



2012 Texas Club Championships

Hosted by Longhorn Aquatics



Long Course Meter Prelim/Final Meet - A/B Finals 13 & Over, A Finals 11/12

July 11 – 15, 2012

SANCTION # ST-12-39cm

USAS OME Deadline – 11:59 PM, Tuesday July 3, 2012

WELCOME: Longhorn Aquatics welcomes swimmers to the inaugural Texas Club Championships to be held at the Lee and Joe Jamail Texas Swimming Center (Swim Center). This meet will be the first in a series of quadrennial competitions which will enable the invited teams and swimmers to compete in a true Texas team championship. Come join us as we watch the swimmers and teams compete to determine who the Texas Club Champion will be.

SELECTION CRITERIA: Teams registered in one of the Texas LSCs may enter the meet that have placed in the top ten in either TAGS or the Sectional Championship meets. Qualifying period for teams and entry times are from the 2009 short course season through the 2012 short course season. Teams who qualify may enter any of their swimmers age 11 through 18 who meet the current 2012 TAGS or Sectionals time standards.

Current List of Qualified Teams: Aggie Swim Club, Alamo Area Aquatic Association, City of Plano Swimmers, Cy Fair Swim Club, Dallas Mustangs, Eagle Swimming Association, First Colony Swim Team, Fort Worth Area Swim Team, Houston Swim Club, Katy Aquatics, Lakeside Aquatics Club, Longhorn Aquatics, Lost Creek Aquatics, Magnolia Aquatic Club, Metroplex Aquatics, Nitro Swimming, North Texas Nadadores, Power for Life, Premier Aquatics Club of Klein, Texas Gold, The Woodlands Swim Team, West Austin Aquatics

Individual swimmers, ages 11-18, from non-qualifying teams registered in one of the Texas LSCs (or registered as unattached in one of the Texas LSCs) may also enter the meet if they meet the listed time standards. The time standards for individual swimmers will be the average 4th place time swam at TAGS, or average 8th place swum at Sectionals, rounded up to the nearest 9/100, over the 2009 – 2011 seasons. Time standards can be found on the Order of Events and Time Standards pages.

There will be no bonus swims at this meet.

Swimmers may enter as many individual events as they like but they may only compete in three (3) individual events per day and a total of eight (8) individual events for the entire meet. If you enter more than eight individual events, you must scratch the events you do not want to swim. Swimmers may enter up to two relay events per day. Relay events do not count toward the overall meet entry limit.

POOL: The Lee and Joe Jamail Texas Swimming Center has an indoor 8 lane 50 meter competition pool. The pool is considered one of the fastest pools in the world due to its depth, gutter system, high filtration rate and lane width. The competition course has been certified in accordance with USA Swimming Rules and Regulations Paragraph 104.2.2C(4).

WATER DEPTH: The Start end is 9 feet, and the Turn end is 9 feet.

LOCATION: The Swim Center is located on the University of Texas Campus, 1900 Robert Dedman Drive, one block west of I-35 on the northwest corner of the intersection of Martin Luther King Boulevard and Red River Street. 512-471-7703

PARKING: The University of Texas now requires a UT permit for parking along Trinity and San Jacinto as well as C Lot 80 in front of the Swim Center. Please go to our website at <http://www.utexas.edu/longhornaquatics/meets> as we get closer to the meet for more information on parking. For more information, check the Parking and Transportation web site at <http://www.utexas.edu/parking/>.

LIABILITY: USA Swimming, South Texas Swimming, The University of Texas, the Lee and Joe Jamail Texas Swimming Center, and Longhorn Aquatics accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

USA SWIMMING REGISTRATION: All swimmers, coaches, and officials participating in this competition must be *currently* (2012) registered with USA Swimming. 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)** late enter **2)** need to be late-entered because of clerical errors by the entering team or the meet host; or **3)** are not entered in this meet and choose to enter time trials if offered; will be required to present their USA Swimming ID Card. South Texas Swimming does not permit on-deck USA Swimming Registrations. Current National and LSC Regulations do not allow for exceptions to these policies.

SANCTIONS: This meet has been sanctioned by South Texas Swimming and 2012 rules will apply. All swimmers must be registered as athletes for 2012 with USA Swimming by the entry deadline. Athletes that register with USA Swimming after the entry deadline may deck enter the meet only if they can present their 2012 USA Swimming card.

MEET REFEREE: Herb Schwab herb.schwab@gmail.com 281-242-1334

MEET DIRECTOR: Bridgette Rhoades bridgette.rhoades@austin.utexas.edu 814-602-8254

SAFETY GUIDELINES AND WARM-UP PROCEDURES: See attached Safety Guidelines and Warm-up Procedures.

GENERAL MEETING: All swimmers must be represented at the General Meeting held Wednesday July 11th after the 800s in the designated meeting room. Any change in the format of the meet will be decided at this meeting. It is each swimmer and coach's responsibility to be aware of any changes made during this meeting.

The pool will open for general warm-ups Wednesday evening from 4:30 to 9:00 PM.

SCHEDULE:	Wednesday July 11:	Open Warm Ups from 4:30 to 9:00 PM
		Timed Finals 4:30 PM warm ups, 6:00 PM meet start General Meeting after the 800s
	Thursday July 12:	Prelims 7:30 AM warm ups, 9:00 AM meet start Finals 5:00 PM warm ups, 6:00 PM meet start
	Friday July 13:	Prelims 7:30 AM warm ups, 9:00 AM meet start Finals 5:00 PM warm ups, 6:00 PM meet start
	Saturday July 14:	Prelims 7:30 AM warm ups, 9:00 AM meet start Finals 5:00 PM warm ups, 6:00 PM meet start
	Sunday July 15:	Prelims 7:30 AM warm ups, 9:00 AM meet start Finals 5:00 PM warm ups, 6:00 PM meet start

Split warm-ups will be in effect, with assignments posted on the Texas Senior Circuit <http://www.texasseniorcircuitswimming.org> and Texas Longhorn Aquatics <http://www.utexas.edu/longhornaquatics/index.php> web sites.

Lane assignments for warm-ups and timing will be designated in the meet program, and posted on the Texas Senior Circuit and Texas Longhorn Aquatics web sites.

MEET FORMAT: This is a Prelim/Final Meet with A/B Finals for 13 & Older swimmers and A Finals for 11/12 year olds. Teams will be limited to A and B relays only. B relays will swim during the Prelim sessions and A relays will swim during the Finals sessions. The 800 Free, 1500 Free and all relays are timed finals. Swimmers are allowed to swim on 2 relays per day. The relays will not count toward the swimmers 8 overall events.

The Meet Administration reserves the right to modify the operations of the meet, depending upon the size of the meet.

All preliminary events will be run slowest to fastest with the fastest three heats circle seeded. The prelim sessions will be run utilizing chase starts, alternating odd and even heats by event for all events of 200 meters or less. All of the girls' heats will be swum first, utilizing both ends of the pool followed by all of the boys' heats utilizing both ends of the pool. Odd heats will start at the Non-Flag end of the pool and even heats will start at the Flag end of the pool.

The prelim heats of the 400 IM and 400 Free will be swum slowest to fastest, alternating girls and boys heats. The girls' events will start from the Flag end of the pool and the boys events will start from the Non-Flag end of the pool.

The 50 free will be seeded slowest to fastest and all heats will be started from Non-Flag end of the pool.

Finals will be swum slowest to fastest.

The 800/1500 Free will be swum fastest to slowest, alternating girls and boys heats. The girls 800 & 1500 will start from the Flag end of the pool and the boy's 800 & 1500 will start from the Non-Flag end of the pool. The top eight qualifiers who elect to swim in Finals in the 1500 Free will swim during the Finals and both boys and girls Final heats of the 1500 will start from the Flag end of the pool. All other heats of the 1500 will swim at the end of the Sunday prelim session after the 400 medley relay.

Teams are limited to A and B relays only. Relay swimmers must be qualified to swim and entered in an individual event. All B relays will swim during prelims, slowest to fastest. All A relays will swim during Finals, slowest to fastest. There will be a 10 minute break before the relay events during Prelims and Finals.

The meet referee reserves the right to run this meet using flyover starts dependent upon the number of participants and officials.

SEEDING: Non-conforming times will be seeded last. LCM times are the conforming times followed by SCM times followed by SCY times. The fastest three heats in prelims will be circle seeded.

800/1500 FREE: The 800 and 1500 Free will be deck seeded and require positive check-in. **The Check-In deadline for the 800 Free is forty five (45) minutes after the start of warm ups on Wednesday July 11th and for the 1500 Free is 7:00 PM on Saturday July 14th.** The Check-In sheets will be located at the Clerk of Course. All swimmers who fail to check in will be considered scratched.

Swimmers must also indicate whether they intend to swim the 1500 Free in Prelims or Finals. 13/14 and 15/18 age groups will be swum together in one event but scored separately. The fastest heat of the 1500 free, both women and men, electing to swim in Finals, will swim at night in Sunday's Finals. All other heats of the 1500 will swim fastest to slowest, alternating heats of women and men, at the conclusion of the prelims on Sunday.

SCRATCHING: Procedures: Scratches prior to the seeding of heats shall be confirmed by properly filling out a scratch card and depositing it in the scratch box. After the heats have been seeded, any swimmer who fails to compete in a preliminary individual event heat in which they have been entered and have not been scratched will be barred from further individual and relay events that day. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for the succeeding day's events.

Deadlines: Thursday Prelim Scratch deadline: Wednesday July 11th 15 minutes after the General Meeting
Friday Prelim Scratch deadline: Thursday, July 12th 6:30 PM
Saturday Prelim Scratch deadline: Friday, July 13th 6:30 PM
Sunday Prelim Scratch deadline: Saturday July 14th 6:30 PM

Scratch Box: The scratch box shall be located at the Clerk of Course.

Heat and Lane Assignments: The seeded heats for the next day's prelim session will be posted during the evening session of the day before.

Relays: Relays will be seeded the night before. Scratch cards for relays must be turned in by the above deadlines properly completed relay cards for B (morning) relays must be turned in to the Clerk of Course each day by 10:00AM each day. Relay cards for A (evening) relays must be turned in by thirty (30) minutes after the start of the evening Finals session (6:30PM). Cards not received by the deadlines will be considered scratches.

FINALS AND SCRATCHING: The administrative rules for the conduct of this meet shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rules 207.11.6D and 207.11.6E, as modified below.

Any finalist who fails to compete at finals, consolation finals or any other bonus final heat, for which he has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals or declare their intention to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals or the consolation finals heat if he has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet.

Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists (including both A and B finalists) set at this point will be subject to a \$100 fine and banishment from competition, even though any qualified swimmer may be moved into finals.

ON-DECK ENTRIES: Those swimmers missing the Tuesday, July 3, 2012 OME deadline may enter the meet on-deck in the following manner:

NOTE: Swimmers will need to present their 2012 USA Swimming registration card to On-deck enter! Swimmers who enter on-deck will be seeded into the events according to their entry time. On deck entries will only be accepted by the deadlines printed below. Swimmers will not be allowed to enter on-deck on the morning of the scheduled events.

Deadlines: Thursday Prelim On Deck Entries:	Wednesday July 11 th 15 minutes after the General Meeting
Friday Prelim On Deck Entries:	Thursday, July 12 th 6:30 PM
Saturday Prelim On Deck Entries:	Friday, July 13 th 6:30 PM
Sunday Prelim On Deck Entries:	Saturday July 14 th 6:30 PM

1. Swimmers must pay double the entry fee at the time of entry (\$16.00 each).
2. Swimmers must supply completed entry forms entered at the swimmers' best times.
3. Swimmers must enter all events for the day by the On Deck Deadline the night before.
4. Swimmers must be qualified to swim the event entered and they must pre prove their entry with the Admin Referee. For times not in the SWIMS database, acceptable forms of documentation include: 1) Official results from USA Swimming, high school, NCAA and YMCA meets, or 2) Printouts from other USA Swimming, high school, NCAA and YMCA database web pages.
5. Swimmers must not exceed the allotted number of events allowed each day.
6. Swimmers who enter on-deck to change an entry time in an event already entered must still pay the on-deck entry fees.

**** IMPORTANT NOTE: Swimmers who qualify for the first time for an event AFTER the OME deadline of Tuesday July 3, 2012 may pay the regular entry fee, instead of double, for that particular event. They must follow all other on deck rules.**

PROOF OF TIME: This is a pre-proved meet; OME will automatically provide proof of time through the SWIMS database. As always, it is the coach's responsibility to submit accurate, provable times. Otherwise, the individual swimmer will not be entered into the meet. Any times not in the SWIMS database must be proven, with supporting documentation supplied to the Meet Entries Coordinator. Acceptable forms of documentation include: 1) Official results from USA Swimming, high school, NCAA and YMCA meets, or 2) Printouts from other USA Swimming, high school, NCAA and YMCA database web pages. Swimmers will be fined \$100 for each unproven qualifying time and will be banned from competition until all fines have been paid. Fines payable to Texas Senior Circuit.

ENTRY INFORMATION:

Cut-off Times: There are no Cut-off times.

Qualifying Times: (See Selection Criteria) Current 2012 TAGS or Sectionals time standards for swimmers from qualifying teams. 4th place TAGS, or 8th place Sectionals, average time for period from 2009 to 2011 for individual swimmers from non-qualifying teams. **Teams will need to fill out and return Appendix F on page 11 at registration.**

Age: As of July 11, 2012.

Number of Events: Swimmers may enter as many events as they like but they may only compete in three (3) events per day and a total of eight (8) events for the entire meet. If you enter more than eight events, you must scratch the events you do not want to swim. Swimmers are allowed to swim on 2 relays per day. The relays will not count toward the swimmers 8 overall events.

Entry Fees: Entry fees are \$8.00 per individual event and \$16.00 per relay event. This includes the \$1.25 South Texas Swimming splash fee. On-Deck entries are \$16.00 per individual event and \$32.00 per relay event. If entering On-Deck make checks payable to The University of Texas at Austin.

Entry Process: Teams shall enter using the USA Swimming On-Line Meet Entry (OME) system. **This is the ONLY accepted process for entering the meet.** Entries will open May 24, 2012. Entries are due NO LATER than 11:59 p.m., Tuesday, July 3, 2012.

A Hy-Tek file will be available on the Texas Longhorn Aquatics web site for running eligibility reports and for working out relays BUT teams MAY NOT submit entries using Hy-Tek.

Register for the meet online at www.usaswimming.org/OME. You are not registered for the meet until have checked out and paid for your entries in OME. OME saves your entries and you can complete your entries in more than one sitting. Once you check out, you may not delete an entry BUT you may add additional entries up until the OME deadline. OME accepts Visa, MasterCard, American Express and Discover.

If you have any entry related questions please contact Bridgette Rhoades at bridgette.rhoades@austin.utexas.edu or 814-602-8254. Email is preferred.

CREDENTIALS & REGISTRATION: All coaches, officials and participating athletes will be issued credential tags. Only people with credential tags will be allowed access to the deck. Coaches must register in OME for a deck pass.

Coaches may pick up their team's credential tags at the registration desk on Wednesday, July 11 between noon and 3:00 PM. The registration desk will be located on the second level of the Swim Center across from the store. Credential tags not picked up at these times will be available at Clerk of Course. Replacement credential tags will be available at a cost of \$20.

Awards:
Individual Events: Medals 1st through 8th
Relay Events: Medals 1st through 3rd, Ribbons 4th through 8th
Teams: Trophies will be awarded to teams that finish in 1st through 8th place.
High Point Award: A high point trophy will be given to the outstanding boy and girl swimmer in each age group based upon the total number of points in individual events during the meet.

Coaches are responsible for picking up their teams ribbons at the end of the meet. Awards will not be mailed.

SCORING: Individual Events (1st-16th): 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events (1st-16th): 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

The 800 and 1500 free will be swum combined but scored separately for 13/14 and the 15/18 age groups.

RELAY EVENTS: Relay events are timed finals events. Teams are limited to A and B relays only. All B relays will swim during Prelims, slowest to fastest, and all A relays will swim during the Finals, slowest to fastest.

TIMING SYSTEM: A Daktronics electronic timing system with electronic scoreboard will be used, as well as Hy-Tek Meet Manager 4.0. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swimmers at the meet. Timing assignments will be posted on the Longhorn Aquatics web site. Swimmers in the Heats of the 800 Free and Prelim heats of the 1500 Free must provide a timer and a lap counter.

POOL DECK RESTRICTION: Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all South Texas Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

UNACCOMPANIED SWIMMERS: Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

SWIMMERS WITH DISABILITIES: Please notify the Texas Swimming Center at 512-471-7703 in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The facility 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.

CELL PHONES/RECORDING DEVICE RESTRICTIONS: The presence or use of cell phones, smart phones or any other devices capable of producing audio recordings, photographic or video images in locker rooms, restrooms or changing areas is strictly and specifically prohibited at all times. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility and arrest.

PHOTOGRAPHERS: There may be one or more photographers and/or videographers on deck at this meet. In the event such personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made, are required to contact the Meet Director prior to the beginning of warm-ups. Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race. Photographers must gain **consent from the Meet Director prior to the beginning of the meet.**

TSC RULES: As guests of The University of Texas, all must adhere to the Texas Swim Center (TSC) rules. Coaches must supervise their swimmers. Chewing gum, glass containers, helium balloons and shoes with wheels are not permitted in the building. Locks may not be left on lockers overnight. Wet swimmers cannot leave the pool deck. Children must be supervised at all times.

Spectators and athletes may not bring food nor drink into the Texas Swim Center from outside sources. Teams ARE permitted to bring two (2) coolers on to the deck.

CONCESSIONS: The UT Swim Center will have full concessions open during the meet on the second floor.

HOSPITALITY: A hospitality room will be available for coaches and officials in the classroom of the UT Swim Center. Coaches and Officials must be prepared to show their credentials to enter the Hospitality room.

MERCHANDISE: The UT Swim Center store will be open throughout the meet selling suits, caps, goggles, etc. as well as University of Texas and Meet apparel. They are located on the second floor of the swim center.

MEET RESULTS: Results will be posted on the Texas Longhorns website at <http://www.utexas.edu/longhornaquatics/meets> as well as inside the swim center.

2012 Texas Club Championships

Hosted by Longhorn Aquatics



USAS OME Deadline – 11:59 PM, Tuesday July 3, 2012



Order of Events

Wednesday July 11, 2012

Finals: Warm Ups 4:30 PM Meet Starts 6:00 PM

INDIVIDUAL Qualifying Times		TEAM Qualifying Times		GIRLS EVENT			TEAM Qualifying Times		INDIVIDUAL Qualifying Times	
SCY	LCM	SCY	LCM	EVENT #	DESCRIPTION	BOYS EVENT #	LCM	SCY	LCM	SCY
10:31.79	9:25.59	10:53.99	9:45.19	1	13/14 800 free*	2	9:18.09	10:20.39	8:50.19	10:00.59
10:09.39	9:14.89	10:45.89	9:30.49	1	15/18 800 Free*	2	9:00.99	9:56.49	8:35.89	9:28.19

Thursday July 12, 2012

Prelims: Warm Ups 7:30 AM Meet Starts 9:00 AM

Finals: Warm Ups 5:00 PM Meet Starts 6:00 PM

INDIVIDUAL Qualifying Times		TEAM Qualifying Times		GIRLS EVENT			TEAM Qualifying Times		INDIVIDUAL Qualifying Times	
SCY	LCM	SCY	LCM	EVENT #	DESCRIPTION	BOYS EVENT #	LCM	SCY	LCM	SCY
2:14.69	2:35.29	2:20.89	2:41.29	3	11/12 200 Back	4	2:41.19	2:19.99	2:31.89	2:14.49
2:09.79	2:26.89	2:12.49	2:33.39	5	13/14 200 Back	6	2:24.19	2:06.09	2:20.09	2:00.59
2:02.09	2:22.79	2:09.39	2:32.79	7	15/18 200 Back	8	2:20.89	1:58.39	2:11.59	1:51.19
1:11.89	1:22.99	1:14.89	1:26.59	9	11/12 100 Breast	10	1:25.69	1:15.09	1:21.69	1:09.69
1:08.59	1:18.19	1:11.49	1:22.29	11	13/14 100 Breast	12	1:15.49	1:05.29	1:13.19	1:03.19
1:05.29	1:15.89	1:09.99	1:20.89	13	15/18 100 Breast	14	1:12.69	1:02.49	1:08.29	58.39
56.59	1:03.89	58.19	1:05.49	15	11/12 100 Free	16	1:04.99	57.39	1:01.29	54.09
54.39	1:00.69	55.19	1:02.59	17	13/14 100 Free	18	58.49	51.69	56.49	49.89
51.99	58.59	53.69	1:01.39	19	15/18 100 Free	20	55.49	48.39	53.19	46.09
				21	11/12 200 Medley Relay*	22				
				23	13/14 200 Medley Relay*	24				
				25	15/18 200 Medley Relay*	26				

Friday July 13, 2012

Prelims: Warm Ups 7:30 AM Meet Starts 9:00 AM

Finals: Warm Ups 5:00 PM Meet Starts 6:00 PM

INDIVIDUAL Qualifying Times		TEAM Qualifying Times		GIRLS EVENT			TEAM Qualifying Times		INDIVIDUAL Qualifying Times	
SCY	LCM	SCY	LCM	EVENT #	DESCRIPTION	BOYS EVENT #	LCM	SCY	LCM	SCY
2:02.09	2:18.69	2:06.59	2:21.99	27	11/12 200 Free	28	2:20.69	2:04.59	2:15.29	1:57.99
1:56.09	2:11.79	1:58.79	2:15.39	29	13/14 200 Free	30	2:07.99	1:51.99	2:03.69	1:48.39
1:52.29	2:07.19	1:55.99	2:12.59	31	15/18 200 Free	32	2:01.69	1:46.19	1:57.19	1:41.29
4:37.59	5:16.29	4:46.49	5:28.59	33	13/14 400 IM*	34	5:09.89	4:29.79	4:55.19	4:17.19
4:26.49	5:05.49	4:40.69	5:22.89	35	15/18 400 IM*	36	4:59.29	4:17.19	4:43.29	4:05.29
1:03.39	1:12.99	1:05.49	1:15.59	37	11/12 100 Back	38	1:15.99	1:05.49	1:11.79	1:01.99
1:00.09	1:09.19	1:01.79	1:11.59	39	13/14 100 Back	40	1:07.39	58.79	1:04.19	55.99
56.99	1:06.69	59.99	1:10.99	41	15/18 100 Back	42	1:04.59	54.69	1:00.09	51.59
				43	11/12 200 Free Relay*	44				
				45	13/14 200 Free Relay*	46				
				47	15/18 200 Free Relay*	48				

Saturday July 14, 2012												
Prelims: Warm Up 7:30 AM Meet Starts 9:00 AM Finals: Warm Up 5:00 PM Meet Starts 6:00 PM												
INDIVIDUAL Qualifying Times		TEAM Qualifying Times		GIRLS EVENT			BOYS		TEAM Qualifying Times		INDIVIDUAL Qualifying Times	
SCY	LCM	SCY	LCM	EVENT #	DESCRIPTION	EVENT #	LCM	SCY	LCM	SCY		
2:35.59	2:59.29	2:42.59	3:07.49	49	11/12 200 Breast	50	3:05.59	2:43.69	2:56.39	2:32.19		
2:28.59	2:50.69	2:33.69	2:57.39	51	13/14 200 Breast	52	2:45.29	2:22.09	2:39.09	2:17.89		
2:21.19	2:44.09	2:29.99	2:54.79	53	15/18 200 Breast	54	2:40.59	2:15.89	2:28.29	2:07.09		
5:21.49	4:48.49	5:34.49	4:57.69	55	11/12 400 Free*	56	4:57.69	5:29.69	4:41.69	5:13.49		
5:08.09	4:35.29	5:15.69	4:43.79	57	13/14 400 Free*	58	4:31.69	5:00.49	4:20.69	4:49.89		
4:58.39	4:28.09	5:12.29	4:39.69	59	15/18 400 Free*	60	4:22.39	4:48.29	4:09.59	4:34.89		
1:03.29	1:10.69	1:05.19	1:13.39	61	11/12 100 Fly	62	1:13.59	1:05.39	1:08.29	1:01.59		
58.39	1:06.99	1:00.99	1:09.59	63	13/14 100 Fly	64	1:05.29	57.09	1:02.59	55.59		
56.49	1:04.49	59.09	1:07.99	65	15/18 100 Fly	66	1:01.09	53.59	57.29	50.59		
				67	11/12 400 Free Relay*	68						
				69	13/14 400 Free Relay*	70						
				71	15/18 400 Free Relay*	72						

Sunday July 15, 2012												
Prelims: Warm Up 7:30 AM Meet Starts 9:00 AM Finals: Warm Up 5:00 PM Meet Starts 6:00 PM												
INDIVIDUAL Qualifying Times		TEAM Qualifying Times		GIRLS EVENT			BOYS		TEAM Qualifying Times		INDIVIDUAL Qualifying Times	
SCY	LCM	SCY	LCM	EVENT #	DESCRIPTION	EVENT #	LCM	SCY	LCM	SCY		
2:18.09	2:37.39	2:23.19	2:43.39	73	11/12 200 IM	74	2:39.89	2:21.99	2:34.19	2:14.59		
2:12.29	2:29.19	2:15.59	2:33.99	75	13/14 200 IM	76	2:25.09	2:06.89	2:20.29	2:03.39		
2:06.19	2:24.79	2:12.09	2:32.89	77	15/18 200 IM	78	2:19.59	1:59.99	2:12.99	1:55.19		
2:21.29	2:38.69	2:27.09	2:47.09	79	11/12 200 Fly	80	2:48.79	2:27.49	2:34.99	2:15.79		
2:11.89	2:28.69	2:17.59	2:36.89	81	13/14 200 Fly	82	2:27.19	2:08.99	2:19.19	2:01.59		
2:04.49	2:23.19	2:11.99	2:34.79	83	15/18 200 Fly	84	2:21.09	2:01.59	2:09.79	1:51.99		
25.99	29.19	26.99	30.19	85	11/12 50 Free	86	29.69	26.49	28.39	24.89		
25.09	27.89	25.49	28.89	87	13/14 50 Free	88	26.99	23.69	25.89	22.99		
24.09	27.39	24.99	28.49	89	15/18 50 Free	90	25.49	22.29	24.19	21.19		
17:41.09	18:08.89	18:23.99	18:55.69	91	13/14 1500 Free*	92	18:14.69	17:38.09	17:15.39	16:48.59		
17:11.79	17:50.99	18:21.59	18:23.29	91	15/18 1500 Free*	92	17:05.59	16:46.39	16:36.19	15:56.39		
				93	11/12 400 Medley Relay*	94						
				95	13/14 400 Medley Relay*	96						
				97	15/18 400 Medley Relay*	98						

- * Teams will be limited to A and B relays only. A relays will swim in the Final sessions and B relays will swim in the Prelim sessions.
- * All prelim heats will be swum slowest to fastest.
- * All final heats will be swum slowest to fastest.
- * Swimmers in the 800 & 1500 free heats swum during Prelims must provide their own timers and counters. During Sunday prelims, the 1500 will be swum after the 400 Medley relays.
- * The 800/1500 Free will be deck seeded and swum fastest to slowest, alternating women's and men's heats. 13/14 and 15/18 year olds will be swum together but scored separately.
- * The fastest 8 swimmers in the 1500 Free, from the 13/14 and 15/18 age groups combined, who declare their intent to swim in finals, will swim in Finals.
- * The Preliminary heats of the 400 Free and the 400 IM will be swum slowest to fastest, alternating women's and men's heats.

ENTRY VERIFICATION

APPENDIX F

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

Signature

Title

Date

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 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.

The University of Texas at Austin
Lee and Joe Jamail Texas Swimming Center & Longhorn Aquatics
1900 Robert Dedman Dr
Austin, TX 78712-0363

2012 Hotel Sponsors

Crowne Plaza Hotel
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mark.alley@hilton.com
www.austindowntown.embassysuites.com

[See the Embassy Suites Hotel Austin Central summer promotions.](#)

Drury Hotels of Austin North
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Austin, TX 78711



Contact: Alissa Vala
Alissa.vala@druryhotels.com
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The University of Texas at Austin

Lee and Joe Jamail Texas Swimming Center & Longhorn Aquatics

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Austin TX 78701



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Contact: Meg Griebel
mgriebel@sheratonaustinhotel.com
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DoubleTree Guest Suites
303 W 15th St
Austin, Texas 78701



Contact: Emma Monette
emma.monette@hilton.com
(512) 478-7000

The beautiful Sheraton Austin is just walking distance for the TSC and offers a large 24 hr fitness area and an indoor/outdoor pool.