

STREAMLINE AQUATICS 2012 ST NORTH "B" CHAMPIONSHIPS



	A MINING
Meet:	•2012 South Texas North "B" Championships
Dates:	•January 14-15, 2012
Sanction Number:	• <u>ST-12-06</u>
Venue:	 Ann Barshop Natatorium 4301 Broadway San Antonio, TX 78209 210-805-3078 The Barshop Natatorium is located on UIW's Campus at 4301 Broadway, San Antonio, TX 78209. The pool is located on the West side of campus over the river bridge and on the right. From 281 SOUTH –Turn Left onto Hildebrand, Turn Left at second stop light, Turn left at T. Follow road and merge left over the bridge. Natatorium is first building on Right.
Team Hotel:	•A block of rooms has been reserved, under the Group Name South Texas Swimming B Champs, at the Drury Inn & Suites San Antonio Airport, 95 NE Loop 410, San Antonio, TX 78216. Complete details are on the last page of the meet information.
Eligibility:	•This meet is open to all swimmers 18 years of age and under who are currently registered with South Texas Swimming and have achieved the qualifying standards
Facility:	 •11 lane, 25 yard pool with 8 lanes for competition and 2 lanes for warm up and warm down. •Depth at the start end is 13 feet. •The course has been professionally surveyed and certified in accordance with 104.2.2C(4) •Hy-Tek Meet Manager Software and Daktronics Timing System will be utilized. •Concessions will be available.
Liability:	•In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the University of the Incarnate Word, Streamline Aquatics, 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 / 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
Sanction:	 This meet is sanctioned by South Texas Swimming and the 2011 USA Swimming Rules apply All swimmers must be registered for 2012 with USA Swimming by the entry deadline Athletes who fail to meet this requirement will not be allowed to compete
Format:	 All events are timed finals Events will be seeded by time and gender according to the Order of Events on pages five (5) and six (6). All events will be swum fastest to slowest. 1650 free will be contested as age combined, alternating male and female and swum <i>fastest to slowest</i> Seeded on deck. Check-in times for the 1650 Free on Sunday will be 10:00 AM. Swimmers must provide their own backup timers and lap counters for these events All events 200 and longer will be age combined. <i>Relay only swimmers are not permitted</i> For events 400Y/M or longer, positive check-in is required on the day of the race. The events will be seeded after the close of check-in. Swimmers who are 12 years old must have the 13-14 B time in order to compete in the 12-14 400 IM. Please refer to the Order of Events on pages five (5) and six (6) 10 minute break <i>after</i> the relays

Rules:	•The 2011 USA Swimming Rules and Regulations and any relevant portions of the STSI Handbook will apply						
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. The swimmer shall bring a hard copy of the certification with them to the meet and provide to the meet director. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement 						
Qualifying							
Times:	 •The minimum qualifying time standards are 2009 – 2012 USA Swimming National Motivational (Class B) •Qualifying times must be achieved prior to the entry deadline •If entering with a non-conforming time i.e., SCM or LCM, the swimmer <u>must</u> enter with the time achieved in the non-conforming course •Such entries must be annotated in the entry file at the time of submission for proof-of-time purposes •The meet Host will then convert the times to ensure proper seeding •The use of the following conversion factors is mandatory, i. e., no others are permitted •Yards to meters multiply by 1.11 •Meters to yards multiply by 0.90 						
Proof of	 Proofs of time must be submitted with the entries 						
Time:	 •All claimed entry times must be traceable via the USA-S SWIMS database •In cases where a claimed time does not appear in SWIMS <u>due to a clerical or posting error</u>, a copy of the official meet results, signed by the Meet Referee, will be an acceptable proof of time •Times used to enter a meet must have been achieved in a USA-S Sanctioned, Approved, or Observed meets •All proof of times are the responsibility of the entering teams, not the meet Host •Entries without an acceptable proof of time will not be accepted 						
Entry							
Restrictions:	 An individual swimmer may enter in a maximum of five (5) individual and one (1) relay events per day Swimmers who may have achieved "BB" National Motivational times or faster may not swim those individual events in this STSI "B" Championship Meet Neither may they swim their "BB" or faster qualified strokes/distances on any relay team 						
Time Trials:	 •Time trials will be conducted on Sunday afternoon 45 minutes after the completion of the morning session for events 200Y and shorter. Time trial entries will close 30 minutes after the completion of the Sunday morning session. •Time trial entrants must already be entered into the meet •Participation in a time trial event does count as one of the daily total allowed •Time trial entry fees: Individual events (\$15.00) Relay events (\$30.00) 						
Relay Entries:	 All relays are timed finals. Relay swimmers may not have the "BB" standard or faster for the stroke and distance they are swimming on the relay. Relay cards are due to the Meet Director or designee by the start of each session on the day of the event. Relay team entry times may be determined by the sum of the individual team member's times for the like strokes/distances or the actual time of that relay team achieved in sanctioned competition Composite relay times used for proof must have the same four swimmers entered on the entry form and be eligible in the same age group Unlimited number of relays per team (A, B, C, etc) but only two relays per team (A and B) will score 						
	 It is recommended that relay swimmer names be included with entries to help enter the relays efficiently at the start of the session Pelay cards must be turned in with final relay line up prior to the start of each case, session on the day of the 						

•Relay cards must be turned in with final relay line-up prior to the start of each session on the day of the event.

•If a relay card is not turned in, it will be assumed the relay is scratched

•Relay teams will not be allowed to participate unless a relay card has been submitted •The order of swimmers on the relay team will be strictly enforced in accordance with 102.4.7, of the (year) USA-S Rules and Regulations

•Relay only swimmers are not permitted

Entry

Deadlines:	 There are two entry deadlines for this meet The first deadline is 6:00 PM, Tuesday, January 3, 2012 These entries will be for all the athletes achieving qualifying times prior to this date This deadline is required to verify swimmers and times in the SWIMS database and correct errors Final entry deadline is noon, Monday, January 9, 2012. •<u>This will also be the deadline for relay entries</u> •Only swimmers who have achieved a qualifying time <u>after</u> the first deadline may enter at this point
Entry	· · · · · · · · · · · · · · · · · · ·
Requirements	 All entries must contain the following information: The name, email address, and phone number of the person preparing the entries in case clarification is needed
	 An attachment of the Hy-Tek Team Manager export file An attached Word Document listing the entries (by swimmer) with proofs of time An attached Word Document of the meet entry fees report If the entry time is not available in SWIMS, proof of time requires all of the following: Name and date of meet
	 Website address where the results are posted OR a hard copy of the results signed by the meet referee
	 Page number where the results may be found Final entries are only required if there was a change in a preliminary entry The final entries must indicate, by swimmer, the change that was made to the preliminary entry Teams with exceptions will be e-mailed notice of same Teams and entropy and entropy is a charge that was made to the preliminary entry
Entry	 Teams and entrants are responsible to check the exception report when notified
Procedures:	 •(\$7.75) per individual events and (\$15.50) per relay event – includes the STSI splash fees •Checks made payable to Streamline Aquatics and mailed to: Meet Director SASA North "B" Champs 14514 Majestic Prince San Antonio, TX 78248 •Email entry files to: admin@stswim.org •Entry fees must be received by 5:00 PM, Wednesday, January 11, 2012 •If payment is not received on time the affected swimmers will be scratched from the meet •Please include the meet entry fee report with your check •Once the entry fees are accepted, they will not be refunded for any reason, even if a swimmer should fail •to compete •No paper, phone, or fax entries will be accepted •If you don't receive an e-mail confirmation, your entries were not received
Deck (late) Entries:	 Deck entries will be accepted a (\$15.00) per individual event and (\$30.00) per relay Swimmers may deck enter for the current session beginning at the start of warm-ups Deck entries will close 45 minutes prior to the start of each session Swimmers may deck enter for subsequent sessions after deck entries close for the current session No new heats will be created Swimmers <u>not previously entered in the meet</u> must present their USA Swimming registration card at Clerk of Course to deck enter - <u>No exceptions</u> In addition, the swimmer must present a hard copy of the proof-of-time before a deck entry will be accepted
Warm-up Procedures:	 The South Texas Swimming Safety Guidelines and Warm-up Procedures on page eight will be in effect at this meet A designated area will be available for warm-ups throughout the meet
	 Warm-up times and lane assignments for each team will be posted on the STSI website along with the psyche sheet There will be a warm-up session on Friday evening only upon request, and multiple warm-up sessions, Saturday, and Sunday mornings Warm-ups <u>MUST</u> be under the direct supervision of a coach at all times

Scratch Rules:	 There is no penalty for failing to scratch from a pre-seeded event. Swimmers who fail to appear for the 1650 freestyle, 500 freestyle, and 400 IM after checking-in, will fined \$100 and banned from further participation in the meet Illness and injury may be excused by the Meet Referee 					
Special Needs:	 any member on your team who needs assistance to The host staff will make reasonable accommodation enter and use our facility In any meet sanctioned or approved by South Te swimmers with visual, hearing, mental, or physical strict accordance with the current USA Swimming R A disability is defined as a <u>PERMANENT</u> physical more major life activities 	ons for swimmers coaches, or spectators who wish to exas Swimming, Inc., which may include one or more disabilities; the judging of such competitors shall be in				
Awards:	 Awards will be given in the following age groups: 10 & Under, 11-12, 13-14, and 15-18 *Note: 400 IM will be awarded as a 12-14 event. 					
	 Individual events: first through third place: Individual events: fourth through eighth place Relay Events: first through third place Team Awards: first through third place There will be no awards presentation 	Medals Ribbons Ribbons Banners				

•There will be no awards presentation

•Clubs must pick-up awards during the meet from the awards desk area

Scoring:

Place ⇒	1	2	3	4	5	6	7	8
Individual events	20	17	16	15	14	13	12	11
Relay events	40	34	32	30	28	26	24	22
Place ⇒	9	10	11	12	13	14	15	16
Individual events	9	7	6	5	4	3	2	1
Relay events	18	14	12	10	8	6	4	2

Meet

Management: •Meet Director

•Angella Woodard •14514 Majestic Prince •San Antonio, TX 78248 •210-479-0881 •admin@stswim.org

•Meet Referee

Rusty Prewitt-Campbell

- •San Antonio, TX
- 210-913-1357
- rustypc@hotmail.com

•Administrative Referee

•Angella Woodard •14514 Majestic Prince •San Antonio, TX 78248 •210-479-0881 •admin@stswim.org

Officials

Please Make

Special Note: •All deck officials must be *currently* 2012 certified / registered with USA-S and their local LSC

•The Meet Referee will make all deck assignments two or three days BEFORE the meet •Therefore, all officials who desire to be assigned to deck positions MUST notify the Meet Referee of their

Therefore, an officials who desire to be assigned to deck positions most notify the meet Referee of the intentions and availability NOT LATER than 6 PM, Wednesday, January 11, 2012
 Please specify the sessions for which you will be available

•Please submit your information to: Rusty Prewitt-Campbell, rustypc@hotmail.com

•You WILL NOT be assigned if your commitment and information are not submitted or not received by the deadline

•Uniforms for deck officials will be as follows:

•<u>All Sessions</u>: white shirts/blouses over navy blue pants, skirts, or Bermuda length shorts (<u>NO JEANS</u> <u>PLEASE</u>)

•Please report to the Meet Referee 45 minutes prior to the start of each session to receive your assignments.

Daily

Schedule:	•Sessions 1 and 3:		•Session 2:		
	•Warm-ups begin	7:00 AM	•Warm-ups begin	4:00 PM	
	•Clear competition pool	8:20 AM	•Clear competition pool	4:45 PM	
	•Coaches' meeting	8:20 AM	•Session begin	5:00 PM	
	•Sessions begin	8:30 AM	 Distance Event Check-in Closes 	6:00 PM	
	 Distance Event Check-in Closes 	9:30 AM			

Timers: •Each participating team is required to provide back-up timers in proportion to the number of swimmers entered in the meet

•Swimmers competing in the 500 / 1650 freestyle and 400 individual medley events must provide their own back-up timers and / or lap counters

Session 1 Women's Event Event Men's Event 11-12 100 IM 2 1 3 10 & Under 100 IM 4 5 15-18 200 Free 6 13-14 200 Free 11-12 200 Free 10 & Under 200 Free 7 15-18 100 Back 8 9 13-14 100 Back 10 11 11-12 100 Back 12 10 & Under 100 Back 13 14 15 15-18 50 Free 16 17 13-14 50 Free 18 19 11-12 50 Free 20 21 10 & Under 50 Free 22 23 15-18 200 Free Relay 24 25 13-14 200 Free Relay 26 27 11-12 200 Free Relay 28 29 10 &Under 200 Free Relay 30 31 15-18 400 IM 32 12-14 400 IM

ORDER OF EVENTS

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	Session 2	
Women's Event	Event	Men's Event
33	11-12 50 Breast	34
35	10 & Under 50 Breast	36
37	15-18 100 Free	38
39	13-14 100 Free	40
41	11-12 100 Free	42
43	10 & Under 100 Free	44
45	15-18 200 Breast	46
	13-14 200 Breast	
	11-12 200 Breast	
47	15-18 100 Fly	48
49	13-14 100 Fly	50
51	11-12 100 Fly	52
53	10 & Under 100 Fly	54
55	15-18 400 Free Relay	56
57	13-14 400 Free Relay	58
59	11-12 400 Free Relay	60
61	10 & Under 400 Free Relay	62
63	15-18 500 Free	64
	13-14 500 Free	
	11-12 500 Free	
	10 & Under 500 Free	

	Session 3	
Women's	Event	<u>Men's</u>
Event		Event
65	11-12 50 Fly	66
67	10 & Under 50 Fly	68
69	15-18 200 Back	70
	13-14 200 Back	
	11-12 200 Back	
71	15-18 100 Breast	72
73	13-14 100 Breast	74
75	11-12 100 Breast	76
77	10 & Under 100 Breast	78
79	15-18 200 IM	80
	13-14 200 IM	
	11-12 200 IM	
	10 & Under 200 IM	
81	15-18 200 Fly	82
	13-14 200 Fly	
	11-12 200 Fly	
83	10 & Under 50 Back	84
85	11-12 50 Back	86
87	15-18 200 Medley Relay	88
89	13-14 200 Medley Relay	90
91	11-12 200 Medley Relay	92
93	10 & Under 200 Medley Relay	94
95	15-18 1650 Free	96
	13-14 1650 Free	
	11-12 1650 Free	





2009 – 2012 National Motivational Time Standards							
	Short Course Yards						
10 and under Girls		Frent	10 and under Boys				
B Min	BB Min	A Min	Event	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	1:31.79	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	1:31.19	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 – 20 [.]	12 Nation	al Motivatio	nal Time S	Standards	5	
		Sho	rt Course Ya	ards			
11	and 12 Gi	irls	Fuent	11	and 12 Bo	oys	
B Min	BB Min	A Min	Event	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	
23:16.19	25:16.19	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	
1:26.39	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	2:35.29	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	
*6:10.79	6:04.19	5:36.09	400 I-M	5:28.89	5:56.29	*5:50.59	

• Swimmers who are 12 years old must have the 13-14 B time in order to compete in the 12-14 400 IM.

2009 – 2012 National Motivational Time Standards							
Short Course Yards							
13 and 14 Girls			Event	13	and 14 Bo	oys	
B Min	BB Min	A Min	Event	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	
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	
2	2009 – 20 ⁻	12 Nationa	al Motivatio	nal Time S	Standards	5	
		Sho	rt Course Ya	ards			
1:	5 - 18 Girl	S	Event	1	5 - 18 Boy	/S	
B Min	BB Min	A Min	Lvein	A Min	BB Min	B Min	
32.69	30.39	26.89	50 Free	25.29	27.39	29.49	
1:10.89						29.49	
	1:05.79	1:00.79	100 Free	55.19	59.79	1:04.39	
2:32.09	1:05.79 2:21.19	1:00.79 2:10.39	100 Free 200 Free	55.19 2:00.09	59.79 2:10.09		
2:32.09 6:45.29						1:04.39	
	2:21.19	2:10.39	200 Free	2:00.09	2:10.09	1:04.39 2:20.09	
6:45.29	2:21.19 6:16.29	2:10.39 5:47.39	200 Free 500 Free	2:00.09 5:24.29	2:10.09 5:51.29	1:04.39 2:20.09 6:18.39	
6:45.29 23:18.79	2:21.19 6:16.29 21:38.89	2:10.39 5:47.39 19:58.89	200 Free 500 Free 1650 Free	2:00.09 5:24.29 18:47.99	2:10.09 5:51.29 20:21.89	1:04.39 2:20.09 6:18.39 21:55.89	
6:45.29 23:18.79 1:17.69	2:21.19 6:16.29 21:38.89 1:12.09	2:10.39 5:47.39 19:58.89 1:06.59	200 Free 500 Free 1650 Free 100 Back	2:00.09 5:24.29 18:47.99 1:01.09	2:10.09 5:51.29 20:21.89 1:06.19	1:04.39 2:20.09 6:18.39 21:55.89 1:11.29	
6:45.29 23:18.79 1:17.69 2:47.89	2:21.19 6:16.29 21:38.89 1:12.09 2:35.89	2:10.39 5:47.39 19:58.89 1:06.59 2:23.89	200 Free 500 Free 1650 Free 100 Back 200 Back	2:00.09 5:24.29 18:47.99 1:01.09 2:12.39	2:10.09 5:51.29 20:21.89 1:06.19 2:23.39	1:04.39 2:20.09 6:18.39 21:55.89 1:11.29 2:34.39	
6:45.29 23:18.79 1:17.69 2:47.89 1:28.29	2:21.19 6:16.29 21:38.89 1:12.09 2:35.89 1:21.99	2:10.39 5:47.39 19:58.89 1:06.59 2:23.89 1:15.69	200 Free 500 Free 1650 Free 100 Back 200 Back 100 Breast	2:00.09 5:24.29 18:47.99 1:01.09 2:12.39 1:08.89	2:10.09 5:51.29 20:21.89 1:06.19 2:23.39 1:14.69	1:04.39 2:20.09 6:18.39 21:55.89 1:11.29 2:34.39 1:20.39	
6:45.29 23:18.79 1:17.69 2:47.89 1:28.29 3:09.99	2:21.19 6:16.29 21:38.89 1:12.09 2:35.89 1:21.99 2:56.39	2:10.39 5:47.39 19:58.89 1:06.59 2:23.89 1:15.69 2:42.79	200 Free 500 Free 1650 Free 100 Back 200 Back 100 Breast 200 Breast	2:00.09 5:24.29 18:47.99 1:01.09 2:12.39 1:08.89 2:30.09	2:10.09 5:51.29 20:21.89 1:06.19 2:23.39 1:14.69 2:42.59	1:04.39 2:20.09 6:18.39 21:55.89 1:11.29 2:34.39 1:20.39 2:55.09	
6:45.29 23:18.79 1:17.69 2:47.89 1:28.29 3:09.99 1:17.39	2:21.19 6:16.29 21:38.89 1:12.09 2:35.89 1:21.99 2:56.39 1:11.79	2:10.39 5:47.39 19:58.89 1:06.59 2:23.89 1:15.69 2:42.79 1:06.29	200 Free 500 Free 1650 Free 100 Back 200 Back 100 Breast 200 Breast	2:00.09 5:24.29 18:47.99 1:01.09 2:12.39 1:08.89 2:30.09 1:00.09	2:10.09 5:51.29 20:21.89 1:06.19 2:23.39 1:14.69 2:42.59 1:05.09	1:04.39 2:20.09 6:18.39 21:55.89 1:11.29 2:34.39 1:20.39 2:55.09 1:10.09	

SOUTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

I. Assigned warm-up Procedures (Preliminaries).

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 (Finals).

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			

LANE LICE

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 dome 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) Referees 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.

3) The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.

4) 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."

5) 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.

6) 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. Coaches will ensure that backstrokers 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 warm-up 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.

Hotel Information



A **block of rooms** has been reserved at the **Drury Inn & Suites San Antonio Airport**, 95 NE Loop 410, San Antonio, TX 78216, 210-308-8100, for the evenings of January 13 and 14, 2012.

Convenient to North Star Mall and only 4 miles from the pool!

Free Hot Breakfast including Belgian waffles, scrambled eggs, biscuits and gravy, sausage, juice, coffee, and more.

Free Evening Beverages and Snacks daily from 5:30-7:00 pm. Rotating hot food menu may include items such as hot dogs, chicken strips, egg rolls, charbroiled meatballs, baked potatoes, and more. Drinks are on the house.

Free Fountain Soda/Fresh Popcorn in the Lobby Daily 3 - 10 p.m.

Free Covered and Gated Parking.

Free Wireless High-Speed Internet Access in All Rooms and in Lobby.

One hour free long distance each day.

All rooms with Microwaves & Refrigerators.

The group rate is \$94.99 for a two room suite

\$84.95 for a standard double/double room.

RESERVATIONS MAY BE MADE BY Calling 1-800-325-0720 and refer to the group number of **2133418.** The Group Name is **South Texas** Swimming B Champs.

CUT-OFF DATE: Reservations received after **Friday, December 30, 2011** will be provided on a space-available basis at prevailing rates.