



# McAllen Swim Club

## McAllen Unclassified

June 9<sup>th</sup> & 10<sup>th</sup> 2012



**DIRECTIONS:** Route 83 West Exit at CONWAY in Mission Go north on CONWAY for 1.4 miles At 7th traffic light, turn left onto Cleo Dawson Drive (18th Street) Continue on Cleo Dawson Street and then turn left onto Nicholson Ave. The pool is on the left side of the street at the corner of Nicholson Ave and W. 15th Street

**Sanction #:** ST-12-58

**Venue:** Northside Pool, Mission, Texas

**Facility:** The meet will be conducted in an eight lane outdoor swimming pool with a 50-meter course, using a Colorado timing system and the Hy-Tek Meet Manager 4.0 software. Starting platforms are located at the deep end of the pool, there is no cool-down/warm-up lanes (or pool) available. Parking, spectator, and restroom space is adequate. Food and beverages will be available at the concession stand. Signs will be posted. There are few trees, (little shade) therefore shade tarps and folding chairs are recommended.

**Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet, at the start end and 4 1/2 feet, at the turn end.

### Course

**Certification:** The competition course has not been certified in accordance with 104.2.2C (4).

**Sanction:** This meet has been sanctioned by South Texas Swimming and 2012 USA Swimming rules and any relevant sections of the South Texas Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 2012 with USA Swimming by the entry deadline. Athletes who register with USA Swimming after the meet entry deadline may deck enter the meet only if they can present their 2012 USA Swimming registration card. South Texas Swimming does not allow on-deck USA Swimming registrations.

**Liability:** In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the McAllen Swim Club, the City of Mission and its employees, and all meet officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. 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 when possible; **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. Current national and LSC regulations do not allow for exceptions to these policies.

**Meet Format:** All events will be timed finals, swum in one long course meter pool, seeded only by time and gender. Check in is required for the 400-meter IM and 1500. The time for positive check-in will be announced. Age groups will be combined alternating girls' and boys' heats for all events. These events shall be swum fastest to slowest. All other events shall be swum slowest to fastest.

### Qualifying

**Times:** There are no qualifying times.

**Age up Date:** The age of the swimmer will be his/her age on June 9<sup>th</sup> 2012.

### Entry

**Restrictions:** Swimmers may compete in a maximum of five individual events per day. Swimmers will be seeded by times and age groups. Enter in long course meter times. Team Manager should be used to convert yard and short course meter times to long course meter times for seeding purposes. Teams are encouraged to use the HYV file provided at the STSI website to aid in the entry procedure.

**Entry**

**Deadline:** The DEADLINE for meet entries is Saturday, May 29<sup>th</sup>, 2012.

**Entry**

**Procedures:** Entries must be entered into HY-TEK or compatible disk. Hard copy and fees must accompany entries and once accepted will not be refunded. The entry fees need to be received by Saturday, June 9<sup>th</sup>, 2012. An entry report file in word format needs to be attached to your email and needs to be received by the entry deadline. The entry chair will e-mail you back within 24 hours of receiving your entry. If you do not receive this e-mail, call the entry chair immediately. Please include a club contact person's phone number and e-mail.

**Entry chair:**

Fabian Lara  
P.O. Box 5111 N. 10th St  
PMB #131  
McAllen, TX 78504  
(956) 655-3218  
[mscentries@yahoo.com](mailto:mscentries@yahoo.com)

**Entry Fees:**

\$6.00 per event \$12.00 per relay (This includes the South Texas \$1.25 splash fee) Checks should be made payable to: McAllen Swim Club (MSC) and sent to MSC, P.O. Box 5111 North 10th St. PMB #131, McAllen, TX 78504.

**Deck Entries:**

Deck Entries will be accepted on the day of the meet up until 30 minutes before each session. Cost of Deck Entries will be \$12.00/event \$24.00/relay. Deck Entries will only be accepted to fill empty lanes in a heat. No new heats shall be created. Swimmers not previously entered in the meet must present their 2012 USA Swimming ID card to deck enter.

**Cell Phone****Restrictions:**

The presence or use of cell phones, smart phones, or any other devices capable of producing audio recordings and/or 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.

**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.

**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.

**Special****Needs:**

Please notify **Head Coach Roxanne Balducci, 956-380-0279** 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.

**Officials:**

All currently (2012) certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2012 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Deck officials are required by rule to prominently display both their USA Swimming ID card and LSC credentials while on deck as an official. Please email the Meet Referee prior to the meet with your availability and current certifications. Please

report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments. The wearing of name tags is strongly encouraged.

**Timers:** The host team will attempt to provide backup timers for this meet but volunteers from visiting teams will be needed. (Lap Counters and Timers are required for the 1500).

**Awards:** There will be ribbons awarded for places 1-8, in each event for each age group (8 and under, 9, 10, 11,12,13,14, and 15 and over). There will be first place high point boy and girl trophies awarded for the following age groups 8 and under, 9-10,11-12,13-14, and 15 and over.

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

**WARM-UPS BEGIN: 7:00 a.m. MEET BEGINS: 8:00 a.m.**

**Referee:**  
**Miguel Gonzalez**  
 7025 N. 5<sup>th</sup> St.  
 McAllen, TX 78504  
 (956)994-0996  
[gonzalezma@panam.edu](mailto:gonzalezma@panam.edu)

**Meet Director:**  
**Helene Picard-Sanchez**  
 1412 Quamasia Ave  
 McAllen, Texas 78504  
 956-929-0496  
[hpicard@rgv.rr.com](mailto:hpicard@rgv.rr.com)

**Head Coach:**  
**Roxanne Balducci**  
 2117 Deborah St.  
 Edinburg, TX 78539  
 (956) 380-0279  
[rbalducci2002@yahoo.com](mailto:rbalducci2002@yahoo.com)

**Admin. Referee**  
**Judith A. Reeve**  
 5111 North 10th St.  
 McAllen, TX, 78504  
 956-686-0479  
[jfrog50@aol.com](mailto:jfrog50@aol.com)

**Order of Events**  
 Distances are in LC meters



| SATURDAY                   |           |         |
|----------------------------|-----------|---------|
| Girl's #                   | Age Group | Boy's # |
| <b>400 IM</b>              |           |         |
| 1                          | 13 & O    | 2       |
| 3                          | 11-12     | 4       |
| <b>100 Freestyle</b>       |           |         |
| 5                          | 13 & O    | 6       |
| 7                          | 12 & U    | 8       |
| <b>50 Butterfly</b>        |           |         |
| 9                          | 12 & U    | 10      |
| <b>200 Butterfly</b>       |           |         |
| 11                         | 13 & O    | 12      |
| 13                         | 11-12     | 14      |
| <b>50 Backstroke</b>       |           |         |
| 15                         | 12 & U    | 16      |
| <b>200 Backstroke</b>      |           |         |
| 17                         | 13 & O    | 18      |
| 19                         | 11-12     | 20      |
| <b>100 Breaststroke</b>    |           |         |
| 21                         | 13 & O    | 22      |
| 23                         | 12 & U    | 24      |
| <b>200 Freestyle</b>       |           |         |
| 25                         | 13 & O    | 26      |
| 27                         | 12 & U    | 28      |
| <b>200 Freestyle Relay</b> |           |         |
| 29                         | 12 & U    | 30      |
| <b>400 Freestyle Relay</b> |           |         |
| 31                         | 13 & O    | 32      |

| SUNDAY                  |           |         |
|-------------------------|-----------|---------|
| Girl's #                | Age Group | Boy's # |
| <b>400 Freestyle</b>    |           |         |
| 33                      | 13 & O    | 34      |
| 35                      | 11-12     | 36      |
| <b>100 Butterfly</b>    |           |         |
| 37                      | 11 & O    | 38      |
| <b>50 Breaststroke</b>  |           |         |
| 39                      | 12 & U    | 40      |
| <b>200 Breaststroke</b> |           |         |
| 41                      | 13 & O    | 42      |
| 43                      | 11-12     | 44      |
| <b>50 Freestyle</b>     |           |         |
| 45                      | 12 & U    | 46      |
| 47                      | 13 & O    | 48      |
| <b>100 Backstroke</b>   |           |         |
| 49                      | 12 & U    | 50      |
| 51                      | 13 & O    | 52      |
| <b>200 IM</b>           |           |         |
| 53                      | 12 & U    | 54      |
| 55                      | 13 & O    | 56      |
| <b>200 IM Relay</b>     |           |         |
| 57                      | 12 & U    | 58      |
| <b>400 IM Relay</b>     |           |         |
| 59                      | 13 & O    | 60      |
| <b>1500 Freestyle</b>   |           |         |
| 61                      | 11 & O    | 62      |

# 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 half 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 kickboards, 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 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 USA Swimming.
    3. Marshals will have the 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 in 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 backstroker 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.
- V. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Meet 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.**