

*The University of Texas at Austin and*



LONGHORN AQUATICS  
**American Long Course Championships**  
**August 1-4, 2012**

**Welcome:** Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in our American Long Course Championships. This meet is open to all USA Swimming registered swimmers and will be conducted in one 50 meter course, using Daktronics Timing System, and Hy-Tek Meet Manager software.

**Facility:** 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. There are two movable, power-operated bulkheads. For American Long Course Championships the competition course *has* been certified in accordance with 104.2.2C(4).

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.

**Water Depths:** The Start end is 9 feet, and the turn end is 9 feet.

**Liability:** In granting this sanction it is understood and agreed that USA Swimming, South Texas Swimming, The University of Texas, the Lee and Joe Jamail Texas Swimming Center, Longhorn Aquatics, and all meet officials shall be free from any liabilities or claims for damages arising by reason of 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.

**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 and glass containers are not permitted in the building. Locks may not be left on lockers overnight. Wet swimmers cannot leave pool deck. Children must be supervised at all times.

Spectators and athletes may not bring food or drink into the Texas Swim Center from outside sources. Teams ARE permitted to bring two (2) coolers on to the deck.

**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.

**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.

**Sanction:** 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 card. Foreign athletes must notify the meet director for FINA approval prior to the meet entry deadline. Only times from properly registered USA Swimming athletes will be loaded into SWIMS.

**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.

All meet personnel, coaches, officials and participating athletes will be issued credential tags. Only people with credential tags will be allowed access to the deck. Team photographers will NOT receive credential tags. Media personnel should contact the meet director about credentials.

Coaches or a named team representative may pick up their team's credential tags at the Clerk of Course desk on deck Wednesday, August 1st from 3:00-5:00 PM. Credential tags not picked up at these times will be available at Clerk of Course for the remainder of the meet. Replacement credential tags will be available at a cost of \$20.00.

**Pool Schedule:** Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement.

Wednesday	Pre Meet	Warm Up:	3:00-5:00PM	Or	During Meet in the Well
Wednesday	Timed Finals	Warm Up:	4:30-5:45PM	Start:	6:00PM
Thursday- Saturday	Prelims	Warm Up:	8:00-9:15AM	Start:	9:30AM
	Finals	Warm Up:	4:30-5:45PM	Start:	6:00PM

Finals will swim slowest to fastest (C,B, A) heats for all events 400 meters and lower. 800 meters and above will be timed finals.

**Qualifying Times:** See the order of events for qualifying times. There are no bonus events. Times must have been earned since January 1, 2010.

**General Meeting:** Thursday, August 2 at 9:15 AM in hospitality. **Coaches are responsible for all information presented at this meeting.**

**Entry Dates:** Entries will open for all teams at noon on Tuesday, July 10, 2012. Entries will not be accepted before these times. You should **not** make nonrefundable travel arrangements before you know your entries are accepted – entries will be processed in the order received. Entries will close Saturday, July 21, 2012 at 4 PM.

**Entries: This meet will be limited to the first 600 swimmers.** Swimmers may enter a maximum of 3 individual events per day. The age of the swimmer will be his/her age on August 1st, 2012. Enter all events with previous best times achieved in long course meters. All teams with five or more swimmers entered in the meet must submit their entries using Version 4 or 5 of Hy-Tek Team Manager or Team Unify software.

Email entries to Bridgette Rhoades at [bridgette.rhoades@austin.utexas.edu](mailto:bridgette.rhoades@austin.utexas.edu) . When you email the entries, also attach a report of the entries by swimmer. Entries/emails with only a zip file (i.e. without the entry report) will not be accepted. If you don't receive an email confirmation, your entries were not received.

Teams with fewer than five swimmers may send an email including the team, team abbreviation, LSC, the swimmers full name (as registered with USA Swimming), USA ID, event numbers, event description, and entry times for each swimmer.

**Entry fees must be postmarked by Wednesday, July 25<sup>th</sup>.** Please include the meet entry fees report with your check. Please do NOT send a copy of the entries you emailed earlier. No paper, phone or fax entries will be accepted. Entries received without accurate USA Swimming registration numbers will **NOT** be accepted or processed.

**Entry Fees:** \$12.00 per individual event. This includes the South Texas Swimming splash fee of \$1.25 per splash. Please send only one check per team location please. Refunds will not be given for any reason.

Make checks payable to:                   The University of Texas at Austin

Mail to:                                       Longhorn Aquatics  
2012 American Long Course Championships  
The University of Texas at Austin  
1 University Station D 4050  
Austin, TX 78712-0364

**Meet Format:** This is a prelim/final meet. The 800 and 1500 free are timed finals. On Saturday, the fastest heat of women and men electing to swim the 800/1500 at night will swim during finals. All other prelim/final events will have three (C, B, A) heats in finals, swimming slowest to fast. During prelims, the 800 and 1500 freestyle will swim at the end of the prelim session. The 400 IM, 400 Free, 800 Free and 1500 Free will be deck seeded and require positive check-in. All prelim events will be run slowest to fastest with the fastest three heats circle seeded. The prelim sessions may utilize chase starts, alternating odd and even heats by event for all events. All of the women's heats will be swum first, utilizing both ends of the pool followed by all of the men's 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.

Only LCM qualifying times will be accepted. Entries entered with a NT will not be accepted.

Each prelim session will be seeded the evening before. All deck entries (individual and relay) for Tomorrow's events received before 6:00 PM will be seeded.

The Meet Director and Meet Referee reserve the right to change the pool configuration for prelims and/or finals. Any changes will be discussed at the coaches meeting.

**Check-in:** Positive check-in is required for the 400 IM, 400 free, 800 Free and 1500 Free. Swimmers in the 800 and 1500 on Saturday must also indicate if they intend to swim in prelims or finals. Check-in deadlines are as follows:

W 1500, M 800- check-in by 5:15 PM on Wednesday  
400 IM – check-in by 9:00 AM on Thursday  
400 Free – check-in by 9:00 AM on Friday  
W 800, M 1500 free – check-in by 6:00 PM on Friday

*Swimmers that check-in for one of the above and fail to swim will be fined \$30 payable to the University of Texas. These swimmers, and their team, will be barred from competition at subsequent TXLA meets at the Swim Center until the fines are paid.*

**Deck Entries:** Deck entries will be accepted only for open lanes, and for athletes previously entered in the meet. No new heats will be created. You may deck enter for the current session beginning at the start of warm-up. Deck entries will close 30 minutes before the start of each session. You may deck enter the future sessions' events after the meet starts. The deck entry fee is \$20.00 per event, and is located at Clerk of Course.

**Scratch Rule: Prelims** - Each prelim session will be seeded the evening before. All deck entries (individual) for tomorrow's events received before 6:00 PM will be seeded. For prelims there is a courtesy scratch. By 6:00 PM please scratch events that you will not swim tomorrow. There is not a penalty for failing to scratch a prelim event; this is a courtesy to the other swimmers by eliminating an empty lane in prelims.

**Finals** – The top 24 swimmers in each event will swim finals. Swimmers qualifying for finals have 30 minutes after the announcement of preliminary results to either scratch or declare an intent to scratch with the administrative official. Swimmers that timely indicate an intent to scratch must declare their final intention within 30 minutes following their last individual preliminary event.

*Any finalist who does not scratch and fails to compete in finals will be barred from their next individual event whether in finals or in prelims. Failure to compete in finals on Saturday will result in a \$50 fine. Fines are payable to the University of Texas at Austin. Teams and/or swimmers will be barred from competition at the Swim Center until fines are paid.*

The scratch box for *prelims* will be located at Clerk of Course. Any scratches for *finals* will be done with the Administrative Official at the Console Table.

**Scoring:** There will be no scoring for the meet.

**Awards:** Heat winners in individual events in finals will be given a coupon that they can exchange at clerk of course for a gift.

**Racing Start Proficiency: (Unaccompanied Swimmers)** Swimmers 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 in 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.

**Meet Referee:** Herb Schwab  
(281) 242-1334  
[herb.schwab@gmail.com](mailto:herb.schwab@gmail.com)

**Admin Referee:** Ann Lang  
(214) 402-5945  
[lang@dallasisd.org](mailto:lang@dallasisd.org)

**Head Coach:** Doug Rusk  
(206) 291-5471  
[doug.rusk@austin.utexas.edu](mailto:doug.rusk@austin.utexas.edu)

**Meet Director:** Bridgette Rhoades  
(814) 602-8254  
[bridgette.rhoades@austin.utexas.edu](mailto:bridgette.rhoades@austin.utexas.edu)

**Longhorn Aquatics Director:** Ann Nellis  
(512) 471-7703  
[ann.nellis@austin.utexas.edu](mailto:ann.nellis@austin.utexas.edu)

**Officials:** Help from visiting officials is always welcome. All officials must attend a mandatory meeting one-hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. The finals uniform will be navy blue polo shirt over khaki pants/skirt (NO shorts), as appropriate. All officials must be currently registered with USA Swimming and will be issued credential tags. Only persons with credential tags will be allowed access to the deck. Officials should prominently display their meet credential while on deck. Nametags are very helpful; please bring and wear yours if you have one.

**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 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 Texas Swimming Center 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.

**Parking:** The University of Texas requires a UT permit for parking along Trinity and San Jacinto as well as C Lot 80 in front of the Swim Center. They will be charging \$12 for parking in the Trinity garage. Please go to our website, [www.utexas.edu/longhornaquatics](http://www.utexas.edu/longhornaquatics) as we get closer to the meet for more information on parking.

## Order of Events & Qualifying Times

Wednesday, August 1, 2012

Women		Event	Men
Event #	LCM		Event #
1	17:36.09	1500 Freestyle	
		800 Freestyle	2
		8:48.19	

Thursday, August 2, 2012

Women		Event	Men
Event #	LCM		Event #
3	2:07.79	200 Freestyle	4
5	1:16.09	100 Breaststroke	6
7	1:05.19	100 Butterfly	8
9	5:06.59	400 IM	10
		4:42.49	

Friday, August 3, 2012

Women		Event	Men
Event #	LCM		Event #
11	2:22.79	200 Butterfly	12
13	27.59	50 Freestyle	14
15	2:42.99	200 Breaststroke	16
17	1:07.29	100 Backstroke	18
19	4:29.99	400 Freestyle	20
		4:08.59	

Saturday, August 4, 2012

Women		Event	Men
Event #	LCM		Event #
21	2:25.19	200 IM	22
23	2:24.59	200 Backstroke	24
25	59.59	100 Freestyle	26
27	9:10.89	800 Freestyle	
		1500 Freestyle	28
		16:36.69	

**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.**

<b>LANE USE POOL</b>	<b>PUSH/PACE</b>	<b>DIVES/SPRINTS</b>	<b>GENERAL WARMUP</b>
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 at 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 Jarnail Texas Swimming Center & Longhorn Aquatics**

1900 Robert Dedman Dr  
Austin, TX 78712-0363

## 2012 Hotel Partners

**Radisson Hotel & Suites on Town Lake**  
111 Cesar Chavez  
Austin TX 78701



Contact: Emily Hastings  
(512) 478-9611  
[ehastings@radissonaustin.com](mailto:ehastings@radissonaustin.com)

**Located in the heart of downtown Austin, minutes from the UT Swim Center, home of Starbucks and T.G.I. Fridays restaurant**

**Hampton Inn & Suites Downtown**  
200 San Jacinto  
Austin, Texas 78701



(512) 742-1500  
[www.austindowntown.hamptoninn.com](http://www.austindowntown.hamptoninn.com)

**Complimentary breakfast, fitness room, pool, walk to over 75 restaurants, and only 1 mile to the swim center**

**Sheraton**  
701 East 11th St.  
Austin, Texas 78701



Contact: Meg Griebel  
[mgriebel@sheratonaustinhotel.com](mailto:mgriebel@sheratonaustinhotel.com)  
(512) 404-6941

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

**DoubleTree Guest Suites**  
303 W 15th St  
Austin, Texas 78701



Contact: Emma Monette  
[emma.monette@hilton.com](mailto: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.**



*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**  
 6121 North IH 35  
 Austin, Texas 78752



**Contact: Sonia Moore**  
 (512) 371-5243  
[smoore@cphaustin.com](mailto:smoore@cphaustin.com)

Located north of the Texas Swim Center, free parking, complimentary high speed internet access, and beautiful newly renovated guest rooms.

**DoubleTree University**  
 1617 I-35 North  
 Austin, TX 78702



**Contact: Sarah Campbell**  
[sarah.campbell@ihrc.com](mailto:sarah.campbell@ihrc.com)

The newly renovated Doubletree Hotel Austin University is the closest Hotel to the UT Swim Center! We offer sports friendly amenities, complimentary parking for buses, cars and vans.

**Embassy Suites Hotel Austin Central**  
 North - 5901 North I-35  
 Austin, TX 78711



**Contact: Mark Alley**  
 (512) 541-0461  
[mark.alley@hilton.com](mailto:mark.alley@hilton.com)  
[www.austindowntown.embassysuites.com](http://www.austindowntown.embassysuites.com)

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

**Drury Hotels of Austin North**  
 6711 North I-35  
 Austin, TX 78711



**Contact: Alissa Vala**  
[Alissa.vala@druryhotels.com](mailto:Alissa.vala@druryhotels.com)  
 10+ Rooms: (800) 436-1196  
 Individual Reservations: (800) 378-7946

Located just north of the Texas Swim Center we offer complementary Hot! Quickstart breakfast, evening beverages and hot snacks, wireless internet, and an outdoor pool.

**AT&T Executive Education & Conference Center**  
 1900 University Avenue  
 Austin, Texas 78705



**Contact: Laura Barber**  
 (877) 744-8822  
 (512) 404-3620  
[laura.barber@attconf.utexas.edu](mailto:laura.barber@attconf.utexas.edu)

Located directly on the UT campus! The AT&T Conference Center offers dining facilities, fitness center, pool & parking.