

AquaTex Last Chance for A's

Name: •2013 AQTX Last Chance for A's
Sanction: •STA-13-24
Dates: •Saturday February 9th, 2013, or Sunday, February 10th weather necessitates.

Venue: •Micki Krebsbach Pool
•301 Deepwood Dr.
•Round Rock, TX 78681
•512-636-8577

Facility: •Eight- 25-yard lanes
•Start end depth 6.5 feet / Turn end depth 5.5 feet
•Dolphin Timing System
•4-Lane 20-yard Warm-up pool available throughout
•The competition course has not been certified in accordance with 104.2.2C(4)

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, rest rooms or changing areas is strictly and specifically prohibited at all times
•There are no exceptions to this prohibition
•Violators are subject to disqualification from the meet, disbarment from the facility and arrest

Liability

•In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, (STSI), the AquaTex Swim Team, the Round Rock I.S.D., City of Round Rock, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet

USA

Swimming

Registration: •All swimmers, coaches, and officials participating in this competition must be currently (2013) 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)** chose to enter time trials when offered, **2)** late enter when possible, or **3)** need to be entered because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID Card
•National and LSC Regulations do not allow for any exceptions to these policies

Rules: •The 2012 USA Swimming Rules and any relevant sections of the STSI Policies and Procedures Manual will apply

Format: •Individual events only
•No relays
•Timed finals - swum slowest to fastest
•The Meet Referee reserves the right to move and/or cancel the 10-minute breaks included in the timeline. Any changes to the breaks will be communicated at the coaches' meeting.
•The Meet Referee reserves the right to combine heats and/or events by gender and/or stroke or distance. Any changes to the order of events will be communicated at the coaches' meeting.

Entry

Restrictions: •This meet is open to any swimmer currently registered with USA Swimming that have BB standard for their age-group, in the event that they are entering.
•Age as of February 9, 2013 determines age for the entire meet
•Maximum of four individual events
•This meet will be limited to the first 200 swimmers entered.

Age up

Date: February 9, 2013

Scratch**Rules:** •There are no penalties for scratching from a pre-seeded, timed final meet**Heat Sheets:** •Heat sheets will be posted at <https://aquatex.swimtopia.com/> to download, and Meet Mobile will be used.**Awards:** •None

Special Needs: •Please notify the Mark Parshall 512.636.8577 in advance of this event with the name and age of any member on your team who needs assistance to enter the building.

•The AQTX 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.

Daily

Schedule: •Warm Up Session One Competition Pool- 11-11:45 AM All Teams

•South Pool available for constant warm-up / cool down

•Coaches' meeting 11:45 AM

•Session begins 12:00 noon

Timers: •Teams will be required to provide timers proportionate to their entries

Officials: •All currently (2013) certified and in training USA Swimming officials are cordially invited to participate.

•Please report to the Meet Referee at least 30 minutes prior to the schedule start times to receive your assignments

•The wearing of name tags is strongly encouraged

ORDER OF EVENTS
Saturday, February 9th, 2013
Warm-up, 11:00am Meet starts 12 noon.

Girls	Events	Boys
1	200 IM	2
	10 minute break	
3	50 Fly	4
5	100 Fly	6
7	200 Fly	8
9	50 Back	10
11	100 Back	12
13	200 Back	14
15	50 Breast	16
17	100 Breast	18
19	200 Breast	20
21	50 Free	22
23	100 Free	24
25	200 Free	26
	10 minute break	
27	50 Fly	28
29	100 Fly	30
31	200 Fly	32
33	50 Back	34
35	100 Back	36
37	200 Back	38
39	50 Breast	40
41	100 Breast	42
43	200 Breast	44
45	50 Free	46

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!
- 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 kick boards, 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 (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 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 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.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warmups 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 last Revised 29-SEP-03