

South Texas A Championships Meet Information



Revised 30 Jun 2012

Revised 4 July 2012

- Due to the large number of entries for this meet, we will be running 3 warm up sessions with the earliest session beginning at 6:20 am.
- We will be utilizing chase and fly over starts
- Sunday finals will begin at 5:00 pm.

Meet: 2012 South Texas A Long Course Championships
Hosted by Coastal Bend AllStars and Corpus Christi Aquatic Alliance

Dates: July 13-15, 2012

Sanction Number: ST-12-60

Venue: Corpus Christi Independent School District Natatorium
3202 Cabiniss Parkway
Corpus Christi, TX 78415
(361) 878-2333

From South I-37, take State Hwy 358 (SPID) toward Padre Island. Exit at the Kostoryz exit, turn right onto Kostoryz and proceed south to Saratoga Blvd. Turn right onto Saratoga, and take the first left, the pool is on your left in the Cabaniss Athletic Complex.

From US 77 North, turn right on FM665 at Driscoll, TX. Proceed toward Corpus Christi. The road will change to FM43. Turn left onto Ayers Street (State Hwy 286). Go straight to Saratoga Blvd., turn right on Saratoga and proceed east toward the Cabaniss Field Athletic Complex. The pool will be on your right in the Cabaniss Field Athletic Complex.

Eligibility: This meet is open to all swimmers who are currently registered with South Texas Swimming and have achieved the qualifying time standards (USA Swimming National Motivational A times or faster; see pages 9 & 10) through age 18.

Facility: All deep 8 lanes, 50-meter competition pool with a 4-lane 25-yard warm-up/cool-down pool. A Daktronics Timing System and Hy-tek Meet Manager Software will be utilized. Seating is available for over 975. Dressing and locker rooms are available on-site. The Natatorium is on CCISD property. No tobacco or alcohol is allowed on CCISD property including the parking lot. A Concession Stand will be provided. Visitors are asked to secure all personal belongings in their vehicles.

The competition course has not been certified in accordance with 104.2.2.C. (3) & (4). The water depths of the competition course measured from 1 meter to 5 meters from the starting and turning ends of the course are as follows:

Pool	
Start End	Turn End
6'	14'- 6"

Liability: In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Coastal Bend AllStars, the Corpus Christi Aquatic Alliance, the CCISD Natatorium, the City of Corpus Christi 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.

Sanction:

- This meet is sanctioned by South Texas Swimming and the 2012 USA Swimming Rules and Regulations and any relevant portions of the STSI Handbook will apply.
- All swimmers must be registered for 2012 with USA Swimming by the first or second entry deadline.
 - Athletes who fail to meet this requirement will not be allowed to compete.

Format:

- Championship Format: preliminaries and finals
- A and B finals for all individual events except for the 400 & 1500 freestyle and the 400 IM, as noted:
 - A final only for the 400 Free (11-12, 13-14, 15-18) and 400 IM (12-14, 15-18)

- Timed finals only for the 10 & U 400 Free and the 1500 Free, with the top 8 fastest seeded swimmers electing to swim in finals, and all other athletes swimming in prelims.
- All relays will be timed finals and will swim in the preliminary sessions only.
- Preliminary events will be seeded by time and gender according to the Order of Events on page 7, except as noted:
 - The 10 & U 400 Free and the 1500 Free are timed finals only, age combined, alternating female and male heats, and will swim fastest to slowest. The top 8 fastest seeded swimmers have the option of swimming in finals.
 - All other swimmers in the 10 & U 400 Free and the 1500 Free will swim the event at the end of prelims.
 - The 10 & U 400 Free and the 1500 Free will be seeded on deck. Check-in for these events is required by 10:00 am of the preliminary session in which the event is scheduled.
- Age groups of identical events *may* be combined in the preliminary sessions at the discretion of the Meet Referee.
- All preliminary events will be swum fastest to slowest. The three fastest heats of each preliminary event, except for timed finals events, will be championship seeded.
- All finals events will be contested in the specified age groups in the finals sessions according to the Order of Events on page 8.
- The 400 Individual Medley and 11 & Over 400 Free are pre-seeded events and do not require positive check in.
- Swimmers must provide their own backup timers for the 400 Free, 1500 Free, and 400 IM events, and provide their own lap counters for the 1500 Free.
- 10 minute break *before and after* the relay events.
- The meet administration reserves the right to run chase starts (male events and female events starting at different ends of the pool) and/or flyover starts once the entries have been received. Announcements regarding how the meet will be run will be made in the heat sheets as well as during the coaches meeting.

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; or **2)** need to be late-entered because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID card. Current national and LSC regulations do not allow for exceptions to these policies.

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.

Qualifying

Times:

- The qualifying time standards for all individual events are the traditional dual-age group 2009 – 2012 USA Swimming National Motivational A times or faster. The qualifying time standard for the 15-18 events will be the 15-16 standard for each gender.
- Qualifying times must be achieved prior to the first or second entry deadlines.
- There are no qualifying times for relay events.
- If entering with a non-conforming time (SCM or SCY), the swimmer must enter with the time achieved in the non-conforming course.

For these Championships, the seeding order is:

1. long course meters (LC)
2. short course meters (SM)
3. short course yards (SY)

Alternate event qualifying for the distance freestyle events will be seeded after the normal event entry times.

Proof of Time:

- Proofs of time must be submitted with the entries.
- All entry times must be verifiable using the USA-S SWIMS database.
- 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 meet.
- 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.

Age up Date: The age of the swimmer will be his/her age on July 13, 2012.

Entry

Restrictions: •An individual swimmer may enter a maximum of three (3) individual and two (2) relay events per day.

Time Trials: •Time trials will be conducted if time permits on Friday, Saturday, and Sunday. Time trials (if held) will be conducted within 30 minutes of the conclusion of the prelim session. Once the meet entries are received by the meet host, the host will then determine if time permits. If time trials are held, swimmers may enter events during the course of the meet, up to the established cut off time for time trials.

- Time trial entrants must already be entered into the meet.
- Participation in a time trial event counts as one of the daily total events allowed.
- Time trial event results will be published with the final meet results.
- Time trial entry fees: Individual events \$10.00 Relay events \$20.00

Relay

Entries: •All relays are timed finals and will be contested only in the preliminary sessions. There are no qualifying times for relay events.

- Relay cards are due to the Meet Director or designee on the day of the event by 8:00 am.
- 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.
 - Relay team members must be eligible to swim in the same age group. Swimmers cannot "age up" for relay events.
 - Unlimited number of relays per event per club (A, B, C, etc.) but only two relays per event per club 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 swimmers by 8:00 am of the session in which the event is scheduled. *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 102.3.7 of the 2012 USA-S Rules and Regulations.
- Relay only swimmers are not permitted.* All relay swimmers must be entered in at least one individual event to be eligible to swim on any relay.

Entry

Deadlines: •There are two entry deadlines for this meet.

- The first deadline is 11 days prior to the start date of the meet July 2, 2012.
 - The first entry deadline is for athletes who have achieved 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 6:00 PM on July 9, 2012.
 - This will also be the deadline for relay entries.*
 - Only swimmers who have achieved a qualifying time after the first entry deadline may enter using the second entry deadline.

Entry

Requirements

& Procedures: •All entries for the first deadline will be done through USA Swimming's online meet entry (OME) at www.usaswimming.org/OME.

- OME saves your entries and you can complete your entries in more than one sitting, but once you check out, you cannot delete an entry (you can add additional entries until the entry deadline).
 - If you have trouble using OME, please contact Josh Fowler with USA Swimming at 719-866-3581.
 - If you have an entry question, please contact Entries Chair Raychel Laya (see contact information below). Email is preferred
- Entries will open in OME on June 10, 2012
- A PDF copy of the entry file with proof of times (by swimmer) shall be sent via email to the entries chair as well as the name, email address, and phone number of the person preparing the entries in case clarification is needed
- 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 shall be done via Hytek file, sent to the entry chair, and are only required if there is a change in a team's preliminary entries.
 - A Hy-Tek file is available on South Texas Swimming website (www.stswim.org) for entries submitted after the first deadline.
 - 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

Fees:

- (\$8.00) per individual event and (\$16.00) per relay event – includes the STSI splash fee
- Once all entries are complete and you have checked out in OME, send payment along with hard copy printouts of entries/fees from OME to the meet director, Tina Treacy, 5333 High Bank, Corpus Christi, TX 78413.
- Payment for entries must be made by check payable to "CBA" and should be received by July 10, 2012 at 4:00 PM.
- If payment is not received on time the affected swimmers will be scratched from the meet.
- 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 at (\$16.00) per individual event and (\$32.00) per relay event.
- Swimmers may deck enter for the current session beginning at the start of warm-ups.
- Deck entries will close 30 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 2012 USA Swimming registration card to the 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.

Warm-up

Procedures:

- The South Texas Swimming Safety Guidelines and Warm-up Procedures on page 11 will be in effect at this meet.
- A designated area 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 psych sheet.
- There will be a late warm-up session on Thursday evening, and multiple warm-up sessions Friday, Saturday, and Sunday mornings. Exact time of warm-ups will be announced by Wednesday, July 11, 2012.
- There will be a single warm-up session for finals.
- Warm-ups MUST be under the direct supervision of a coach at all times.

Scratch

Rules:

- 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.
- ALL qualifiers have 30 minutes in which to scratch if they do not desire to compete in the finals. As top qualifiers scratch, other swimmers become eligible for finals. So if a swimmer does NOT want to swim in finals, they must scratch their name on the list with the Administrative Referee or clerk of course no matter how far down the list their name appears. The athletes swimming in finals will be posted as soon as possible after the 30 minute scratch period.
- Swimmers who qualify for finals and elect NOT to compete in finals must scratch or declare INTENT to scratch with the Administrative Referee or clerk of course within 30 minutes of the announcement.**
- Swimmers who declare an intent to scratch will 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 swimmer will compete in the finals event.
- Any swimmer who qualifies for a final and does not scratch and then fails to compete in 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 also be fined \$100.

- A swimmer who fails to compete in a finals event on Sunday will also be barred from competition in subsequent South Texas Swimming sanctioned meets until any such fines are paid to South Texas Swimming.
- Swimmers who fail to compete in the 1500 freestyle and 10 & Under 400 freestyle after positive check-in will be fined \$100 and banned from further participation in the meet.
- Illness and injury may be excused by the Meet Referee

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.

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 the director, Tina Treacy, in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
- The host 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.

Awards:

Awards will be given by gender in the following age groups: 10 & Under, 11-12, 13-14, and 15-18

*Note: The 400 IM will be awarded as follows: 12-14 and 15-18

- Individual events: first through third place: Medals
- Individual events: fourth through eighth place: Ribbons
- Relay Events: first through third place: Ribbons
- Team Awards: first through third place: Banners
- There will be no awards presentation.
- Clubs must pick-up awards during the meet from the awards desk area.

Scoring:

A Finals Place ⇒	1	2	3	4	5	6	7	8
Ind. event points	20	17	16	15	14	13	12	11
B Finals Place ⇒	9	10	11	12	13	14	15	16
Ind. event points	9	7	6	5	4	3	2	1

All individual events have A & B finals, with the following exceptions. The 10 & U 400 Free and the 1500 Free are timed finals only. There is only one heat of finals for the 400 IM and the 400 Free (11-12, 13-14, and 15-18).

Relay Place ⇒	1	2	3	4	5	6	7	8
Relay points	40	34	32	30	28	26	24	22
Relay Place ⇒	9	10	11	12	13	14	15	16
Relay points	18	14	12	10	8	6	4	2

All relay events will swim in the prelims sessions only and will be conducted as timed finals. Only two relay teams per event per club will score.

Meet Management

Meet Directors

Tina Treacy
5333 High Bank Dr.
Corpus Christi, TX 78413
(361) 290-1732
ktreacy458@gmail.com

Meet Referee

Didi Byerly
7722 Jacinto Circle
Corpus Christi, TX 78413
(361) 549-8887
didibyerly@aol.com

Entries Chair

Raychel Laya
6606 Clarion Dr.
Corpus Christi, TX 78412
(361) 739-0290
meetdirector@ccaquaticfb.com

Admin Referee

Raychel Laya
6606 Clarion Dr.
Corpus Christi, TX 78412
(361) 739-0290

Tim Byerly

7722 Jacinto Circle
Corpus Christi, TX 78413
(361) 548-0879
Timbyerly1@aol.com

Regina Prewitt-Campbell

14825 Omnicron Drive
San Antonio, TX 78245
(210)-445-3150
reginapc2003@hotmail.com

Officials

Please Make

Special Note:

- All deck officials must be currently 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 6:00 PM on Tuesday, July 10, 2012.
- Please specify the sessions for which you will be available.
- Please submit your information to: Didi Byerly, didibyerly@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 khaki pants or skirts
- Please report to the Meet Referee one hour prior to the start for preliminaries and 45 minutes prior to the start for finals to receive your assignments.

Officials

Certification:

This meet will be a National Qualifying Meet for Officials. Officials who are interested in being evaluated need to submit a completed application to the Meet Referee by July 10, 2012. Applications for evaluation can be obtained from the Southern Zone web site (<http://www.teamunify.com/Home.jsp?tabid=0&team=szslsc>), or by contacting the Meet Referee or South Texas Officials Chair, Ron Zolno (rzolno@brsgroup.com). The evaluators will make it possible to attain any N2 evaluation, and, possibly, N3 Stroke & Turn evaluation.

Daily

Schedule:

- | •Preliminaries: | | •Finals: | |
|-------------------------|---------|-------------------------|-----------|
| •Warm-ups begin | 7:00 AM | •Warm-ups begin | 4:00 PM |
| •Clear competition pool | 8:20 AM | •Clear competition pool | 4:45 PM |
| •Coaches meeting | 8:20 AM | •National Anthem | 4:57 PM |
| •Sessions begin | 8:30 AM | •Sessions begin | 5:00 PM** |
- The Finals session on Sunday will begin one hour earlier UNLESS the number of entries does not permit the earlier start time.
 - Check-in times for the 1500 freestyle and the 10 & U 400 freestyle will be 10:00 am on the day of the event. Relay cards are also due by 8:00 am on the day of the event.
 - If additional coaches meetings are required, the meet host and meet referee will announce the meeting times.

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:

- 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 400 and 1500 freestyle and 400 individual medley events must provide their own back-up timers. Swimmers competing in the 1500 freestyle also must provide their own lap counters.

Preliminary Order of Events



Women's Event #	Friday July 13, 2012	Men's Event #
1	11-12 50 Back	2
3	10 & Under 50 Back	4
5	15-18 200 Fly	6
7	13-14 200 Fly	8
9	11-12 200 Fly	10
11	10 & Under 100 Breast	12
13	15-18 100 Breast	14
15	13-14 100 Breast	16
17	11-12 100 Breast	18
19	10 & Under 200 Free	20
21	15-18 200 Free	22
23	13-14 200 Free	24
25	11-12 200 Free	26
10 Minute Break		
27	10 & Under 400 Free Relay	28
29	15-18 200 Free Relay	30
31	13-14 200 Free Relay	32
33	11-12 400 Free Relay	34
10 Minute Break		
35	15-18 400 I-M	36
37	**12-14 400 I-M**	38

Women's Event #	Saturday July 14, 2012	Men's Event #	Women's Event #	Sunday July 15, 2012	Men's Event #
39	11-12 100 Back	40	81	11-12 50 Breast	82
41	10 & Under 100 Back	42	83	10 & Under 50 Breast	84
43	15-18 100 Back	44	85	15-18 200 Back	86
45	13-14 100 Back	46	87	13-14 200 Back	88
47	11-12 50 Fly	48	89	11-12 200 Back	90
49	10 & Under 50 Fly	50	91	10 & Under 100 Fly	92
51	15-18 200 Breast	52	93	15-18 100 Fly	94
53	13-14 200 Breast	54	95	13-14 100 Fly	96
55	11-12 200 Breast	56	97	11-12 100 Fly	98
57	10 & Under 100 Free	58	99	10 & Under 200 I-M	100
59	15-18 100 Free	60	101	15-18 200 I-M	102
61	13-14 100 Free	62	103	13-14 200 I-M	104
63	11-12 100 Free	64	105	11-12 200 I-M	106
10 Minute Break			107	10 & Under 50 Free	108
65	10 & Under 200 Free Relay	66	109	15-18 50 Free	110
67	15-18 400 Free Relay	68	111	13-14 50 Free	112
69	13-14 400 Free Relay	70	113	11-12 50 Free	114
71	11-12 200 Free Relay	72	10 Minute Break		
10 Minute Break			115	10 & Under 200 Medley Relay	116
73	*10 & Under 400 Free*	74	117	15-18 400 Medley Relay	118
75	15-18 400 Free	76	119	13-14 400 Medley Relay	120
77	13-14 400 Free	78	121	11-12 200 Medley Relay	122
79	11-12 400 Free	80	10 Minute Break		
			123	*11-18 1500 Free*	124

*The top eight swimmers in the 10 & U 400 Free (Saturday) and 1500 Free (Sunday), who elect to swim in finals, will be seeded at night, and all others will swim at the end of prelims of that session. **The qualifying time standard for the 12-14 400 IM is 13-14 time standard for each gender. Note: The time standard for 15-18 events is the 15-16 time standard for each gender.

Finals Order of Events



Women's Event #	Friday July 13, 2012	Men's Event #
1	11-12 50 Back	2
3	10 & Under 50 Back	4
5	15-18 200 Fly	6
7	13-14 200 Fly	8
9	11-12 200 Fly	10
11	10 & Under 100 Breast	12
13	15-18 100 Breast	14
15	13-14 100 Breast	16
17	11-12 100 Breast	18
19	10 & Under 200 Free	20
21	15-18 200 Free	22
23	13-14 200 Free	24
25	11-12 200 Free	26
27	15-18 400 I-M	28
29	**12-14 400 I-M**	30

Women's Event #	Saturday July 14, 2012	Men's Event #	Women's Event #	Sunday July 15, 2012	Men's Event #
39	11-12 100 Back	40	81	11-12 50 Breast	82
41	10 & Under 100 Back	42	83	10 & Under 50 Breast	84
43	15-18 100 Back	44	85	15-18 200 Back	86
45	13-14 100 Back	46	87	13-14 200 Back	88
47	11-12 50 Fly	48	89	11-12 200 Back	90
49	10 & Under 50 Fly	50	91	10 & Under 100 Fly	92
51	15-18 200 Breast	52	93	15-18 100 Fly	94
53	13-14 200 Breast	54	95	13-14 100 Fly	96
55	11-12 200 Breast	56	97	11-12 100 Fly	98
57	10 & Under 100 Free	58	99	10 & Under 200 I-M	100
59	15-18 100 Free	60	101	15-18 200 I-M	102
61	13-14 100 Free	62	103	13-14 200 I-M	104
63	11-12 100 Free	64	105	11-12 200 I-M	106
73	*10 & Under 400 Free*	74	107	10 & Under 50 Free	108
75	15-18 400 Free	76	109	15-18 50 Free	110
77	13-14 400 Free	78	111	13-14 50 Free	112
79	11-12 400 Free	80	113	11-12 50 Free	114
			123	*11-18 1500 Free*	124

*The top eight swimmers in the 10 & U 400 Free (Saturday) and 1500 Free (Sunday), who elect to swim in finals, will be seeded at night, and all others will swim at the end of prelims of that session.

**The qualifying time standard for the 12-14 400 IM is 13-14 time standard for each gender.

The time standard for 15-18 events is the 15-16 time standard for each gender.

There are A & B finals for each individual event, except for the 400 IM and the 400 Free (11-12, 13-14, and 15-18), which will have an A final only.

The 10 & U 400 Free, the 1500 Free, and all relays are timed finals only.

2009 – 2012 National Motivational Time Standards

Long Course Meters

10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
45.09	40.79	36.39	50 Free	36.09	40.19	44.29
1:43.99	1:32.99	1:21.89	100 Free	1:20.59	1:31.09	1:41.59
3:48.59	3:23.59	2:58.49	200 Free	2:52.39	3:13.99	3:35.49
7:37.29	6:51.59	6:05.89	400 Free	6:06.79	6:52.69	7:38.49
55.99	49.89	43.69	50 Back	43.89	50.09	56.39
2:02.39	1:48.89	1:35.29	100 Back	1:33.29	1:45.69	1:58.09
1:01.59	54.89	48.29	50 Breast	48.49	55.09	1:01.59
2:17.49	2:02.29	1:46.99	100 Breast	1:45.99	1:59.79	2:13.59
55.09	48.59	42.09	50 Fly	40.99	46.89	52.89
2:12.59	1:55.19	1:37.89	100 Fly	1:36.49	1:53.19	2:09.79
4:12.99	3:46.49	3:19.89	200 I-M	3:18.89	3:44.79	4:10.69

2009 – 2012 National Motivational Time Standards

Long Course Meters

11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
39.19	36.39	33.69	50 Free	32.59	35.29	37.99
1:25.79	1:19.59	1:13.49	100 Free	1:11.39	1:17.39	1:23.29
3:03.89	2:50.79	2:37.69	200 Free	2:34.89	2:47.79	3:00.69
6:27.79	6:00.09	5:32.39	400 Free	5:27.09	5:54.39	6:21.69
26:04.19	24:12.39	22:20.69	1500 Free	22:14.19	24:05.29	25:56.49
45.49	42.29	38.99	50 Back	38.69	42.19	45.69
1:38.89	1:31.09	1:23.29	100 Back	1:23.59	1:31.39	1:39.19
3:30.29	3:15.29	3:00.19	200 Back	2:56.39	3:11.09	3:25.79
49.09	45.59	42.09	50 Breast	43.09	47.09	51.09
1:49.99	1:41.89	1:33.79	100 Breast	1:32.49	1:40.89	1:49.19
3:57.59	3:40.59	3:23.69	200 Breast	3:20.79	3:37.49	3:54.19
42.39	39.39	36.29	50 Fly	36.19	39.59	42.99
1:38.69	1:30.79	1:22.89	100 Fly	1:21.49	1:29.49	1:37.49
3:29.09	3:14.19	2:59.29	200 Fly	2:58.49	3:13.39	3:28.29
3:29.69	3:14.79	2:59.79	200 I-M	2:58.09	3:13.89	3:29.59
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

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
24:06.39	22:23.09	20:39.79	1500 Free	19:55.69	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	1:28.99	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 - 18 Girls			Event	15 - 18 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
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	1:18.99
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

SOUTH TEXAS SWIMMING, Inc.

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**).

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) 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 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.

Revised 29SEP03

HOTEL INFORMATION

The hotels listed below have been designated as the official hotels for the “South Texas Swimming A Championship Swim Meet”. **Please remember to mention specific code listed order to receive the special room rates. Please familiarize yourself with their cancellation policies.**



EMBASSY SUITES HOTELS

4337 South Padre Island Drive
(Between Weber & Everhart)
Corpus Christi, TX 78411

Phone: (361) 853-7899 or 1-800- EMBASSY

Fax: (361) 851-1310

www.corpuschristi.embassysuites.com

Includes a full, hot cooked Breakfast
7:00 until 10:30am on the weekends and
6:30 until 10:00am on the weekdays.

Special Rate \$119 + Tax

**Room Types: Two Doubles on Friday and
Saturday Nights**

Kings Thurs Friday &, Saturday Nights

Room reservations must be made on or before:
June 22,2012

Group Web Page

http://embassysuites.hilton.com/en/es/groups/personalized/C/CRPSPES-LCC-20120713/index.jhtml?WT.mc_id=POG

Call Hotel Directly at (361)853-7899 and ask for Group Code LCC

For more information contact Melody Nixon at 361-853-7899, Ext 406

Holiday Inn Emerald Beach

Located in the heart of Corpus Christi on the Bay. Easy access to a Beach area where you could hold an open water practice. Rate is \$99 for 2 doubles and does not include breakfast. Contact Julie Moff at 361-673-9073 fro more information

http://www.holidayinn.com/hotels/us/en/crpeb/hoteldetail?hplataNumber=99616580&cm_mmc=mdpr-_googlemaps_-hi_-crpeb



Rate is \$159.99/night for room with 2 double beds and call hotel directly Ask for the rate under group code BEA at 361-883-5731

Rate available until 6/29/2012

Comfort Suites



http://www.comfortsuites.com/hotel-corpus_christi-texas-TXA37

Comfort Suites Near Texas A and M - Corpus Christi (TXA37)

1814 Ennis Joslin Rd , Corpus Christi, TX, US, 78412
2055

Fax: (361) 993-

Rate is \$114.99 Suite with 2 queens and includes Breakfast****

Rate is \$114.99 for a king suite with sleeper sofa and includes Breakfast

Rate is \$104.99 for a king single includes Breakfast

Over 4 people per room is additional \$10

******Available only Fri, Jul 13 and Sat Jul 14th**

Phone: (361) 991-7100 and ask for Rate "A"Meet Bay Edge Aquatic Team

Located 12 minutes from the NAT , 5 minutes from beach at Texas A&M and 15 minutes from North Padre Island Beaches. Close to many SPID resturants

For more information contact John Garcia at 361-991-7100

Best Western Marina Hotel

<http://book.bestwestern.com/bestwestern/US/TX/Corpus-Christi-hotels/BEST-WESTERN-Marina-Grand-Hotel/Hotel-Overview.do?propertyCode=44500>

300 N Shoreline Boulevard, Corpus Christi, Texas, 78401-2565, US

Phone: 361/883-5111

Fax: 361/883-5361



Located on the Corpus Christi Bay, Rooms with 2 Queens at \$136.85, which includes tax are available only for Friday and Saturday night . King Singles are 136.85 includes tax are available through the weekend. Call 361-883-5111 and ask for code BEAT12.

Cancellation 72 hours

Rooms available until 6/20/2012



Extended Stay Deluxe

6218 S. Staples St.

Corpus Christi, TX 78413 ([click for directions](#))

Tel: (361) 991-1967 | Fax: (361) 991-1984 | Email:
CCS@extendedstay.com

<http://www.extendedstaydeluxe.com/Reservations/SelectRoom.html?sid=6a55c7ec-799e-4a1d-ba0a-7acddf80f8d1&>

Queen with Sleeper Sofa and Kitchette for \$94.99 plus tax

Call 361-881-1984 and ask for “South Texas Swimming A Champs Rate”

Breakfast available Friday only

Located 7 minutes from pool

Rooms available until 6/28/2012



CORPUS CHRISTI AIRPORT TRAVELODGE

***910 Corn Products Road, IH 37 & Exit 5
, Corpus Christi, TX 78409 US***

- **Phone: 1-361-289-5666**

<http://www.travelodge.com/hotels/texas/corpus-christi/corpus-christi-airport-travelodge/hotel-overview>

**Rate is \$119 for either King or Double Kitchette
Ask for Coastal Bend Aquatics Rate
Call Travel Lodge Direct**