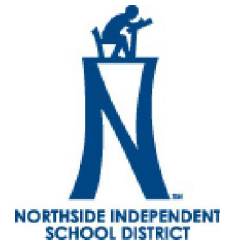




# Alamo Area Aquatic Association Meet Information

[www.aaaa-sa.org](http://www.aaaa-sa.org)

Posted 04/09/12



**Meet Name:** •**AAAA Long Course Senior Series III**  
•Bronze – Silver - Gold

**Sanction Number:** •ST-12-48

**Meet Date(s):** •July 6, 7, and 8, 2012

**Venue:** **George Block Aquatics Center**  
•7001 Culebra Road  
•San Antonio, Texas 78238  
•210-397-8985

**Facility:** •The course has been certified in accordance with Article 104.2.2C(4) and a copy of the certification is on file with USA Swimming  
•Depths: Start end 12 feet / Turn end four feet  
•DAKTRONICS starting and timing  
•Computer operations: HY-TEK Meet Manager 4.0  
•Concessions and swim shop available  
•Two-lanes continuous warm-up/cool down available throughout the meet

**Liability:** •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the Northside Independent School District, 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.

**Start Certification** •Any swimmer entered in this 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.

**Cell Phone 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.

**Swimmer Photographs And Videos:** •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.

**USA Swimming Registration:** •All swimmers, coaches, and officials participating in this competition must be *currently* (2012) registered with USA Swimming or FINA  
•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 entered because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID Card.  
•South Texas Swimming does not permit on-deck USA Swimming Registrations  
•National and LSC Regulations do not allow for any exceptions to these policies

**Age up Date:** •July 6th, 2012

**Rules:** •The 2012 USA Swimming Rules and any relevant sections of the STSI Policies and Procedures Manual will apply.

**Meet Format:** •Entering Swimmers must be 13 years of age or older as of July 6th, 2012  
•Entering swimmers must have achieved three (3) “B,” two (2) “BB” or one “A” National Motivational “B” time  
•ALL events will be seeded on deck and require a positive check-in not later than 30 minutes prior to the scheduled start of any session  
•All events will be swum fastest to slowest.  
•Timed finals  
•The 50-meter freestyle will be swum starting at the deep end of the pool, finishing at the shallow end bulkhead, utilizing 3 watches per lane.  
•Additional volunteer timers will be needed for this event  
•No relays  
•Time trials will not be offered

### Entry

**Restrictions:** •Maximum of five (5) individual events per day  
•Please submit entry times ONLY in long course meters  
•Please convert any non-conforming times (SCY or SCM) to LCM using any of the accepted conversion factors before entering  
•Entries with unconverted non-conforming times will not be accepted and any entry fees will not be refunded.  
•Entries received without an entry time will not be accepted and entry fees will not be refunded.

### Qualifying:

**Times:** •As noted previously in “Meet Format”  
•Traditional Age Groups  
•Please see pages six (6) and seven (7)

### Entry

**Deadline:** •6:00 PM, Monday, June 25, 2012

### Entry Fees Include

**Splash Fee:** •\$6.50 per Individual event  
•Late entries \$13.00 per event  
•Checks payable to: N.I.S.D. Aquatics

### Late/Deck

**Entries:** •Late entering athletes must be prepared to prove their current USA Swimming Registration.

### Entry

**Procedures:** •The **only** acceptable mode of entry is via Hy-Tek Commlink or File  
•Hard copy **MUST** accompany  
•An HYV File for Team Manager is available on the Meet Calendar Page under 4A Club Swimming at ([www.aaaa-sa.org](http://www.aaaa-sa.org))  
•Entries received without a seed time will not be entered into the meet and fees will not be refunded  
•Mail or hand deliver entries to the Meet Director noted below  
•Entries may also be submitted via email

### E-Mail

**Entries:** •Entries in Commlink Format only, **MUST** be sent or delivered to: [coachchris@gaggle.net](mailto:coachchris@gaggle.net)  
•E-mail submissions to any other address cannot be accepted.  
•The Commlink File must be renamed to clearly identify the entering team, the shorter the better  
•Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded  
•Athletes **WILL NOT** be entered into Meet Manager until the Meet Entry Report (hard copy) is received as an attachment to the e-mail, via FAX (210-561-5280), or hand-delivered.  
•Athletes **WILL NOT** be entered into the meet until entry fee payment has been received by the Meet Director or designee

**FAX Entries:** •Under no circumstances will entries be accepted via FAX  
•Entry Reports **WILL** be accepted via FAX

**Meet Management:**

**•Meet Director**

- Terry Vettters
- 7001 Culebra Road
- San Antonio, TX 78238
- 210-397-8985
- terry.vettters@nisd.net

**•Entries Chair**

- Chris Mullikin
- 7001 Culebra Road
- San Antonio, TX 78238
- 210-397-7587
- coachchris@gaggle.net

**•Meet Referee**

- Dennis Guill
- 131 Eagle Vail
- San Antonio, TX 78258
- 210-232-6732
- daguill@att.net

**•Administrative Referee**

- Rick Allenstein
- 13819 Chittum Woods
- San Antonio, TX 78232
- 210-602-6418
- rallenstein@hotmail.com

**Warm-ups:**

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page five (5)
- Lane assignments will be made and posted with the Psych Sheet at [www.aaaa-sa.org](http://www.aaaa-sa.org)
- Please also review the daily schedule below

**Scratch Rules:**

- This meet will be entirely deck seeded
- Swimmers who positively check-in for an event and subsequently fail to appear for competition, will be required to check-in 45 minutes prior to each of their succeeding events

**Awards:**

- No awards.

**Special**

**Needs:**

- A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.
- Please notify the Block Aquatics Center (210-397-8985) in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
- The NISD Natatorium 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.
- 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.

**Daily**

**Schedule:**

	<b>Day 1 (7/6)</b>	<b>Day 2 (7/7)</b>	<b>Day 3 (7/8)</b>
Warm-ups	7:30 AM	7:30 AM	7:30 AM
Clear Competition Pool	8:50 AM	8:50 AM	8:50 AM
Coaches' meeting	8:50 AM (if needed)	none	none
Meet begins	9:00 AM	9:00 AM	9:00 AM

**Timers:**

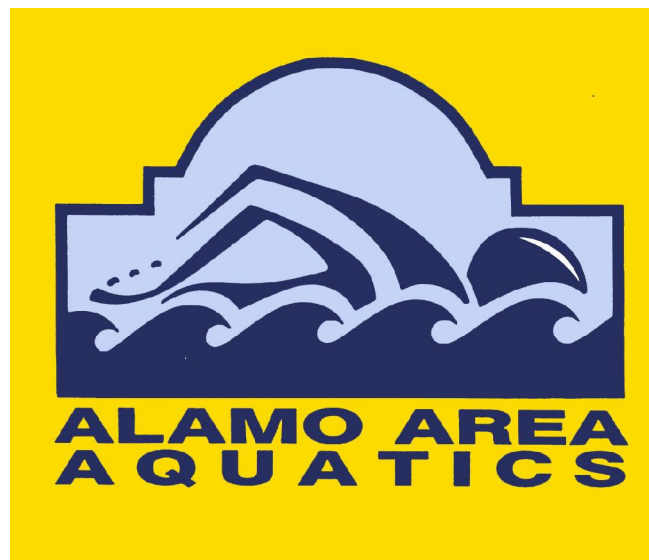
- The host team will attempt to provide backup timers for this meet
- Volunteers will be needed and appreciated.

**Officials:**

- All currently certified and in training USA Swimming officials are cordially invited to participate
- All deck officials must be registered with USA Swimming and STSI Swimming for 2012
- Please report to the Meet Referee at least 30 minutes prior to the scheduled start time of the session to receive your assignments
- The wearing of name tags is strongly encouraged

# Order of Events – Distances are in meters

Friday, July 6th, 9:00 AM			
Women	Distance	Stroke	Men
1	200	Breast	2
3	100	Back	4
5	200	Fly	6
7	50	Free	8
9	400	Free	10
Saturday, July 7th, 9:00 AM			
11	400	IM	12
13	100	Breast	14
15	200	Free	16
17	100	Fly	18
19	800*	Free	20
Sunday, July 8th, 9:00 AM			
21	200	IM	22
23	100	Free	24
25	200	Back	26
27	1500*	Free	28
<p><b>All events will be swum <u>Fastest to Slowest</u></b>  <b><u>Positive Check-in required for all events by 8:30 AM.</u></b>            *800 and 1500 free            *Must provide your own timer and counter</p>			



# SOUTH TEXAS SWIMMING, Inc.

## Safety Guidelines and Warm-up Procedures

### A. WARM-UP PROCEDURES

#### I. Assigned warm-up Procedures.

- a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
- b. All warm-up activities will be coordinated by the coach(es) supervising that lane
- c. Dive sprints may be done only under the direct supervision of the coach

#### II. Open warm-up procedures.

#### LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first ½ of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace Lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times - one way only!
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes - circle swimming only.
- f. No kick boards, pull buoys, or hand paddles may be used.

#### III. Safety Guidelines

- a. Coaches are responsible for the following:
  1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices
  2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
  3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
- b. The host team will be responsible for the following.
  1. A minimum of four (4) marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
  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 and the following statement will appear in the meet information: "South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
  6. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
  7. Hazards in locker rooms, on deck, or areas used by coaches, swimmers, or officials will be either removed or clearly marked.

### B. MISCELLANEOUS NOTES

- I. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroke waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warmups unless approved by the Referee.

**NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.**

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.89	35.19	32.49	50 Free	30.29	32.79	35.39
1:22.09	1:16.19	1:10.39	100 Free	1:05.99	1:11.49	1:16.99
2:57.09	2:44.39	2:31.79	200 Free	2:23.29	2:35.19	2:47.09
6:09.39	5:42.99	5:16.59	400 Free	5:02.79	5:27.99	5:53.29
12:35.99	11:41.99	10:47.99	800 Free	10:29.39	11:21.79	12:14.29
24:06.39	22:23.09	20:39.79	1500 Free	19:55.89	21:35.29	23:14.99
1:30.79	1:24.29	1:17.79	100 Back	1:14.49	1:20.59	1:26.89
3:15.29	3:01.29	2:47.39	200 Back	2:40.69	2:54.09	3:07.49
1:43.89	1:36.39	1:29.99	100 Breast	1:21.29	1:28.09	1:34.89
3:43.99	3:27.99	3:11.99	200 Breast	3:01.99	3:17.19	3:32.39
1:29.19	1:22.89	1:16.49	100 Fly	1:11.09	1:16.99	1:22.89
3:16.29	3:02.29	2:48.29	200 Fly	2:38.79	2:51.99	3:05.19
3:19.99	3:05.69	2:51.49	200 I-M	2:42.39	2:55.99	3:09.49
7:01.19	6:31.09	6:00.99	400 I-M	5:44.49	6:13.19	6:41.89
2009 – 2012 National Motivational Time Standards						
Long Course Meters						
15 – 16 Girls			Event	15 – 16 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.09	34.49	31.79	50 Free	28.79	31.19	33.59
1:20.09	1:14.39	1:08.59	100 Free	1:03.09	1:08.39	1:13.59
2:51.79	2:39.49	2:27.19	200 Free	2:17.19	2:28.59	2:39.99
6:00.39	5:34.69	5:08.89	400 Free	4:50.19	5:14.39	5:38.59
12:23.29	11:30.19	10:37.09	800 Free	10:01.89	10:52.09	11:42.19
23:53.09	22:10.69	20:28.39	1500 Free	19:13.39	20:49.49	22:25.59
1:28.99	1:22.69	1:16.29	100 Back	1:10.59	1:16.49	1:22.39
3:11.69	2:57.99	2:44.29	200 Back	2:31.29	2:43.89	2:56.49
1:41.09	1:33.89	1:26.69	100 Breast	1:19.69	1:26.39	1:32.99
3:36.59	3:21.19	3:05.69	200 Breast	2:54.29	3:08.79	3:23.29
1:26.59	1:20.39	1:14.19	100 Fly	1:07.69	1:13.39	1:19.99
3:09.69	2:56.19	2:42.69	200 Fly	2:30.59	2:43.19	2:55.69
3:15.19	3:01.19	2:47.29	200 I-M	2:35.89	2:48.89	3:01.79
6:48.99	6:19.79	5:50.59	400 I-M	5:27.09	5:54.39	6:21.59

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
17 – 18 Girls			Event	17 – 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
36.79	34.09	31.49	<b>50 Free</b>	27.99	30.29	32.59
1:19.79	1:14.09	1:08.39	<b>100 Free</b>	1:01.79	1:06.89	1:12.09
2:51.09	2:38.89	2:26.69	<b>200 Free</b>	2:14.79	2:26.09	2:37.29
6:00.99	5:35.19	5:09.39	<b>400 Free</b>	4:47.19	5:11.09	5:34.99
12:19.59	1:26.79	10:33.99	<b>800 Free</b>	9:59.09	10:48.99	11:38.89
23:33.89	21:58.49	20:17.09	<b>1500 Free</b>	19:00.79	20:35.79	22:10.89
1:29.49	1:23.09	1:16.69	<b>100 Back</b>	1:09.19	1:14.89	1:20.69
3:11.89	2:58.19	2:44.49	<b>200 Back</b>	2:30.99	2:43.59	2:56.19
1:39.59	1:32.49	1:25.29	<b>100 Breast</b>	1:18.39	1:24.99	1:31.49
3:36.19	3:20.79	3:05.29	<b>200 Breast</b>	2:50.09	3:04.19	3:18.39
1:25.59	1:19.49	1:13.39	<b>100 Fly</b>	1:06.59	1:12.19	1:17.69
3:08.49	2:55.09	2:41.59	<b>200 Fly</b>	2:26.69	2:38.89	2:51.09
3:13.49	2:59.69	2:45.89	<b>200 I-M</b>	2:31.29	2:43.89	2:56.49
6:50.69	6:21.29	5:51.99	<b>400 I-M</b>	5:21.79	5:48.69	6:15.49