



# Alamo Area Aquatic Association

[www.aaaa-sa.org](http://www.aaaa-sa.org)

## Meet Information

Posted 11/21/13



- Meet** •2014 Alamo Area 14 and Over Post Regional Time Trials
- Sanction Number:** •STA-14-07
- Date:** •Sunday, February 9, 2014
- Venue:** •Josh Davis Natatorium  
•Blossom Athletic Center (Also known as North East Stadium)  
•Jones-Maltsberger Road at Starcrest and Bitters  
•San Antonio, TX 78217  
•210-491-6132.
- Facility:** •Eight FINA-width (2.75-meters) lanes  
•The course has been professionally certified IAW 104.2.2(C) and data are on file with USA Swimming  
•0.75-meter buffers outside lanes one and eight  
•The competitive course has an overall minimum depth of 2.25-meters (7.5 feet), therefore the minimum water depth, measured in accordance with Article 103.2.3, is 2.25 meters at the start end and 2.25 meters (7.5 feet) at the turn end.  
•DAKTRONICS automatic starting and timing  
•Full scoreboard with heat and event display  
•Heat and event board operates in the adjacent Walker 16-lane warm-up / cool down pool  
•Off-deck seating for 1500 spectators  
•Concessions and swim shop in the lobby  
•Spectators and non-participating athletes are **not** allowed on deck at any time for any reason!
- Liability:** •This meet will be held under the Sanction of USA Swimming  
•In granting a Sanction, 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, and all meet officials shall be free and held harmless from any liabilities for claims for damage arising by reason(s) arising by reason 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
- 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 2014 with USA Swimming by the entry deadline  
•Athletes who may need to register with USA Swimming after the entry deadline may deck enter the meet only if they can present their 2014 USA Swimming registration card  
•South Texas Swimming does not allow on-deck USA Swimming registrations
- 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 are 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.

## Unaccompanied

### Swimmers

- Every 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:** •February 9, 2014

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

### Scoring

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

### Entry

**Limits:** •Two (2) events - one 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  
•Make checks payable to: **NEAT**

**Special Needs:** •Please notify the Josh Davis Natatorium (210-491-6132) in advance of this event with the name and age of any member on your team who needs assistance to enter the building.  
•The NEISD 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 by the end of warm-ups if they are to be considered to be judged under Article 105 and / or if any specialized equipment is required.

### Entry

**Deadline:** •Entries submitted via Hy-Tek Commlink File or disk must be in the hands of the Meet Director not later than 12-noon, Wednesday, January 29, 2013  
•Deck entries will open at 8:30 AM and close at 9:30 AM  
•Swimmers entering on deck must present their 2014 USA Swimming or U. S. Masters ID Card and be prepared to pay the entry fees

### 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 one (1) event each round
- 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 and lap counters as necessary
- The pools will be available for warm-up beginning at 8:15 AM

### Warm-ups:

•Warm-ups will be conducted IAW the current STSI Safety Guidelines and Warm-up Procedures noted on page five (5)

### Schedule:

- Warm-ups begin at 8:15 AM
- First session begins at 10:00 AM

## Meet

### Management:

- Meet Manager 5.0
- Meet Director**
- Lou Walker
- 12002 Jones-Maltsberger
- San Antonio, TX 78216
- 210-491-6132 Ext. 271
- FAX: 210-491-6133
- lwalke1@neisd.net

### •Meet Referee

- John Adams
- 50 Long Leaf Coral Drive
- San Antonio, TX 78247
- 210-490-7993
- jawadams@sbcglobal.net

### •Entries Chair

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

### •Administrative Referee:

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

## Timers and Lap

### Counters:

- Competitors must provide their own backup timers and lap counters as necessary

### Officials:

- All currently (2014) certified / registered and in-training USA Swimming officials are cordially invited to assist in the conduct of this meet
- The uniform for officials is white polo shirts over khaki trousers, Bermuda-length shorts, skirts or capris
  - No short shorts, 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.**