

| Meet: | N |
| :---: | :---: |
| Dates: | -January 27, 28 and 29, 2012 |
| Sanction Number: | -ST-12-12 |
| Venue: | -Ann Barshop Natatorium <br> -4301 Broadway <br> -San Antonio, TX 78209 <br> -210-805-3078 <br> -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. <br> -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 BB 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 who are currently registered with South Texas Swimming, have achieved the qualifying standards through age 18 |
| Facility: | -11 lane, 25 yard pool with 8 lanes for competition and 2 lanes for warm up and warm down. <br> -Depth at the start end is 13 feet. <br> -The course has been professionally surveyed and certified in accordance with 104.2.2C(4) <br> -Hy-Tek Meet Manager Software and Daktronics Timing System will be utilized. <br> -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 <br> -There are no exceptions to this prohibition <br> -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 <br> -All swimmers must be registered for (year) with USA Swimming by the entry deadline <br> -Athletes who fail to meet this requirement will not be allowed to compete |
| Format: | -Championship Format, i. e., preliminaries and finals <br> - A and $B$ finals, unless otherwise noted <br> -Preliminary events will be seeded by time and gender according to the Order of Events on page 6. <br> -Age Groups of identical events MAY be combined in the Preliminary Session at the discretion of the Meet <br> Referee <br> -They will, however be contested in traditional Age Groups in the Finals Sessions <br> -All events will be swum fastest to slowest unless otherwise noted in the Orders of Events <br> -1650 Freestyle, 400 Individual Medley and 500 Freestyle will be contested as Timed Finals, age combined, <br> alternating male and female and swum fastest to slowest <br> - Seeded on deck. <br> -Check-in times for the Friday distance events (1650 Freestyle, 400 Individual Medley, 10 \& Under 500 Freestyle is 4:45 PM. Check-in times for Saturday/Sunday 11-18 500 Freestyle is 9:45 AM on the day of the event. <br> -Swimmers must provide their own backup timers and lap counters for these events <br> -There will be a 10 Minute break after the 1650 Freestyle and the 500 Freestyle. <br> -All relays will be timed finals in the preliminary sessions only |

- Relay only swimmers are not permitted
-For events 400 Yards or longer, positive check-in is required on the day of the race. The events will be seeded after the close of check-in.
-Please refer to the Order of Events on pages five (5) and six (6)
-10 minute break after the preliminary relays
Rules: -The 2011 USA Swimming Rules and Regulations and any relevant portions of the STSI Policies and Procedures Manual 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
-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 BB
-Swimmers may not have achieved the 2009 - 2012 USA Swimming National Motivational A time standard or faster for that event.
-Qualifying times must be achieved prior to the entry deadline
-If entering with a non-conforming time i.e., SCM or LCM, the swimmer must 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
$\begin{array}{ll}\text { Proof of } & \text { •Proofs of time must be submitted with the entries } \\ \text { Time: } & \text {-All claimed entry times must be traceable via the USA-S SWIMS database }\end{array}$
-In cases where a claimed time does not appear in SWIMS due to a clerical or posting error, 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 three (3) individual and two (2) relay events per day
-Swimmers who may have achieved the 2009-2012 USA Swimming National Motivational A time standard may not swim those individual events in the STSI BB Championship Meet
-Neither may they swim that stroke and distance on any relay team
Time Trials: -Time trials will be conducted
-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 $\$ 15.00 \quad$ Relay events $\$ 30.00$
Relay $\quad$ All relays are timed finals and will be contested only in the preliminary sessions.
Entries: $\quad$ Relay cards are due to the Meet Director or designee on the day of the event and at a time determined by the Meet Host and announced at the coaches' meeting.
-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 ( $\mathrm{A}, \mathrm{B}, \mathrm{C}$, 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
-Relay cards must be turned in with final relay line-up prior to the designated by the Meet Referee
-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 2011 USA-S Rules and Regulations
-Swimmers who may have achieved the 2009-2012 USA Swimming National Motivational A time standard or faster may not swim that stroke and distance on any relay team.
-Relay only swimmers are not permitted
-The first deadline is 6:00 PM, Monday, January 16, 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 23, 2012.
-This will also be the deadline for relay entries

- Only swimmers who have achieved a qualifying time after the first deadline may enter at this point
-Any swimmer that has exceeded the maximum time standard (USA Swimming National Motivational A) must inform the meet host by the second deadline so the athlete can be taken out of that event.


## 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 entrants are responsible to check the exception report when notified


## Entry

Procedures: $\quad \$ 7.75$ 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 "BB" 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 25, 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 $\$ 15.50$ per individual event and $\$ 31.00$ 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 not previously entered in the meet must present their USA Swimming registration card at Clerk of Course to deck enter - No exceptions
-In addition, the swimmer must present a hard copy of the proof-of-time before a deck entry will be accepted

[^0]-There is no penalty for failing to scratch from a pre-seeded preliminary event.
-The top 16 qualifiers in each preliminary event will be announced and posted shortly after the final heat

- $A L L$ swimmers, regardless of finish place, have 30 minutes in which to scratch if they do not desire to compete in the finals
-Swimmers who elect NOT to compete in finals must scratch or declare INTENT to scratch with the Official Scorer within 30 minutes of the announcement
-Swimmers who declare intent to scratch then have 15 minutes after the completion of their last individual event of the session to confirm the scratch
-Following the 15 minute deadline, if scratch confirmation is not received it will be assumed the swimmers will compete in the finals event
-Check-ins and scratches may be accomplished ONLY by the swimmer's coach.
-Any swimmer who qualifies for a final and does not scratch then fails to appear for the finals heat will be disqualified from further participation in the meet
-Does not apply to alternates
-Illness and injury may be excused by the Meet Referee
-In the event the no show is on Sunday, the swimmer will be fined $\$ 100$
-Swimmers will be barred from competition in South Texas until any such fines are paid
-Swimmers who fail to appear for the 1650 freestyle, after checking-in, will be fined $\$ 100$ and banned from further participation in the meet
-Illness and injury may be excused by the Meet Referee


## Special

Needs:

Awards: $\quad$ 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: fist through third place
-There will be no awards presentation
-Clubs must pick-up awards during the meet from the awards desk area

## Scoring:

| A Finals $\Rightarrow$ | $\mathbf{1}$ | $\mathbf{2}$ | $\mathbf{3}$ | $\mathbf{4}$ | $\mathbf{5}$ | $\mathbf{6}$ | $\mathbf{7}$ | $\mathbf{8}$ |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Individual events | 20 | 17 | 16 | 15 | 14 | 13 | 12 | 11 |
| Relay events | 40 | 34 | 32 | 30 | 28 | 26 | 24 | 22 |
| B Finals $\Rightarrow$ | $\mathbf{9}$ | $\mathbf{1 0}$ | $\mathbf{1 1}$ | $\mathbf{1 2}$ | $\mathbf{1 3}$ | $\mathbf{1 4}$ | $\mathbf{1 5}$ | $\mathbf{1 6}$ |
| Individual events | 9 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| Relay events | 18 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |

## Meet

Management •Meet Director/Entries Chair -Angella Woodard

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

-Meet Referee<br>-Ray Pearce<br>-15335 Henderson Pass<br>-San Antonio, TX 78232<br>-210-326-7332<br>-poolsbyray@aol.com

## -Administrative Referee

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

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 intentions and availability NOT LATER than 6 PM, Tuesday, January 24, 2012
-Please specify the sessions for which you will be available
-Please submit your information to: Ray Pearce, poolsbyray@aol.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:
-Preliminaries: white shirts/blouses over navy blue pants, skirts, or Bermuda length shorts (NO JEANS PLEASE)
- Finals: navy blue shirts/blouses over white pants or skirts (NO SHORTS OR JEANS, PLEASE)
-Please report to the Meet Referee at (time) for preliminaries and (time for finals to receive your assignments.


## Daily

Schedule: •Friday Timed Finals
-Warm-ups begin 4:00 PM
-Check-in Closes* 4:45 PM
-Clear competition pool 5:20 PM
-Coaches' meeting 5:20 PM

- Sessions begin 5:30 PM
-*All events require positive check-in
-Saturday/Sunday Preliminaries:
-Warm-ups begin 7:00 AM
-Clear competition pool 8:30 AM
-Coaches' meeting (Sat only) 8:30 AM
- Sessions begin 8:45 AM
-Check-in Closes* 9:45 AM
*500 Freestyle requires positive check in.
-Finals:
-Warm-ups begin 4:00 PM
- Clear competition pool 4:45 PM
- National Anthem 4:57 PM
-Sessions begin 5:00 PM

Alternates: •Swimmers who qualify as alternates for final events and wish to compete should no shows occur, must be within an area previously designated by the Meet Referee and be immediately available

- Immediately is defined as being properly attired, behind the blocks and ready to swim within 30 seconds of being called.

Timers: $\quad$ 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


# 2012 STSI Short Course BB Championships Order of Events 



| Women's <br> Event \# | Friday <br> January 27th | Men's <br> Event\# |
| :---: | :---: | :---: |
| 1 | $11-18$ 1650 Free | 2 |
| 3 | 10 \& Under 500 Free | 4 |
| 5 | $12-18400$ IM | 6 |



| Women's Event \# | Saturday January 28th | Men's Event \# | Women's Event \# | Sunday January 29th | Men's <br> Event \# |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 7 | 11-12 100 IM | 8 | 63 | 11-12 50 Fly | 64 |
| 9 | 10 \& Under 100 IM | 10 | 65 | 10 \& Under 50 Fly | 66 |
| 11 | 15-18 50 Free | 12 | 67 | 15-18 100 Free | 68 |
| 13 | 13-14 50 Free | 14 | 69 | 13-14 100 Free | 70 |
| 15 | 11-12 50 Free | 16 | 71 | 11-12 100 Free | 72 |
| 17 | 10 \& Under 50 Free | 18 | 73 | 10 \& Under 100 Free | 74 |
| 19 | 15-18 100 Fly | 20 | 75 | 15-18 200 Fly | 76 |
| 21 | 13-14 100 Fly | 22 | 77 | 13-14 200 Fly | 78 |
| 23 | 11-12 100 Fly | 24 | 79 | 11-12 200 Fly | 80 |
| 25 | 10 \& Under 100 Fly | 26 | 81 | 15-18 100 Breaststroke | 82 |
| 27 | 15-18 200 Breaststroke | 28 | 83 | 13-14 100 Breaststroke | 84 |
| 29 | 13-14 200 Breaststroke | 30 | 85 | 11-12 100 Breaststroke | 86 |
| 31 | 11-12 200 Breaststroke | 32 | 87 | 10 \& Under 100 Breaststroke | 88 |
| 33 | 15-18 200 Free | 34 | 89 | 15-18 200 Backstroke | 90 |
| 35 | 13-14 200 Free | 36 | 91 | 13-14 200 Backstroke | 92 |
| 37 | 11-12 200 Free | 38 | 93 | 11-12 200 Backstroke | 94 |
| 39 | 10 \& Under 200 Free | 40 | 95 | 15-18 200 IM | 96 |
| 41 | 15-18 100 Backstroke | 42 | 97 | 13-14 200 IM | 98 |
| 43 | 13-14 100 Backstroke | 44 | 99 | 11-12 200 IM | 100 |
| 45 | 11-12 100 Backstroke | 46 | 101 | 10 \& Under 200 IM | 102 |
| 47 | 10 \& Under 100 Backstroke | 48 | 103 | 11-12 50 Backstroke | 104 |
| 49 | 11-12 50 Breaststroke | 50 | 105 | 10 \& Under 50 Backstroke | 106 |
| 51 | 10 \& Under 50 Breaststroke | 52 | 107 | 15-18 400 Medley Relay | 108 |
| 53 | 15-18 400 Free Relay | 54 | 109 | 13-14 400 Medley Relay | 110 |
| 55 | 13-14 400 Free Relay | 56 | 111 | 11-12 200 Medley Relay | 112 |
| 57 | 11-12 200 Free Relay | 58 | 113 | 10 \& Under 200 Medley Relay | 114 |
| 59 | 10 \& Under 200 Free Relay | 60 | * | *11-18 Boys 500 Free | 62 |
| 61 | *11-18 Girls 500 Free | * |  |  |  |

-1650 Freestyle, 400 Individual Medley and 10 \& Under 500 Freestyle will be contested as Timed Finals, age combined, alternating male and female (Friday events) and swum fastest to slowest

- Seeded on deck.
-Check-in times for the Friday distance events (1650 Freestyle, 400 Individual Medley, 10\& Under 500 Freestyle) is 4:45 PM. Check-in times for the 11-18 500 Freestyle (Saturday/Sunday) is 9:45 AM on the day of the event.
- Swimmers must provide their own backup timers and lap counters for these events
-There will be a 10 Minute break after the 1650 Freestyle and the 500 Freestyle.
$\bullet$ For events 400Yards or longer, positive check-in is required on the day of the race. The events will be seeded after the close of check-in.
*The 11-18 500 Free events will be contested on separate days. The girl's event \#61 will compete on Saturday and the boy's event \#62 will swim on Sunday. Both events will be timed final events swum fastest to slowest with the fastest seeded heat electing to swim (age combined) in finals.


# SOUTH TEXAS SWIMMING, Inc. <br> 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 |
| :---: | :---: | :---: | :---: |
| P Lanes | 1 and 8 | 2 and 7 | 3 through 6 |
| 6 Lanes | 1 and 6 | 2 and 5 | 3 and 4 |

a. The first $1 / 2$ 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 warmup 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.

| 2009-2012 National Motivational Time Standards |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Short Course Yards |  |  |  |  |  |  |
| 10 and under Girls |  |  | Event | 10 and under Boys |  |  |
| B Min | BB Min | A Min |  | 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 |
| 2009-2012 National Motivational Time Standards |  |  |  |  |  |  |
| Short Course Yards |  |  |  |  |  |  |
| 11 and 12 Girls |  |  | Event | 11 and 12 Boys |  |  |
| B Min | BB Min | A Min |  | 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 |
| 15.00.29 | 13:55.99 | 12:51.69 | 1000 Free | 12:42.89 | 13:46.49 | 14:50.09 |
| 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 |
| 6:32.19 | *5:44.29 | 5:36.09 | 400 I-M | 5:28.89 | 5:25.49 | 6:23.69 |

*12 year olds must have the 13-14 BB Standard to swim the 400 IM

| 2009-2012 National Motivational Time Standards |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Short Course Yards |  |  |  |  |  |  |
| 13 and 14 Girls |  |  | Event | 13 and 14 Boys |  |  |
| B Min | BB Min | A Min |  | 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 |
| 14:08.89 | 13:08.29 | 12:07.59 | 1000 Free | 11:36.39 | 12:34.39 | 13:32.49 |
| 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 |
| 2009-2012 National Motivational Time Standards |  |  |  |  |  |  |
| Short Course Yards |  |  |  |  |  |  |
| 15-18 Girls |  |  | Event | 15-18 Boys |  |  |
| B Min | BB Min | A Min |  | A Min | BB Min | B Min |
| 32.69 | 30.39 | 26.89 | 50 Free | 25.29 | 27.39 | 29.49 |
| 1:10.89 | 1:05.79 | 1:00.79 | 100 Free | 55.19 | 59.79 | 1:04.39 |
| 2:32.09 | 2:21.19 | 2:10.39 | 200 Free | 2:00.09 | 2:10.09 | 2:20.09 |
| 6:45.29 | 6:16.29 | 5:47.39 | 500 Free | 5:24.29 | 5:51.29 | 6:18.39 |
| 13:55.19 | 12:55.49 | 11:55.89 | 1000 Free | 11:12.19 | 12:08.19 | 13:04.19 |
| 23:18.79 | 21:38.89 | 19:58.89 | 1650 Free | 18:47.99 | 20:21.89 | 21:55.89 |
| 1:17.69 | 1:12.09 | 1:06.59 | 100 Back | 1:01.09 | 1:06.19 | 1:11.29 |
| 2:47.89 | 2:35.89 | 2:23.89 | 200 Back | 2:12.39 | 2:23.39 | 2:34.39 |
| 1:28.29 | 1:21.99 | 1:15.69 | 100 Breast | 1:08.89 | 1:14.69 | 1:20.39 |
| 3:09.99 | 2:56.39 | 2:42.79 | 200 Breast | 2:30.09 | 2:42.59 | 2:55.09 |
| 1:17.39 | 1:11.79 | 1:06.29 | 100 Fly | 1:00.09 | 1:05.09 | 1:10.09 |
| 2:48.59 | 2:36.49 | 2:24.49 | 200 Fly | 2:13.39 | 2:24.49 | 2:35.59 |
| 2:51.49 | 2:39.29 | 2:26.99 | 200 I-M | 2:15.09 | 2:26.39 | 2:37.69 |
| 6:01.49 | 5:35.69 | 5:09.89 | 400 I-M | 4:47.79 | 5:11.79 | 5:35.79 |

## DRURY <br> Hotels.

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 27 and 28, 2012.

Convenient to North Star Mall and only four 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 Roomsand in Lobby.
One hour free long distance each day.
All rooms with Microwaves \& Refrigerators.
The group rate is $\quad \$ 94.99$ 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 2133421. The Group Name is South Texas Swimming BB Champs.

Cut-OfF DATE: Reservations received after Thursday, January 12, 2012 will be provided on a space-available basis at prevailing rates.


[^0]:    Warm-up
    Procedures: •The South Texas Swimming Safety Guidelines and Warm-up Procedures on page eight will be in effect at this meet
    -Lanes 11 and 12 of the pool 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 Thursday evening only upon request, and multiple warm-up sessions Friday, Saturday, and Sunday mornings
    -Warm-ups MUST be under the direct supervision of a coach at all times

