



Alamo Area Aquatic Association

www.aaaa-sa.org

Meet Information

Posted 02/17/13



Meet Name: •2013 AAAA Short Course B+ Alamo Cup

Sanction

Number: •STA-13-28

Meet Date(s): •March 1st, 2nd and 3rd, 2013

Venue:

- NISD Natatorium
- 8400 N Loop 1604 West
- San Antonio, Texas 78249
- 210-397-8985

Facility:

- Two eight-lane 25-yard racing courses certified by USA Swimming and the National Federation of State High School Associations
- Seven feet minimum depth
- DAKTRONICS automatic starting and timing
- Concessions and swim shop available
- Four-lane warm-up/cool down pool between the courses

Liability:

- In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the Northside Independent School District, 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.

Cell phone

Restrictions:

- The presence and / or use of cell phones, and / or any other equipment capable of producing audio recordings, 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

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:

- 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 discouraged.

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)** late enter when possible or **2)** 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 or acquire a USA Swimming Registration Form and pay the necessary fees prior to being allowed to compete
- National and LSC Regulations do not allow for any exceptions to these policies.

Rules: •The 2013 USA Swimming Rules and any relevant sections of the current STSI Policies and Procedures Manual will apply.

Meet Format: •Three (3) sessions over 2½ days
•Competition in two pools, girls south – boys north
•Entering swimmers must have achieved at least one National 2013 – 2016 Motivational “B” time
•All events will be pre-seeded
•Timed finals
•No relays
•All events will be gender separated, seeded by time without regard to age
•No relays
•All events will be swum fastest to slowest
•Time trials will not be offered

Entry

Restrictions: •This Meet is open to all currently (2013) Registered USA Swimming and FINA athletes
•The meet will be capped at 600 entries
•Age as of March 1st, 2013 determines age for the entire meet
•Maximum of five (5) individual events per day
•All entries must include a seed time
•Entries received without a seed time (NT) will not be accepted
•Entries with non-conforming times (SCM or LCM) will not be accepted
 •Please convert any non-conforming times to SCY using any of the commonly accepted conversions factors

Qualifying:

Times: • As noted previously in “Meet Format”
•In order to enter the 500-yard Freestyle or 400-yard Individual Medley, swimmers must have achieved at least the 2013 – 2016 National Motivational “BB” for each event.
•Must be provable via SWIMS
•Please refer to page six (6) and seven (7) for the USA Swimming National 2013 – 2016 Motivational “B”, “BB” and “A” Short Course Time Standards

Entry

Deadline: •6:00 PM, Thursday, February 21, 2013

Entry Fees

Include

Splash Fee:

- \$6.50 per Individual event
- Late entries \$13.00 per event
- Checks payable to: **N.I.S.D. Aquatics**

Late/Deck

Entries?

- Only to fill empty lanes
- No new heats will be created
- Late entering athletes must be prepared to prove their current (2013) USA Swimming or FINA Registration

Entry

Procedures: •The only acceptable mode of entry is via Hy-Tek Commlink File
•Hard copy MUST accompany
•An “HYV” File for Team Manager is available on the Club Meet Calendar Page of the AAAA Web Site (www.aaaa-sa.org)
•Entries received without a seed time will not be entered into the meet and any fees will not be refunded
•Mail or hand deliver entries to the Entries Chair noted below
•Entries may also be submitted via email

E-Mail

Entries:

- Entries in Commlink Format only, MUST be sent to: coachpeteh@gaggle.net
- E-mail submissions to any other address cannot be accepted.
- Electronic payment must accompany entries
 - Please go to: <http://www.nisd.net/aquaww/payment.htm>
- 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, via FAX (210-561-5280), or hand-delivered.
- Athletes WILL NOT be entered into the meet until entry fee payment has been received by the Meet Director or designee

- FAX Entries:**
- Under no circumstances will entries be accepted via FAX
 - Entry Reports WILL be accepted via FAX

Meet

Management:

- Meet Manager 4.0
- Meet Director**
- Terry Vettters
- 7001 Culebra Road
- San Antonio, TX 78238
- 210-397-8985
- terry.vettters@nisd.net

- Entries Chair**
- Peter Hay
- 8400 North Loop 1604 West
- San Antonio, TX 78249
- 210-397-7524
- coachpeteh@gaggle.net

- Meet Referee**
- Mike Bertirotti
- 18630 Canoe Brook
- San Antonio, TX 78258
- 210-520-2050
- mbertiro@aol.com

- Administrative Official**
- Regina Prewitt-Campbell
- 11585 Alamo Ranch Parkway, #2122
- San Antonio, TX 78253
- 210-445-3150
- reginapc2003@hotmail.com

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page five (5)
- Lane assignments will be made
- Specific warm-up times and lane assignments will be posted with the Psych Sheet at www.aaaa-sa.org by noon on Wednesday, February 27th
- Please also review the daily schedule below.

Scratch

Rules:

- There is no penalty for scratching from a pre-seeded event

Awards:

- 14 and Over no awards unless a new TAGS or Sectional time is achieved
- Distinctive swim cap for new TAGS and / or Sectional Time
- 13 and Under ribbons places one through eight

Special

Needs:

- A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.
- Please notify the NISD Natatorium (210-397-7522) in advance of this meet with the name and age of any member on your team who needs assistance to enter the building.
- The NISD Natatorium 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.
- 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:

	•Friday PM	•Saturday and Sunday
•Warm-ups	5:00 PM	Split 7:30 – 8:10 AM and 8:10 – 8:50 AM
•Clear Pool	6:15 PM	8:50 AM
•Coaches' meeting	N/A	8:50 AM (Sat. only)
•Meet begins	6:30 PM	9:00 AM

Timers:

- The host team will attempt to provide backup timers for this meet
- Volunteers will be needed
- Competitors in the 500 Free and 400 I-M must provide their own backup timers and/or lap counters

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 scheduled start time of the session to receive your assignments
- The wearing of name tags is strongly encouraged

Order of Events – Distances are in yards

Friday, March 1st 6:30 PM				
Girl's #	Age	Distance	Stroke	Boy's #
1	9 – 18	200	IM	2
3	18 and Under	50	Free	4
5	9 – 18	500	Free	6
Saturday, March 2nd 9:00 AM				
7	12 and Under	100	IM	8
9	18 and Under	100	Free	10
11	12 and Under	50	Back	12
13	9 - 18	100	Breast	14
15	11 & 18	200	Back	16
17	9 – 18	100	Fly	18
19	11 - 18	400	IM	20
Sunday, March 3rd, 9:00 AM				
21	9 – 18	200	Free	22
23	11 – 18	200	Breast	24
25	12 and Under	50	Fly	26
27	9 - 18	100	Back	28
29	12 and Under	50	Breast	30
31	11 -18	200	Fly	32



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 are to be coordinated by the coach(es) supervising that lane.
- c. Dive sprints may be done in individual lanes 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. Kick boards, pull buoys, or hand paddles may not be used at any time.

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.
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 backstroke 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 during any and all breaks scheduled during the competition.
- V. Hand paddles, fins, or kickboards may not be used at any time during general, specific, or between warm-up sessions unless approved by the Meet Director and 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.

2013 – 2016 National Motivational Time Standards						
Short Course Yards						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
39.49	35.69	31.89	50 Free	31.39	34.39	38.49
1:30.69	1:21.09	1:11.39	100 Free	1:10.19	1:19.39	1:28.49
3:20.19	2:58.29	2:36.39	200 Free	2:31.29	2:50.29	3:09.09
8:30.49	7:39.49	6:48.39	500 Free	6:42.29	7:32.59	8:22.79
48.59	43.29	37.99	50 Back	37.79	43.19	48.59
1:45.09	1:33.49	1:21.79	100 Back	1:20.29	1:30.89	1:41.59
53.59	47.79	41.99	50 Breast	41.89	47.49	53.19
1:59.39	1:46.29	1:32.89	100 Breast	1:31.39	1:43.19	1:55.09
47.99	42.39	36.69	50 Fly	36.19	41.39	46.69
1:55.49	1:40.39	1:25.29	100 Fly	1:27.79	1:39.39	1:54.09
1:44.29	1:33.19	1:22.09	100 I-M	1:20.49	1:30.59	1:40.69
3:40.39	3:17.29	2:54.19	200 I-M	2:54.49	3:17.19	3:39.87
2013 - 2016 National Motivational Time Standards						
Short Course Yards						
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
34.09	31.69	29.39	50 Free	28.39	30.69	33.09
1:13.59	1:08.29	1:03.09	100 Free	1:01.89	1:06.99	1:12.19
2:41.19	2:29.69	2:18.19	200 Free	2:14.79	2:25.99	2:37.19
7:10.39	6:39.69	6:08.89	500 Free	6:02.59	6:32.79	7:02.99
14:48.09	13:44.69	12:41.19	1000 Free	12:29.09	13:31.49	14:33.89
25:01.49	23:14.19	21:26.99	1650 Free	21:12.29	22:58.29	24:44.29
38.79	36.09	33.29	50 Back	33.09	36.09	38.99
1:26.29	1:19.49	1:12.69	100 Back	1:10.79	1:17.49	1:24.09
2:59.49	2:46.69	2:33.79	200 Back	2:30.29	2:42.79	2:55.29
43.69	40.59	37.49	50 Breast	36.89	40.29	43.79
1:35.79	1:28.69	1:21.69	100 Breast	1:19.39	1:26.49	1:33.69
3:25.89	3:11.19	2:56.49	200 Breast	2:49.39	3:03.49	3:17.69
37.29	34.59	31.89	50 Fly	31.69	34.69	37.69
1:26.29	1:19.39	1:12.49	100 Fly	1:10.59	1:17.59	1:24.49
3:03.39	2:29.39	2:36.39	200 Fly	2:32.69	2:45.39	2:58.09
1:25.59	1:19.49	1:10.29	100 I-M	1:11.09	1:17.19	1:23.19
3:02.49	2:49.49	2:36.39	200 I-M	2:34.39	2:47.99	3:01.69
6:29.49	6:01.69	5:33.89	400 I-M	5:25.79	5:52.99	6:20.09

2013 – 2016 National Motivational Time Standards						
Short Course Yards						
13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
32.89	30.49	28.19	50 Free	25.99	28.19	30.39
1:11.39	1:06.29	1:01.19	100 Free	56.89	1:01.59	1:06.29
2:34.19	2:23.19	2:12.09	200 Free	2:03.89	2:14.19	2:24.49
6:51.79	6:22.39	5:52.99	500 Free	5:33.89	6:01.69	6:29.49
14:08.89	13:08.29	12:07.59	1000 Free	11:30.19	12:27.69	13:15.19
23:34.19	21:53.19	20:12.19	1650 Free	19:15.69	20:51.99	22:28.29
1:18.29	1:12.69	1:07.09	100 Back	1:03.09	1:08.29	1:13.59
2:48.39	2:36.29	2:24.29	200 Back	2:15.79	2:27.09	2:38.39
1:29.89	1:23.49	1:17.09	100 Breast	1:10.79	1:16.69	1:22.59
3:14.59	3:00.69	2:46.79	200 Breast	2:34.99	2:47.89	3:00.79
1:17.69	1:12.19	1:06.59	100 Fly	1:01.89	1:07.09	1:11.19
2:52.39	2:40.09	2:27.79	200 Fly	2:18.09	2:29.59	2:41.09
2:53.89	2:41.49	2:29.09	200 I-M	2:19.49	2:31.09	2:42.69
6:08.49	5:42.19	5:15.89	400 I-M	4:55.69	5:20.29	5:44.99
2013 - 2016 National Motivational Time Standards						
Short Course Yards						
15 and 16 Girls			Event	15 and 16 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
32.29	29.99	27.69	50 Free	24.79	26.89	28.99
1:09.99	1:04.99	59.99	100 Free	54.19	58.69	1:03.29
2:31.49	2:20.69	2:09.89	200 Free	1:58.89	2:08.79	2:18.69
6:41.99	6:13.29	5:44.59	500 Free	5:21.79	5:48.59	6:15.49
13:51.99	12:52.59	11:53.09	1000 Free	11:06.09	12:01.59	12:57.09
23:06.29	21:27.19	19:48.19	1650 Free	18:39.99	20:13.29	21:46.69
1:16.29	1:10.79	1:05.39	100 Back	59.79	1:04.69	1:09.69
2:45.49	2:33.59	2:21.79	200 Back	2:09.89	2:20.69	2:31.59
1:27.49	1:21.19	1:14.99	100 Breast	1:07.89	1:13.59	1:19.19
3:09.99	2:56.39	2:42.79	200 Breast	2:28.09	2:40.49	2:52.79
1:16.19	1:10.69	1:05.29	100 Fly	58.99	1:03.89	1:08.79
2:46.79	2:34.89	2:22.99	200 Fly	2:11.39	2:22.29	2:33.29
2:49.49	2:37.39	2:25.29	200 I-M	2:12.29	2:23.29	2:34.29
5:58.49	5:32.89	5:07.29	400 I-M	4:44.89	5:08.59	5:32.29