

The University of Texas at Austin and



**LONGHORN AQUATICS
2013 Long Course Kick Off
April 19-21, 2013**

Important Meet Facts

Meet Date: April 19-21, 2013

Entries Open: Entries will OPEN on Tuesday, March 26th at NOON for South Texas teams and on Wednesday, March 27th at 2:00PM for all other teams.

Entries Close: Friday, April 1st, 2013

Entry Fees: \$8.25 per event

Meet Format: This is a timed final meet.

Qualifying times: There are "B" time standards events 200 meters and longer.

New Deck Entry/Scratch Rule: Deck entries for Saturday will be accepted before the Scratch Deadline on Friday. Deck entries for Sunday will be accepted before the scratch deadline on Saturday. No deck entries will be accepted the day of the event. Deck entries will only be accepted for open lanes.

Deck Entry Fees: \$20.00 per event

Deck Entry/Scratch Deadlines:

Saturday Deck Entry/Scratch deadline- Friday, April 19th 6:30 PM

Sunday Deck Entry/Scratch deadline-Saturday, April 20th 6:30 PM

Positive Check in Deadlines: Positive check-in will be available as athletes enter the pool deck and will close approximately 1 hour before the event. Swimmers that check-in for an event and fail to swim will be fined \$30 payable to the University of Texas.

New Address: 1900 Red River Street, Austin TX 78712

New Timer Rule: All teams are asked to provide volunteer timers to help at this meet.

Warm Up Assignments: 12 & Under warm up times & lanes will be assigned. Assignments will be posted on the Longhorn Aquatics Upcoming Meets page no later than April 18th, 2013. 13 & Over will have general warm ups.

Special hotel block rate information can be found on the Longhorn Aquatics meet page!

All meet information & updates can be found at:

<http://www.utexas.edu/longhornaquatics/meets/upcoming-meets/>

Welcome: Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in our 2013 Long Course Kick Off. This meet is open to all USA Swimming registered swimmers and will be conducted in one 50 meter competition pool, using Daktronics Timing System, and Hy-Tek Meet Manager software.

Facility: The Lee and Joe Jamail Texas Swimming Center has an indoor 8 lane 50 meter competition pool. The pool is considered one of the fastest pools in the world due to its depth, gutter system, high filtration rate and lane width. There are two movable, power-operated bulkheads. For the Long Course Kick Off meet the competition course *has* been certified in accordance with 104.2.2C(4).

The Swim Center is located on the University of Texas Campus, 1900 Red River Street, one block west of I-35 on the northwest corner of the intersection of Martin Luther King Boulevard and Red River Street.

Water Depths: The Start end is 9 feet, and the turn end is 9 feet.

Liability: USA Swimming, South Texas Swimming, The University of Texas, the Lee and Joe Jamail Texas Swimming Center, and Longhorn Aquatics accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

TSC Rules: As guests of The University of Texas, all must adhere to the Texas Swim Center (TSC) rules. Coaches must supervise their swimmers. Chewing gum and glass containers are not permitted in the building. Locks may not be left on lockers overnight. Wet swimmers cannot leave pool deck. Children must be supervised at all times.

Spectators and athletes may not bring food or drink into the Texas Swim Center from outside sources. Teams ARE permitted to bring two (2) coolers on to the deck.

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.

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.

Sanction: This meet has been sanctioned by South Texas Swimming and 2012 rules will apply. All swimmers must be registered as athletes for 2013 with USA Swimming by the entry deadline. Athletes that register with USA Swimming after the entry deadline may deck enter the meet only if they can present their 2013 USA card.

Rules: The 2012/2013 USA Swimming Rules & Regulations and any relevant sections of the STSI Handbook will apply.

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 **2)** need to be late-entered because of clerical errors by the entering team or the meet host; or **3)** are not entered in this meet and choose to enter time trials if offered; will be required to

present their USA Swimming ID Card. South Texas Swimming does not permit on-deck USA Swimming Registrations.

Schedule: Friday evening is all ages and timed finals. Saturday and Sunday the meet will be split into morning and afternoon sessions based on age. The morning session each day is planned for swimmers 12 & under. The afternoon session is for swimmers 13 & over. However, we reserve the right to split the sessions differently or to combine sessions based on the entries received. Warm-ups may be split if a large number of swimmers enter the meet.

Friday	All Swimmers	Warm Up:	5:15 PM	Start:	6:00 PM
Saturday	12 & Under	Warm Up:	9:15 AM	Start:	10:30 AM
	13 & Over	Warm Up:	**	Start:	**
Sunday	12 & Under	Warm Up:	8:00 AM	Start:	9:10 AM
	13 & Over	Warm Up:	**	Start:	**

** The warm-up for the afternoon session will begin immediately after the morning session. The exact time will be posted on the Longhorn Aquatics' website no later than April 18th.

Qualifying Times: There are "B" qualifying times for events of 200 meters and longer. The qualifying times are from USA Swimming's 2013-2016 National Age Group Motivational Times. The age groups are based on 10&U, 11-12, 13-14, 15-16, and 17-18+. Athletes who do not finish an event within the LCM qualifying time noted will be required to prove their entry time. The entry time must be in the USA Swimming database. **Swimmers that cannot prove their entry time will be fined \$30** payable to the University of Texas. These swimmers will be barred from competition (at this and/or subsequent meets at the swim center) until the fines are paid.

Meet Format: All events are timed finals, swum in one long course meter pool, seeded only by time and gender. Age groups will be combined. All events will swim fastest to slowest. Depending on the number of swimmers, chase starts and/or flyover starts may be used. If there are enough swimmers to run both ends of the pool, then even heats will finish at the Flag end of the pool and odd heats will finish at the Non-Flag end of the pool. All 50's will swim in the same alternating fashion.

Friday's 10 & Over 200 Backstroke, and 11-12 400 Freestyle will be pre-seeded. The 800 Freestyle, 13 & over 400 Freestyle, and 400IM will require positive check-in. We are requesting courtesy scratches for all other sessions (see Scratch section below). Heat sheets will be for sale at the store at the beginning of each session.

All 400 Freestyle, 400 IM, and 800 Freestyles will swim alternating girl/boy, swimming fastest to slowest heats. Swimmers in the 800 must also provide their own counters and timers. Girls will start at the Flag end of the pool, and boys will start at the Non-Flag end for these races only. The Meet Director and Meet Referee reserve the right to modify the operations of the meet, depending upon the number of entries.

We reserve the right to cap the number of swimmers entered in order to stay within the four hour rule. Friday evening's session will be capped at 3 hours. Swimmers will be entered in the order entries are received.

Scratches: We are asking swimmers to scratch events they will not swim the next day. By 6:30 PM on Friday, swimmers should scratch any events they will not swim on Saturday.

On Saturday, before you leave your session, you will need to scratch any event you will not swim on Sunday. There is no penalty for failing to scratch an event, BUT our experience with this courtesy scratch during long course season will shape our decision about positive check-in for all events in the future. Please help us eliminate empty lanes and allow the greatest number of swimmers to participate.

Check-in: Positive check-in is required for 13 & Over 400 meter freestyle, 13 & Over 800 meter Freestyle, and 13 & Over 400 meter IM. Check-in sheets for the 13 & Over 800 Freestyle will be available as the swimmers enter the pool for warm-up and will close at 6:00PM on Friday. Check in for all other positive check-in events will be available at the start of warm-up for the session and due approximately one hour before the event is scheduled to swim. Exact times will be posted at Clerk of Course on the day of the event.

Swimmers that **check-in for an event and fail to swim will be fined \$30** payable to the University of Texas. These swimmers will be barred from competition (at this or subsequent TXLA meets at the Swim Center) until the fines are paid.

Entry Dates: Entries will **OPEN on Tuesday, March 26th at NOON for South Texas** teams and on **Wednesday, March 27th at 2:00PM** for all other teams. No entries will be accepted prior to this date and time. Any entries received prior to the entry opening date and time will be deleted. Entries will close the earlier of:

a) **Tuesday, April 1st, 2013** at noon or

b) **When a session reaches an estimated 4 hours in length (except Friday's session which will be limited to 3 hours).**

Entries: Swimmers may enter a **maximum of 3** individual events per day and a maximum of 7 individual events for the meet. The age of the swimmer will be his/her age on April 19, 2013. Enter all events with previous best times achieved in **Long Course Meters**. Although athletes may enter the meet with NT, we would encourage you to estimate a time. A good estimated time will ensure your athlete is seeded in the proper heat, and help our timeline.

All teams with five or more swimmers entered in the meet must submit their entries using the latest Version of Hy-Tek Team Manager software.

Email entries to Bridgette Rhoades at bridgette.rhoades@austin.utexas.edu . When you email the entries, also attach a Word or pdf document of the Hy-Tek Meet Entry Report **by swimmer**. If you don't receive an email confirmation, your entries were not received.

Teams with fewer than five swimmers may send an **email** including the team, team abbreviation, LSC, the swimmers full name (as registered with USA Swimming), USA ID, event numbers, event description, and entry times for each swimmer.

Entry fees must be received by Tuesday, April 2nd, 2013 or your entries will be removed from the meet.

Please include the meet entry fees report with your check. You do NOT need to mail a copy of the entries you emailed earlier.

No paper, phone, fax, or USPS mailed entries will be accepted. Entries received without accurate USA Swimming registration numbers will **NOT** be accepted or processed.

Entry Fees: \$8.25 per individual event. This includes the South Texas Swimming splash fee of \$1.25 per splash. Please send only one check per team location please. Refunds will not be given for any reason.

Make checks payable to: The University of Texas at Austin
 Mail to: Long Course Kick Off
 Longhorn Aquatics
 The University of Texas at Austin
 1900 Red River Street, D4050
 Austin, TX 78712-0364

New Deck Entry/Scratch Rule: Deck entries for Saturday will be accepted before the Scratch Deadline on Friday. Deck entries for Sunday will be accepted before the scratch deadline on Saturday. No deck entries will be accepted the day of the event. Deck entries will only be accepted for open lanes. No new

heats will be created. **Swimmers not previously entered in the meet must present their 2013 USA swimming registration card** at Clerk of Course to be able to deck enter.

Deck Entry Fees: \$20.00 per event

Deck Entry/Scratch Deadlines:

Saturday Deck Entry/Scratch deadline- Friday, April 19th 6:30 PM

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Awards: Ribbons, first through eighth place will be awarded according to the following age groupings: boys and girls 8 and under, and 9–10. No other awards will be given. Awards will not be mailed out.

Coaches are responsible for picking up their teams ribbons at the end of the meet.

Meet Referee:	Trey Prinz	(512) 287-7204	prinz@netapp.com
Admin. Official:	Brian Albright		whac@sbcglobal.net
Head Coach:	Mike Laitala	(512) 507-8969	mike.laitala@austin.utexas.edu
Meet Director & Entry Chair:	Bridgette Rhoades	(814) 602-8254	bridgette.rhoades@austin.utexas.edu

Special Needs: Please notify the Texas Swimming Center at 512-471-7703 in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The Texas Swimming Center Staff will make reasonable accommodations for swimmers coaches, or spectators who wish to enter and use our facility. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. 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.

Officials: All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and STSI Swimming for 2013 and have a current Background Check acknowledged by USA Swimming. Please email the Meet Referee, Trey Prinz (prinz@netapp.com), with your certification level and availability so he can plan accordingly. The uniform will be white polo shirts over navy blue pants, skirts or shorts. Please report to the Meet Referee at least 45 minutes prior to the scheduled start time of the session for the officials' briefing and to receive your assignments. The wearing of name tags is strongly encouraged.

Deck Access: Only currently registered coaches and officials will be allowed access beyond the front desk of the Texas Swimming Center. Coaches and officials will be required to show their current USA Swimming registration card at the front desk in order to be on deck. Volunteers will be given a pass to access the deck and help for that specific purpose.

Please be aware that swimmers will not be allowed on the deck until one of their team coaches has checked in and is on deck.

Any non-registered individuals not respecting these rules will be removed from that area or from the facility at the discretion of the Meet Director, Longhorn Aquatics Program Director or Texas Swimming Center staff.

Parking: The University of Texas requires a UT permit for parking along Trinity and San Jacinto as well as C Lot 80 in front of the Swim Center. Please go to our website, www.utexas.edu/longhornaquatics as we get closer to the meet for more information on parking.

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.

Order of Events

Friday Evening, April 19, 2013

SESSION 1 – All Ages

Girls Event #	Event	Boys Event #
1	200 Back (10 & Over)	2
3	400 Free (11-12)	4
5	800 Free (13 & Over) !*	6

(!) Positive check-in required AND swimmers must provide their own timers

(*) Swimmers must provide their own counters.

Saturday Morning, April 20, 2013

SESSION 2 - 12 & Under

Girls Event #	Event	Boys Event #
7	200 IM	8
9	50 Free	10
11	100 Breast	12
13	200 Fly (10-12 Only)	14
15	50 Back	16
17	100 Free	18

Saturday Afternoon, April 20, 2013

SESSION 3 - 13 & Over

Girls Event #	Event	Boys Event #
19	200 IM	20
21	50 Free	22
23	100 Breast	24
25	200 Fly	26
27	50 Back	28
29	100 Free	30
31	400 Free !	32

(!) Positive check-in required AND swimmers must provide their own timers

Sunday Morning, April 21, 2013

SESSION 4 - 12 & Under

Girls Event #	Event	Boys Event #
33	200 Free	34
35	50 Breast	36
37	100 Fly	38
39	200 Breast (10-12 Only)	40
41	50 Fly	42
43	100 Back	44
45	400 IM (11-12 Only) !	46

(!) Positive check-in required AND swimmers must provide their own timers

Sunday Afternoon, April 21, 2013

SESSION 5 - 13 & Over

Girls Event #	Event	Boys Event #
47	200 Free	48
49	50 Breast	50
51	100 Fly	52
53	200 Breast	54
55	50 Fly	56
57	100 Back	58
59	400 IM !	60

(!) Positive Check-in required AND Swimmers must provide their own timers.

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 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.