



# Alamo Area Aquatic Association

www.aaaa-sa.org

## Meet Information

Posted 02/05/13



- Meet:** ■2013 ST AAAA Lonestar Challenge - "B" and faster
- Dates:** ■Friday, Saturday and Sunday, April 12th, 13th and 14th, 2013
- Sanction:**
- Number:** ■STA-13-31
- Venue:** ■Bill Walker Pool  
■Blossom Athletic Center (North East Stadium)  
■Jones-Maltsberger Road at Starcrest / Bitters  
■San Antonio, TX 78217  
■210-491-6132
- Facility:** ■Eight 2.25-meter wide lanes  
■Start end depth 3.66 meters / Turn end depth 1.35 meters  
■The course length has not been professionally certified  
■Colorado / Daktronics starting and timing  
■Deck seating is limited  
■The adjacent eight-lane Davis pool will be available for warm-ups and cool downs
- 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 North East Independent School District (NEISD), and all meet officials shall be free from any liabilities for claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet
- Rules:** ■The 2012 USA Swimming Rules and any relevant sections of the STSI Policies and Procedures Manual will apply
- Format:** ■Pre-seeded  
■Timed finals in long course meters (LCM)  
■All events will be seeded by time and gender without regard to age  
■All events will be swum fastest to slowest  
■Swimmers must be currently (2013) registered with USA Swimming or FINA  
■Entries received without a valid and accurate 2013 USA Swimming Identification Number will not be accepted  
■No time trials  
■No proof of time required.  
■However, swimmers entering with times proven by SWIMS to be slower than the minimum specified will be scratched and any entry fees will not be refunded
- Entry**
- Restrictions:** ■This meet is open to all currently (2013) registered USA Swimming and FINA athletes  
■Swimmers must enter with a seed time in long course meters (LCM)  
■Entries received with No Time (NT) will not be accepted and any entry fees will not be refunded  
■Swimmers may enter a maximum of five (5) events each day
- Unaccompanied**
- Swimmers:** ■Any swimmer entered in this 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
- Cell Phone**
- Restrictions:** ■The presence or use of cell phones, smart phones or any other devices capable of producing audio recordings, 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.

## 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 or FINA
- 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, if offered, **2)** late enter when possible, or **3)** need to be late entered because of clerical errors by the entering team and / 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

## Qualifying Times:

- Entering swimmers must, at some time (lifetime best) have achieved at least the 2013 – 2016 National Motivational “B” time for every event entered
- Please note, the times are specified in long course meters (LCM)
- Swimmers who enter with non-conforming times (SCY or SCM) will be seeded last
- Converted times are acceptable with appropriate notations

## Entry Deadline:

- 12-noon, Monday, April 1, 2013

## Late/Deck Entries?

- NO!

## Entry Procedures

- The only acceptable mode of entry is via Hy-Tek Commlink File
- A hard copy and Entry Fee Report must be included with your entry
- If you have questions on this procedure contact Bill Spurgeon at the e-mail address noted below
- Please format any disks before utilizing for entries
- An “HYV” File for Team Manager is available on the Club Meet Calendar Page of the AAAA Web Site ([www.aaaa-sa.org](http://www.aaaa-sa.org))
- Entries received without a seedtime (NT) will not be entered into this pre-seeded meet and any entry fees will not be refunded
- Please be certain to confirm your acceptance into this meet prior to making air and hotel reservations

## E-Mail Entries:

- Entries in Commlink Format only, MUST be sent to: [wspurg@neisd.net](mailto:wspurg@neisd.net)
- 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

**Scratch Rules:** ■ All events will be pre-seeded and there is no penalty for scratching from an event

**Entry Fee:** ■ \$6.50 per event – includes the STSI Splash Fee

**Checks  
payable to:** ■ NEAT

## Meet

**Management:** ■ Meet Manager 4.0  
■ **Meet Director**  
■ Lou Walker  
■ 12002 Jones-Maltsberger  
■ San Antonio, TX 78216  
■ 210-491-6132  
■ FAX: 210-491-6133  
■ lwalke1@neisd.net

■ **Entries Chair**  
■ Bill Spurgeon  
■ 12002 Jones-Maltsberger  
■ San Antonio, TX 78216  
■ 210-491-6132  
■ FAX: 210-491-6133  
■ wspurg@neisd.net

■ **Meet Referee**  
■ Rick Russell  
■ 3607 Willow Walk  
■ San Antonio, TX 78259  
■ 210-834-7409  
■ rd.russ@yahoo.com

■ **Administrative Official:**  
■ Denny Ryther  
■ 30011 Cibolo Run  
■ Fair Oaks Ranch, TX 78015  
■ 210-301-0631  
■ dryther@gvtc.com

**Schedule:** ■ **Friday:**  
■ Warm-ups begin 4:30 PM  
■ Clear pool 5:45 PM  
■ Competition begins 6:00 PM

■ **Saturday and Sunday:**  
■ Warm-ups begin 7:30 AM  
■ Clear pool 8:40 AM  
■ Coaches' meeting (Sat only) 8:40 AM  
■ Competition begins 9:00 AM

**Warm-ups:** ■ Warm-ups will be conducted in accordance with the current STSI Policies and Procedures page five (5)

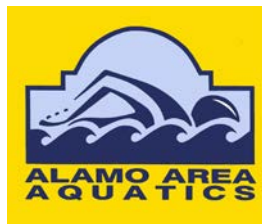
## Special

**Needs:** ■ Please notify the North East Aquatic Center (210-491-6132) in advance of this meet with the name and age of any member on your team who needs assistance to enter the building  
■ The facility 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 an event begins if the swimmer requires any specialized equipment and / or are to be considered for judging under Article 105

**Awards:** ■ Ribbons places one through eight  
■ Age Groups: Appropriate to each event  
■ 10 and Under, 11 and 12, 13 and Over (Girls and Boys)

## Officials

**and Timers:** ■ Volunteer timers will be needed  
■ All currently (2013) certified / registered and in-training USA Swimming officials are cordially invited to assist in the conduct of this meet  
■ All deck officials must have a current USA Swimming Background Check and Athlete Training Program, verifiable in SWIMS  
■ Officials must prominently display their South Texas and USA Swimming credentials while on deck  
■ Wearing of name tags is strongly encouraged  
■ Please report to the Meet Referee 30 minutes prior to the scheduled start time of any session to receive assignments



**Order of Events and MINIMUM Qualifying Times  
2013 – 2016 National Motivational Long Course “B” Times  
Distances are in Long Course METERS!**

Friday, April 12th – 6:00 PM					
Girl's Number	Equal to or Faster Than:	Age Group	Distance & Stroke	Equal to or Faster Than:	Boy's Number
<b>1</b>	7:23.79	11-12	400 I-M	7:13.49	<b>2</b>
	7:00.49	13 & O		6:37.09	
<b>3</b>	25:45.79	11-12	1500 Free	25:24.09	<b>4</b>
	24:06.39	13 & O		23:14.99	
Saturday, April 13th – 9:00 AM					
<b>5</b>	4:10.09	10 & U	200 I-M	4:08.09	<b>6</b>
	3:28.39	11-12		3:26.99	
	3:19.49	13 & O		3:07.09	
<b>7</b>	3:48.49	10 & U	200 Free	3:34.79	<b>8</b>
	3:03.79	11-12		2:58.99	
	3:19.49	13 & O		3:07.09	
<b>9</b>	3:54.59	11-12	200 Breast	3:49.99	<b>10</b>
	3:42.59	13 & O		3:29.49	
<b>11</b>	3:27.69	11-12	200 Back	3:22.79	<b>12</b>
	3:13.19	13 & O		3:02.99	
<b>13</b>	3:29.09	11-12	200 Fly	3:22.49	<b>14</b>
	3:13.29	13 & O		3:02.59	
Sunday, April 14th – 9:00 AM					
<b>15</b>	1:43.09	10 & U	100 Free	1:41.29	<b>16</b>
	1:24.99	11-12		1:22.19	
	1:21.29	13 & O		1:16.19	
<b>17</b>	2:16.89	10 & U	100 Breast	2:11.99	<b>18</b>
	1:49.99	11-12		1:48.29	
	1:42.89	13 & O		1:34.89	
<b>19</b>	2:01.89	10 & U	100 Back	1:56.09	<b>20</b>
	1:38.89	11-12		1:37.79	
	1:30.09	13 & O		1:24.99	
<b>21</b>	2:11.19	10 & U	100 Fly	2:09.39	<b>22</b>
	1:37.49	11-12		1:36.19	
	1:28.09	13 & O		1:22.19	
<b>23</b>	13:27.89	11-12	800 Free	13:16.49	<b>24</b>
	12:35.99	13 & O		12:14.29	



# 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 warm-ups 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.**