



Alamo Area Aquatic Association

www.aaaa-sa.org

Meet Information

Posted 10/22/13



- Meet** •2013 AAAA / Nadadores ST SC Time Trials
- Sanction Number:** •STA-13-87
- Date:** •Saturday, November 23, 2013
- Venue:** •San Antonio Natatorium
•1430 West Cesar Chavez Blvd.
•San Antonio, Texas 78207
•210-207-3299
- Facility:** •Eight 25-yard lanes
•The course has not been professionally certified IAW 104.2.2(C)
•The depth of the competitive course, measured IAW with Article 103.2.3, is five feet six inches at the start end and four feet six inches at the turn end.
•Eight-lane adjacent pool available for warm-ups / cool downs
•All automatic DAKTRONICS starting and timing
•Limited deck seating (<500) / bring lawn chairs
•Concessions available
- 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 San Antonio Independent School District, 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
- 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
- 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
- Sanction:** •This meet is sanctioned by South Texas Swimming and 2013 USA Swimming rules and any relevant sections of the South Texas Policies and Procedures Manual apply
•All swimmers must be registered for 2013 or 2014 with USA Swimming by the entry deadline
•South Texas Swimming does not allow on-deck USA Swimming registrations
- 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.
- Rules:** •The 2013 USA Swimming Rules and any relevant sections of the STSI Policies and Procedures Manual will apply.

- Format:**
- The meet will run twice through
 - First - long to short
 - Second - short to long
 - The “distance events” (>500-yards) and relays will be swum at the end of Session Two
 - At the discretion of the Meet Referee, events, heats, strokes and genders may be combined in the interest of time
 - Swimmers are permitted to enter two (2) events each session
 - Events with dissimilar strokes but like distances may be combined – lane separation will not be guaranteed
 - Freestyle events longer than 500-yards may be combined and the necessary electronic splits taken at intermediate distances
 - Swimmers will be seeded by time if provided, otherwise by lot
 - Swimmers must provide their own backup timers
 - For events requiring lap counters, swimmers must provide their own
 - The pools will be available for warm-up beginning at 8:30 AM

Unaccompanied

- Swimmers**
- Every USA Swimming Registered 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.

Age up

- Date:**
- November 23, 2013

**USA
Swimming**

- Registration:**
- All swimmers, coaches, and officials participating in this competition must be currently (2013 or 2014) 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) choose to enter time trials, 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 or accomplish 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

Qualifying

- Times:**
- None

- Schedule:**
- Warm-ups begin at 8 : 30 AM
 - First session begins at 10 : 00 AM

Scoring

- & Awards:**
- There will be no scoring or awards

Entry

- Limits:**
- Four (4) events (two per session)

Entry

- Fees:**
- \$ 8.00 per event via Commlink - includes the \$1.25 STSI splash fee
 - \$16.00 per event on deck - includes the \$1.25 STSI splash fee
 - Please make checks payable to: **Nadadores**

Entry

- Deadline:**
- Entries submitted via Hy-Tek Commlink File or disk must be in the hands of the Meet Director not later than 6:00 PM, Tuesday, November 12, 2013
 - On deck entries will open at 8:00 AM and be accepted until 9:30 AM
 - Swimmers entering on deck must present their 2013 or 2014 USA Swimming or FINA ID Card and be prepared to pay the entry fees

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

Meet

Management: •Meet Manager 5.0

•**Entries Chair & Meet Director:**

- Don Walker
- c/o San Antonio Nadadores
- 1430 West Cesar Chavez Blvd.
- San Antonio, TX 78207
- 210-207-3299
- dmw15479@aol.com

•**Meet Referee:**

- J. R. Rightmyer
- 3730 Longridge Drive
- San Antonio TX, 78228
- 210-857-4950
- john.rightmyer@gmail.com

•**Administrative Referee**

- Karen Kliewer
- 4593 S. Loop 1604 W. #2-B
- Von Ormy, TX 78073
- 210-842-7997
- karenskhorus@aol.com

Special Needs:•Please notify the San Antonio Natatorium (210-299-1560) in advance of this event 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 the event begins if they are to be considered to be judged under Article 105

Timers and Lap

Counters: •Competitors must provide their own backup timers and lap counters as necessary

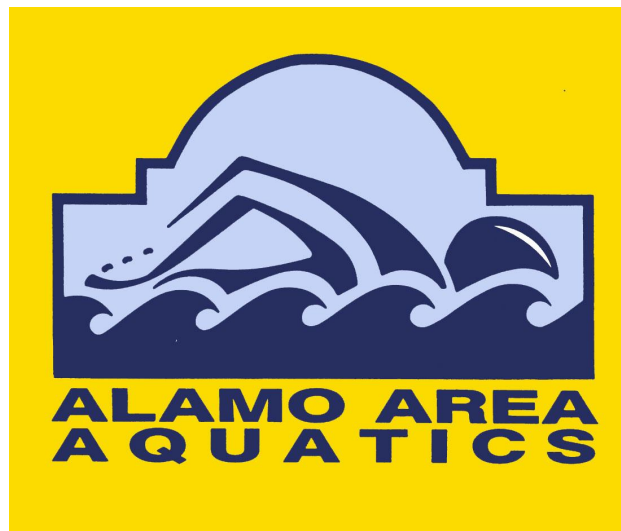
Officials: •All deck officials must be currently (2013 or 2014) registered with USA Swimming and certified in an LSC

•The uniform for officials is white polo shirts over khaki trousers, Bermuda-length shorts / skirts or capris
•No short shorts, short skirts, jeans or flip-flops please

•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 at 9:15 AM to receive assignments



Order of Events – Distances are in Yards					
Session One			Sessions Two		
Women #	Event	Men #	Women #	Event	Men #
1	500 Free	2	33	50 Fly	34
3	400 I-M	4	35	50 Breast	36
5	200 Free	6	37	50 Back	38
7	200 Back	8	39	50 Free	40
9	200 Breast	10	41	100 I-M	42
11	200 Fly	12	43	100 Fly	44
13	200 I-M	14	45	100 Breast	46
15	100 Free	16	47	100 Back	48
17	100 Back	18	49	100 Free	50
19	100 Breast	20	51	200 I-M	52
21	100 Fly	22	53	200 Fly	54
23	100 I-M	24	55	200 Breast	56
25	50 Free	26	57	200 Back	58
27	50 Back	28	59	200 Free	60
29	50 Breast	30	61	400 I-M	62
31	50 Fly	32	63	500 Free	64
			65	1000 Free	66
			67	1650 Free	68
			69	200 Free Relay	70
			71	200 Medley Relay	72
			73	400 Free Relay	74
			75	400 Medley Relay	76
			77	800 Free Relay	78



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.