



South Texas BB Championships

Meet Information

June 29th – July 1st, 2012



Meet: 2012 South Texas BB Long Course Championships
Hosted by Brownsville Aquatics and McAllen Swim Club

Dates: June 29th – July 1st, 2012

Sanction Number: ST-12-61

Venue: Margaret M. Clark Aquatic Center, Brownsville Independent School District, •2901 FM 802
Brownsville, TX 78520, • 956-698-0060

DIRECTIONS

From US-77 S/US-83 S – Take exit toward Farm to Market Rd 802/Ruben M Torres Sr. Blvd, merge onto Frontage Rd, turn Left at Coffee port Rd/Farm to Market 802/E Ruben M Torres Sr. Blvd, turn left at Seville Blvd, and Aquatic Center is corner building on left.

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 BB times; see pages 9 & 10) through age 18.

Facility: •Margaret M. Clark Aquatic Center has an indoor 50 meters 8 lanes competition pool:
8 lanes
Depth at the start and turn ends: The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 7 inches at the start end and 4 feet, 0 inches at the turn end.
Hy-Tek Meet Manager software and Daktronics timing system will be utilized.

The competition course has not been certified in accordance with 104.2.2C(4).)
Adaptive 20' pool will be used throughout the meet for warm-up and cool down

There will be concessions available next to main entrance to the Aquatic Center

Liability: In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), Brownsville Independent School District, Brownsville Aquatics, McAllen Swim Club, 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 (either odd/even heats or odd/even events) 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 BB times. The qualifying time standard for the 15-18 events will be the 15-16 standard for each gender.
- Swimmers may not enter any event in which they have achieved the 2009 – 2012 USA Swimming National Motivational A time standard or faster. In addition, they cannot swim that stroke and distance on any relay team.
- 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. Entries with non-conforming times must be annotated in the entry file at the time of submission for proof-of-time purposes. The meet host will then convert the times to LCM to ensure proper seeding.
 - The use of the following conversion factors is mandatory, i. e., no others are permitted:
 - Yards to meters multiply by 1.11
 - Meters to yards multiply by 0.90

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 June 29th 2012.

Entry

Restrictions:

- An individual swimmer may enter a maximum of three (3) individual and two (2) relay events per day.
- Swimmers who have achieved the 2009 – 2012 USA Swimming National Motivational A time standard or faster may not swim those individual events in the STSI BB Championship Meet.
 - Neither may they swim that stroke and distance on any relay team.

- 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 \$8.00 Relay events \$16.00

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 10:00 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 10:00 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.
 - Swimmers who have achieved the 2009 – 2012 USA Swimming National Motivational A time standard or faster may not swim that stroke and distance on any relay team.
 - 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 June 18th 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 June 25th, 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.
 - After the first meet entry deadline, any swimmer who achieves the USA Swimming National Motivational A time or faster for a previously entered event must inform the Entries Chair by the second entry deadline so the athlete can be taken out of that event.

Entry

- Requirements:**
- All entries must contain the following information:
 - The name, email address, and phone number of the person preparing the entries in case clarification is needed
 - An attachment of the Hy-Tek Team Manager export file
 - An attached Word Document listing the entries (by swimmer) with proofs of time
 - An attached Word Document of the meet entry fees report
 - 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 are only required if there is a change in a team's preliminary entries.
 - 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

- Procedures:**
- \$7.50 per individual event and \$15.00 per relay event – includes the STSI splash fee
 - Checks made payable to BAS
Mail To: Deborah Salais
BB Meet Entries
1004 Vamonos Dr.
Brownsville, TX 78526

E-mail: meet.entries@brownsvilleaquatics.com

- Entry fees must be received by 6:00 pm Monday, June 18th, 2012.
- If payment is not received on time the affected swimmers will be scratched from the meet.
- Please include the meet entry fee report with your check.
- 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 \$15.00 per individual event and \$30.00 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.
 - The 20' adaptive 4' deep 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.
 - 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 Ryan Shea, Head Coach, Brownsville Aquatics, 956-204-6574 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 Director

Meet Referee

Entries Chair

Admin. Referee

Rosanne Garza
2300 S. 47th Street
McAllen, Texas 78503
956-578-5083
rbgarza@rgv.rr.com

Miguel Gonzalez
7025 N. 5th Street
McAllen, TX, 78504
956-207-9573
gonzalezma@panam.edu

Deborah Salais
1004 Vamonos Dr
Brownsville, TX 78526
956-572-2755
meet.entries@brownsvilleaquatics.com

Judith A. Reeve
5111 North 10th St.
McAllen, TX, 78504
956-686-0479
jfrog50@aol.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 Sunday June 24th.
 - Please specify the sessions for which you will be available.
 - Please submit your information to: Miguel Gonzalez, gonzalezma@panam.edu
 - 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 white pants or skirts (NO SHORTS OR JEANS, PLEASE)
 - Please report to the Meet Referee at 7:15 am for preliminaries and 4:15 pm for finals to receive your assignments.

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 (Fri only) | 8:20 AM | •National Anthem | 4:57 PM |
| •Sessions begin | 8:30 AM | •Sessions begin | 5:00 PM |
- 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 10:00 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 June 29, 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 June 30, 2012	Men's Event #	Women's Event #	Sunday July 1, 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 June 29, 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 June 30, 2012	Men's Event #	Women's Event #	Sunday July 1, 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 backstroke 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

Hotels near the Margaret M. Clark Aquatic Center

Residence Inn by Marriott

3975 N. Expressway 83
Brownsville, TX 78520
(956) 350-8100
(800) 331-3131

\$99.00 studio suites (One Queen + Sofa bed) dbl. occupancy; \$109.00 for up to 4 quests, \$129.00 two bedroom suite up to 6 persons. Hot breakfast buffet, Wi-Fi, kitchenette, separate leaving room, free access to Gold's Gym, suites 50% larger than standard hotel rooms. Complimentary light dinner Monday – Thursday. Free shuttle transportation to & from the airport, local mall and restaurants. 3 miles from the pool, ask for 'South Texas Swimming BB Meet' rate

Homewood Suites by Hilton

3759 N. Expressway, Brownsville, TX 78520
(956) 574-6900

\$79.00 Studio suite with King bed and queen size sofa sleeper in living area. Complementary daily SuiteStart hot breakfast buffet. Complementary Welcome Home Reception Dinner Monday through Thursday. Complementary high speed internet access. Outdoor swimming pool and hot tub. Sport courts and BBQ area. In-house gym and complementary access to local Gold Gym. Two bedroom suites for up to 6 people are also available for \$149.00. The suite has two king beds, two bathrooms and queen size sofa sleeper in living area. The rooms can be reserved online at <http://www.brownsville.homewoodsuites.com> using assigned group code for Brownsville Aquatics: AQU

Courtyard by Marriott Brownsville

3955 North Expressway 77/83
Brownsville, Texas 78520
(956) 350-4600

Contact Frank Becerra for Group Blocks at frank.becerra@twhospitality.com

\$79.00 large upscale guest room with two Queen size beds for up to 4 people. The price includes full hot breakfast buffet with fresh whole & assorted cut fruits, yogurt, waffles, hot & cold cereals, eggs, potatoes, sausage & crisp bacon and assorted juices. Free shuttle transportation to & from the airport, local mall and restaurants. Gas BBQ grill available for team cookouts by the Pool, free access to Gold's Gym. Light complementary dinner served to quests Monday through Thursday 5:30 to 7:00 PM. You do need to either email or call hotel to receive above rates. Please use 'South Texas Swimming BB Meet Rate' rate code.

Direct link to hotel website with photos:

<http://www.marriott.com/hotels/hotel-rooms/brocycourtyard-brownsville/>

Local attractions

Gladys Porter Zoo, 500 Ringgold Street, Brownsville TX

31-acre zoological preserve built on an old channel of the Rio Grande River. The landscape is adorned with more than 250 species and sub-species of tropical and neo-tropical plants along the zoo's meandering paths. The Gladys Porter Zoo offers a unique zoo experience with virtually all animals living in open exhibits surrounded by natural flowing waterways. More than 1,600 animal specimens represent 464 species, 47 of which are listed as endangered. The collection includes Jentink's duikers, Galapagos tortoises, Philippine crocodiles, spectacled bears, Przewalski's horses, orangutans, chimpanzees, gorillas, African elephants, tamarins and hippos. The zoo is open 365 days a year.

South Padre Island

Just 25 miles from Brownsville is the modern beach resort of South Padre Island. This barrier reef isle offers all the contemporary conveniences including gourmet restaurants, seaside attractions, and high-rise hotels. Along with tanning, beach combing, and playing in surf, the endless white sand beaches on both the Gulf of Mexico and Laguna Madre offer plenty of outdoor activities.

Laguna Atascosa National Wildlife Refuge

Along the banks of the Laguna Madre, Laguna Atascosa National Wildlife Refuge is one of the largest remaining protected wild areas in the Lower Rio Grande Valley. Loma and coastal brush lands are accompanied by freshwater lakes and ponds, mudflats and beaches. Here, the elusive ocelot, a small cat whose numbers are estimated to be less than 100 in the United States, quietly prowls the brush lands; Aplomado falcons soar above coastal prairies; Kemp's ridley sea turtles nest on the Gulf beaches; and the incredible diversity of bird species brings wildlife watchers from around the world. Tour roads, including Lakeside Drive and the 15-mile Bayside Drive loop, hiking trails, bicycle trails, and a visitor center are open to the public year round. For more information, call the refuge at 956-748-3607.