361-739-0290
E-mail:
meetdirector@ccaquaticfb.com

Head Coach:

Bob Thiele
419 Knickerbocker #4
Corpus Christi, TX 78418
Phone: 361-290-5648
E-mail: rthiele52@hotmail.com

Meet Referee:

Dave Clary
3113 Coral Reef
Corpus Christi, TX 78413
Phone: 361-249-5514
E-mail: dave.clary@gmail.com

Timers: Each team will be required to provide timers and lanes will be assigned.
Swimmers competing in the 500 Free must provide their own backup timers and lap counters.

Officials: All currently certified and in-training USA Swimming officials are cordially invited to participate
USA Swimming Rules and Regulations require that officials prominently display their USA Swimming and LSC credentials while on deck as an official.
The wearing of name tags is strongly encouraged.
Please check-in with the Meet Referee, Dave Clary if you will be available to help officiate.

Daily Schedule:

Saturday

Warm Up	10:00 a.m. – 10:45 a.m. (North 6 Lanes: South 8 Lanes)
Clear pool	10:45 a.m.
Relay Cards Due	10:45 a.m.
Coach's meeting	10:50 a.m.
Meet starts	11:00 a.m.

Sunday

Warm Up	8:00 a.m. – 8:45 a.m. (North 6 Lanes: South 8 Lanes)
Clear pool	8:45 a.m.
Relay Cards Due	8:45 a.m.
Coach's meeting	8:50 a.m.
Meet starts	9:00 a.m.

Order of Events

Distances are in yards

The meet director reserves the right to cap or break out the meet into two sessions per day if necessary to abide by the USA Swimming 4 hour rule for 12 & Under swimmers. If it becomes necessary to break the meet into two sessions, the afternoon session warm-up will not begin earlier than 30 minutes after the morning session ends.

Events – Saturday, December 3, 2011

Girls	Age Group	Event	Boys
1	13 and O	400 Free Relay	2
3	12 and U	200 Free Relay	4
*5	13 and O	400 Individual Medley	*6
<i>10 Minute Break</i>			
7	12 and U	100 Individual Medley	8
9	Open	50 Free	10
11	Open	100 Back	12
13	11 and O	200 Fly	14
15	12 and U	50 Fly	16
17	Open	100 Breast	18
*19	Open	500 Free	*20

Events – Sunday, December 4, 2011

Girls	Age Group	Event	Boys
21	13 and O	400 Medley Relay	22
23	12 and U	200 Medley Relay	24
<i>10 Minute Break</i>			
25	Open	200 Individual Medley	26
27	12 and U	50 Back	28
29	11 and O	200 Back	30
31	Open	100 Free	32
33	11 and O	200 Breast	34
35	12 and U	50 Breast	36
37	Open	100 Fly	38
39	Open	200 Free	40

* **Check In is required for the 400 IM & 500 Freestyle.** For these deck seeded events, positive check-in with the Clerk of Course is required. The time period will be announced for positive check-in by the swimmers. These events shall be swum fastest to slowest. Age groups will be combined, alternating girls and boys heats. Swimmers must furnish a counter and one timer. Time Standards are **not required**. Please include Short-Course times for seeding.

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