## 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 10<sup>th</sup> 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 re-

cordings 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 <u>currently</u> (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

### Unaccompanied

Swimmers:

 Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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: None

**Entry** 

Deadline: •6pm, Monday, February 4th, 2013

Proof

of Time: None

Late/Deck

Entries: No

**Entry** 

**Procedures** 

The only acceptable mode of entry is via Hy-Tek Commlink or File or disk

•A hard copy and Entry Fee Report must be included with your entry

•If you have guestions on this procedure contact Mark Parshall at the e-mail address noted below

Entries must be be submitted via e-mail

E-Mail

**Entries:** •Entries in Commlink Format only, **MUST** be sent to: <a href="mailto:mparshal@swbell.net">mparshal@swbell.net</a>

> •The Commlink File must be renamed to clearly identify the entering team, the shorter the better •Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded.

> •Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (hard copy) is received as an attachment to the e-mail or hand-delivered to the meet director.

**FAX** 

**Entries:** •Under no circumstances will entries be accepted via FAX.

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.

Deck changing: 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.

**Entry Fees:** 

(Includes Normal **\$ 6.00** per event •Checks payable to: Round Rock Aquatics

Splash Fee)

Meet

Management: •HY-TEK Meet Manager 4.0

•Entries Chair & Meet Director: •Meet Referee: Administrative Referee

 Mark Parshall Minerva Martinez Jessica Evans •1103 Cedar Falls St. •512.905.5300 •512.771.0439

minervacmartinez@yahoo.comjessicaevans@utexas.edu Round Rock, TX 78681

•512.636.8577 mparshal@swbell.net

Warm-ups: •Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page five

•All teams will warm up from 11-11:45am

Time

Trials: None Scratch

**Rules:** •There are no penalties for scratching from a pre-seeded, timed final meet

**Heat Sheets:** •Heat sheets will be posted at https://aguatex.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 <u>PERMANENT</u> 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' meetingSession begins11:45 AM12:00 noon

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

•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.

<u>Girls</u>	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.
  - The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
  - 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."
  - 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.
  - 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