



Corpus Christi Aquatic Alliance

CCAA SPRING LONG COURSE

UNCLASSIFIED MEET

Hosted by CCAA-FB

www.ccaquaticfb.com

April 13 & 14, 2013

Sanction # STA-13-21

Updated: March 18, 2013

- Location:** Corpus Christi ISD Natatorium, 3202 Cabaniss Parkway, Corpus Christi, TX 78415.
Pool Telephone numbers: (361) 878-2333x114, (361) 878-2334, or (361) 878-2337.
- Directions:** 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 FM 665 at Driscoll, TX and proceed toward Corpus Christi. The road will change to FM 43. 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.
- Facility:** This meet will be conducted in an indoor 8 lane, 50 meter pool. It has 9 foot lanes, 6 foot minimum water depth and a Daktronics timing and starting system. The 25-yard instructional pool will be available for continuous warm-up and cool down. Hy-Tek Meet Manager software will be utilized. 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.
- Liability:** In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc., the Corpus Independent School District (CCISD) and its employees, CCAA, the City of Corpus Christi and its employees, and all meet officials and volunteers shall be free and held harmless from any liabilities or claims for damages arising by reason(s) of injuries to anyone during the conduct of this meet.
- Rules:** The 2012 USA Swimming Rules and Regulations and any relevant sections of the STSI Policies and Procedures Manual will apply.
- Meet Behavior:** It is expected that all persons attending the meet will respect the facilities and remember they represent themselves and their respective clubs. Damages to the facility, when proved, shall cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. It may also result in expulsion from the meet.

Registration: All swimmers, coaches, and officials participating in this competition must be currently 2013 registered with USA Swimming. All should 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 meet host; will be required to present their USA Swimming ID card. Current national and LSC regulations do not allow for exceptions of these policies.

**Swimmers
With**

Disabilities: 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. In a meet, sanctioned or approved by the LSC, that 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, Article 105. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.

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.

Pool

Measurement: The competition course has been certified in accordance with 104.2.2.C.(3) & (4). If a swimmer expects to, or does break a record, please inform the Meet Director or Referee. In accordance to 104.2.2.C.(4).(c), "Where moveable Bulkhead is used, course measurement of the lane in which the record was set must be confirmed at the conclusion of the session during which the time was achieved."

The water depths of the competition course measured from 1-meter to 5-meters from the start and turn ends of the course are as follows:

Start End: 6 feet Turn End: 14 feet 6 inches

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.

Photographer: 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.

Deck

Changing: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly prohibited.

Meet Format: All events will be timed finals, swum in one long course meter pool, seeded only by time and gender. All events shall be swum slowest to fastest unless otherwise noted. The 800 & 1500 Freestyle are deck-seeded events and positive check-in with the Clerk of Course is required. The check-in time period will be announced for each session. Swimmers will be entered in the order entries are received. We reserve the right to cap the number of swimmers entered or break the meet into two sessions per day in order to stay within the four hour rule during each session. Depending on the number of entries, the Meet Director and Referee reserve the right to modify meet operations as necessary.

Entries: Swimmers may enter up to five individual events and one relay event per day. The age of the swimmer is his/her age on April 13, 2013. Enter with long course meter times. The Team Manager program should be used to convert yard times to meter times for seeding purposes. Coaches are encouraged to estimate times when no time has yet been achieved; however, no time (NT) will be accepted.

All teams with five or more swimmers entered in the meet must submit their entries using version 4 or later of Hy-Tek Team Manger Software or Team Unify Software. Teams with fewer than five swimmers may send an e-mail including the team name, team abbreviation, LSC, the swimmers full name (as registered with USA Swimming), USA ID, event numbers, event description, and entry times for each swimmer.

Relay Entries: Relay team entry times may be determined by the sum of the individual team member times for like strokes/distances, or the actual time that relay team achieved in sanctioned competition. Teams are highly encouraged to use the HYV file provided at the STSI website to set up their relay entries correctly (see Awards). Coaches are encouraged to estimate times when no time has yet been achieved however, no time (NT) will be accepted.

Note: After the relay events in each session, there will be a ten (10) minute break.

Entry Fees: \$6.00 per individual event/\$12 per relay event (includes a Splash Fee of \$1.25 per event).

Late/Deck

Entry Fees: Late/deck entry fees are \$12.00/\$24.00 per event. Deck entries will be accepted only for open lanes. No new heats will be created. You may deck enter the current session beginning at the start of warm-up. Deck entries will close 45 minutes before the start of each session. Swimmers not previously entered in the meet must present their USA Swimming registration card to the Clerk of Course to deck enter.

Entry

Procedures: E-mail entries to meetdirector@ccaquaticfb.com

E-mail entries via Hy-Tek (.CL2 or .HY3) or SDIF compatible file will be accepted. Please attach a Word or PDF document of the Hy-Tek Meet Entry Report by swimmer. E-mail entries need to be received by the entry deadline and once accepted will not be refunded. The Meet Director will acknowledge receipt of e-mails within 24 hours. If there is no reply, please contact the Meet Director immediately. **Please be sure we receive your check prior to the start of the meet.**

Entries must be received no later than Tuesday, April 2, 2013.

Fees submitted via USPS or Overnight Express Mail must have the waiver of signature block signed in order that they may be left at the Meet Director's address without a signature of receipt.

Make checks payable to: FAST

Please mail entries and checks to: FAST
c/o Raychel Laya
6606 Clarion Dr.
Corpus Christi, TX 78412

Awards: Ribbons for 1st through 8th for individual events will be awarded to 8 & under, 9-10, 11-12, 13-14, 15-16, and 17-18.

Ribbons for relays will be awarded to the first three places to 8 & under, 9-10, 11-12 and 13-14, and 15-18. Relay age is based on the oldest swimmer in the relay. In order to receive ribbons for relays, all four swimmers must be in the same age category, i.e., all four must be 8 & under, 9-10, 11-12, 13-14, or 15-18.

A high point trophy will be awarded in the following age groups: 8 and under, 9-10, 11-12, 13-14, 15-16, and 17-18.

****Relays will not count toward the high point trophy.**

Scoring: Standard eight place scoring will be utilized. Individual events: 9-7-6-5-4-3-2-1 (1st through 8th place)

Warm-up

Procedures: South Texas Swimming Safety Guidelines and Warm-up procedures will be in effect at this meet (enclosed, see below). Violators shall be disqualified from their first individual event.

Warm-up times and lane assignments will be posted in the Natatorium each day, on the CCAA-FB website www.ccaquaticfb.com, and emailed to the coaches no later than Tuesday, April 9, 2013.

The pool will be available for open warm-ups as shown on the schedule. The instructional pool will be available continuously throughout the meet.

Meet

Administration:

Referee:
Lorna Anaya
Phone: 870-814-2890
E-mail: lorna.anaya@anayamedical.com

Head Coach:
Annette DuVall
Phone: 361-946-5815
E-mail: amdcpa@stx.rr.com

Meet Director/Entries Chair
Raychel Laya
Phone: 361-739-0290
E-mail: meetdirector@ccaquaticfb.com

Admin Referee:
Didi Byerly
Phone: 361-994-9179
E-mail: didibyerly@aol.com

Officials: All currently 2013 certified and training USA Swimming officials are cordially invited to participate. If you plan to officiate contact the Meet Referee.

Timers: Each team will be required to provide timers in proportion to the number of swimmers entered in the meet. Lane assignments will be made by CCAA. Athletes in the 1500 Freestyle must provide their own timers. The host team will ensure the timers are taken care of with food and drink.

Daily

Schedule:

Saturday:

Warm up 10:00 a.m.
 Clear the pool: 10:45 a.m.
 Start time 11:00 a.m.

Sunday:

Warm up: 8:00 a.m.
 Clear the pool: 8:45 a.m.
 Start time: 9:00 a.m.

A coaches meeting will be held 15 minutes prior to the start of the first session. Additional meetings may be called as needed by the referee.

If it becomes necessary to break the meet into two sessions, the afternoon session warm-up will begin 30 minutes after the morning session ends.

Should it become necessary to break into two warm up sessions each morning, warm up sessions will be 30 minutes each and the meet start time will be adjusted accordingly.

Order of Events

| Saturday | | | |
|-----------------|--------|-------------|------|
| Girls | Age | Description | Boys |
| 1 | 11 & O | 400 Free | 2 |
| 3 | 12 & U | 200 F Relay | 4 |
| 5 | 11 & O | 400 F Relay | 6 |
| 10 Minute Break | | | |
| 7 | OPEN | 200 IM | 8 |
| 9 | 12 & U | 50 Back | 10 |
| 11 | 12 & U | 50 Fly | 12 |
| 13 | 10 & O | 200 Back | 14 |
| 15 | OPEN | 100 Free | 16 |
| 17 | 11 & O | 200 Fly | 18 |
| 19 | OPEN | 100 Breast | 20 |
| 10 Minute Break | | | |
| 21* | 11 & O | 800 Free | 22* |

| Sunday | | | |
|-----------------|--------|-------------|------|
| Girls | Age | Description | Boys |
| 23 | 11 & O | 400 IM | 24 |
| 25 | 12 & U | 200 M Relay | 26 |
| 27 | 11 & O | 400 M Relay | 28 |
| 10 Minute Break | | | |
| 29 | 12 & U | 50 Breast | 30 |
| 31 | OPEN | 200 Free | 32 |
| 33 | OPEN | 100 Back | 34 |
| 35 | 10 & O | 200 Breast | 36 |
| 37 | OPEN | 50 Free | 38 |
| 39 | OPEN | 100 Fly | 40 |
| 10 Minute Break | | | |
| 41* | 11 & O | 1500 Free | 42* |

****The 200 Back and 200 Breast events have been opened to any 10 year old that will age up in the next two months. These two events for the 10 year olds will count as part of the 5 events per day but not count towards awards.**

*** Check In is required for the 800 & 1500 Freestyle.** For these deck seeded events, positive check-in with the Clerk of Course is required. These events shall be swum fastest to slowest. Age groups will be combined, alternating girls and boys heats. Swimmers must furnish a counter and one timer. Time Standards are **not required**. Please include Long-Course times for seeding.

SOUTH TEXAS SWIMMING, Inc.
Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

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

LANE USE

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

- a. The first ½ of the assigned warm-up time shall be general warm-up for all lanes.
 - b. Push/Pace Lanes will push off one or two lengths from starting end.
 - c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times. One way only! 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 as 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 warmup 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.

STSI Safety Guidelines and Warm-up Procedures