



*Corpus Christi Aquatic Alliance-Club Estates  
Turkey Trot  
November 16, 2013  
Entry Deadline: November 5, 2013*

- Welcome:** The Corpus Christi Aquatic Alliance – Club Estates Marlins invites you to join us at the CCISD Natatorium to compete in our long course unclassified. The meet is open to all swimmers registered with USA Swimming or FINA. Designated warm up lanes will be available during the meet.
- Location:** Corpus Christi Independent School District Natatorium located at 3202 Cabiness Parkway, Corpus Christi, TX 78415 near the intersection of Saratoga and Kostoryz. Pool Telephone numbers: (361) 878-2333x114, (361) 878-2334, or (361) 878-2337.
- Directions:** From South I-37, take State Hwy 358 (SPID) toward Padre Island. Exit at the Kostoryz exit, turn right onto Kostoryz and proceed south to Saratoga Blvd. Turn right onto Saratoga and take the first left. The pool is on your left in the Cabaniss Athletic Complex.
- From US 77 North, turn right on FM 665 at Driscoll, TX and proceed toward Corpus Christi. The road will change to FM 43. Turn left onto Ayers Street (State Hwy 286). Go straight to Saratoga Blvd., turn right on Saratoga and proceed east toward the Cabaniss Field Athletic Complex. The pool will be on your right in the Cabaniss Field Athletic Complex.
- Facility:** An indoor 8 lane, 25 yard competition pool with 6 foot minimum water depth and a 6 lane 25 yard continuous warm up and cool down area. A Daktronics timing and starting system. Hy-Tek Meet Manager software will be utilized. Parking, spectator areas and dressing rooms are available.
- A concession stand will be available. No tobacco or alcohol is allowed on CCISD Property which includes the parking lot.**
- Liability:** In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Corpus Christi Aquatic Alliance, CCAA-Club Estates Marlins, the CCISD Natatorium, the City of Corpus Christi and its employees, all meet officials, and volunteers shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet or while traveling to and from the meet. It is expected that all persons attending the meet will respect the facilities and remember they represent themselves and their respective clubs. Damages to the facility, when proven, shall cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. It may also result in **expulsion** from the meet.
- 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 prohibited.
- Pool Measurement:** The competition course has been certified in accordance with 104.2.2.C.(3) & (4). If a swimmer expects to, or does break a record, please inform the Meet Director or Referee. In accordance to 104.2.2.C.(4).(c), The copy of such certification is on file with USA Swimming "Where moveable Bulkhead is used, course measurement of the lane in which the record was set must be confirmed at the conclusion of the session during which the time was achieved."
- The water depths of the competition course measured from 1-meter to 5-meters from the start and turn ends of the course are as follows:
- Start End: 6 feet      Turn End: 14 feet 6 inches**
- USA Swimming Registration:** All swimmers, coaches, and officials participating in this competition must be currently 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 entered because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID Card or a coach may present the club's official, watermarked roster from the USA Swimming club portal. South Texas Swimming does not permit on-deck USA Swimming Registrations.
- 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.
- Rules:** The 2013 USA Swimming Rules and Regulations and any relevant sections of the STSI Handbook will govern the conduct of this meet.
- Meet Format:** All events are timed finals, seeded by time and gender. The events will be swum slowest to fastest. **Exception: The OPEN events will be gender combined and swum slowest to fastest with the exception of the 500 free which will be swum fastest to slowest. The 500 free requires positive check in and will require their own timer and counter.**
- The meet host reserves the right to cap the number of swimmers entered in each session in order to stay within the four hour rule. Swimmers will be entered in the order entries are received.**
- Only times from properly registered USA Swimming athletes will be loaded into the SWIMS database.
- Age up Date:** November 16, 2013
- Qualifying Times:** None
- Entry Deadline:** Entries are due by November 5, 2013.
- Deck Entries:** Deck entries will be accepted for open lanes. Additional heats may be created at the discretion of the meet director and/or meet referee. All deck entries will be entered with a NT. You may deck enter for the current session beginning at the start of warm up for that session. **Swimmers that are not previously entered in the meet are required to show proof of their current 2013/2014 USA Swimming registration** or a coach may present the club's official, watermarked roster from the USA Swimming club portal to the Clerk of Course in order to deck enter. Deck entry fees are double per event.
- General Entry Procedures:** Swimmers may enter a maximum of 5 individual events per day. The age of the swimmer will be his/her age on November 16, 2013. Please do not enter with NT; you may estimate a time for your athlete. A good estimated time will ensure your athlete is seeded in the proper heat -- this provides the best competition for all athletes.

All teams with five or more swimmers entered in the meet must submit their entries using Hy-Tek Team Manager software. We understand that sometimes it is necessary to send a corrected Hy-Tek file but this should be the exception.

Email entries to [meetdirector@ccaquaticfb.com](mailto:meetdirector@ccaquaticfb.com). When you email the entries, also attach a Word 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 Friday, November 15, 2013.** Please include the meet entry fees report with your check. Do NOT send a copy of the entries you emailed earlier. Mail entry fees and entry fee report to: CCAA-CEM c/o Raychel Laya, 6606 Clarion Dr. Corpus Christi, TX 78412

No paper, phone, or fax entries will be accepted. **Entries received without accurate USA Swimming registration numbers will NOT be accepted or processed and refunds will not be given.**

**CCAA-CEM reserves the right to limit the number of swimmers allowed to enter the meet in order to maintain the timeline of the meet as close as possible to fall within the 4 hour rule as prescribed by South Texas and USA Swimming. The entries will be accepted in the order of receipt. The meet director will notify the teams whose entries that do not fall within the four hour rule as soon as possible and no later than November 12, 2013.**

**Entry Fees:** \$6.00 per individual event (includes the STS splash fee of \$1.25)  
Please make checks payable to: CCAA-CEM

**Heat Sheets:** Heat sheets will be available for sale at a nominal cost.

<b>Administration:</b>	<b>Meet Director:</b> Raychel Laya 6606 Clarion Dr. Corpus Christi, TX 78412 361-739-0290 <a href="mailto:meetdirector@ccaquaticfb.com">meetdirector@ccaquaticfb.com</a>	<b>Meet Referee:</b> Lorna Anaya 6807 N 1 <sup>st</sup> Lane McAllen, TX 78504 870-814-2890 <a href="mailto:lorna.anaya@anayamedical.com">lorna.anaya@anayamedical.com</a>	<b>Head Coach CCAA-CEM:</b> Annette DuVall 7101 Trappers Lake Corpus Christi, TX 78413 361-946-5815 <a href="mailto:amdcpa@yahoo.com">amdcpa@yahoo.com</a>
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**Warm-ups:** Warm-ups will be conducted in accordance with the current STSI Policies and Procedures posted on the STSI website and found on page 6. Warm up assignments will be emailed to the coaches no later than Tuesday, November 12<sup>th</sup> as well posted at the CCISD Natatorium. The north side of the pool will be available continuously throughout the meet.

**Daily Schedule:** **Saturday:**  
Warm up: 9:30 a.m.  
Clear the pool: 10:15 a.m.  
Coaches meeting 10:15 a.m.  
Start time 10:30 a.m.

**Coaches meeting will be held 15 minutes prior to the start of the session.**

**Scratch Rules:** There is no penalty for scratching from an event. However, in order to assist those swimmers that wish to deck enter, please report any scratches to the clerk of course as soon as possible.

**Awards:** Ribbons for first through eighth place will be awarded in the following age group categories: 10 & U, 11-12, and 13-14.

**Special Needs:** Please notify Corpus Christi Aquatic Alliance – Club Estates Marlins at 361-946-5815 in advance of this event with the name and age of any member on your team who needs assistance to enter the building.

The CCISD 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 of the USA Swimming Rules and Regulations.

**Unaccompanied Swimmers:**

Any swimmer entered in the 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

**Timers:**

All swim teams are expected to participate in the swim meet by providing volunteer timers. Lane timers will be assigned by lane based on the number of entries from each team, and will be posted each day of the meet. Athletes in the 500 Freestyle must provide their own timers and lap counters. Lane assignments will be made by the host team.

**Officials:**

All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2013 or 2014 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. USA Swimming Rules and Regulations require that officials prominently display their USA Swimming and LSC credentials while on deck as an official. . Please email the Meet Referee at [lorna.anaya@anayamedical.com](mailto:lorna.anaya@anayamedical.com) prior to the meet with your availability and current certifications. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments. The wearing of name tags is strongly encouraged. The uniform will be white polo shirt over khaki shorts, skort, or pants.

# Order of Events SCY

November 16, 2013

## SATURDAY SESSION

<u>GIRLS</u>			<u>BOYS</u>
1*	OPEN	200 Free*	1*
3	10 & U	25 Free	4
5	12 & U	50 Breast	6
7	14 & U	100 Back	8
9	10 & U	25 Breast	10
11*	OPEN	50 Free*	11*
13	14 & U	100 Fly	14
15	10 & U	25 Back	16
17	12 & U	50 Back	18
19*	OPEN	200 IM*	19*
21	14 & U	100 Free	22
23	10 & U	25 Fly	24
25	12 & U	50 Fly	26
27	14 & U	100 Breast	28
29	12 & U	100 IM	30
5 minute break			
31*	OPEN	500 Free*	31*

**\*Sign in required for the 500 free only.**

**Heats will run slowest to fastest with the exception of the 500 Free which will run fastest to slowest; all heats of these events will be gender combined.  
Each swimmer must furnish one counter and one timer for the 500 free.**

# 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.***