



McAllen Swim Club End of Season Extreme Challenge SCY Open Meet

March 22nd & 23rd 2014



DIRECTIONS: The swimming pool is located on the south side of Nikki Rowe High School. Take Ware Road exit off Highway 83, head north for approximately 2 miles.

Sanction #: STA-14-25

Venue: Nikki Rowe High School Natatorium, 2101 North Ware Road, in McAllen, Texas 78501. (956) 451-0367

Facility: The meet will be conducted in an eight lane indoor, heated swimming pool with a 25 yard course, using a Colorado timing system and Meet Manager Software. Starting platforms are located at the deep end of the pool. There is no warm up/cool down pool. Parking, spectator, and restroom space is adequate. Food and beverages will be available at the concession stand. Signs will be posted.

Water Depth: The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet, at the start end and 4 feet, 6 inches at the turn end.

Course

Certification: The competition course has not been certified in accordance with 104.2.2C(4).

Sanction: This meet has been sanctioned by South Texas Swimming and 2013/2014 USA Swimming rules and any relevant sections of the South Texas Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 2014 with USA Swimming by the entry deadline. Athletes who register with USA Swimming after the meet 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.

Liability: In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the McAllen Swim Club, the City of McAllen, McAllen I.S.D. and employees, all meet officials and volunteers, shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. 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.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently 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)** late enter when possible; **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. Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: All events will be timed finals, swum in one short course yard pool, seeded only by time and gender. All events shall be swum slowest to fastest. There will be no time trials. Check-in is required for the 500, and 1650 free. These events are deck-seeded events, and positive check-in with the Clerk of Course is required. The check-in time period will be announced for each session. Swimmers will be entered in the order entries are received. We reserve the right to cap the number of swimmers entered in order to stay within the four hour rule during each session. Depending on the number of entries, the Meet Director and Referee reserve the right to modify meet operations as necessary to include combining sessions.

Qualifying

Times: There is no qualifying time required.

Age up Date: The age of the swimmer will be his/her age on March 22nd, 2014.

Entry

Restrictions: Swimmers may enter up to 5 individual events per day. The age of the swimmer is his/her age on March 22nd, 2014. Enter with short course yard times. If no time has been achieved in competition, coaches should enter swimmers with an estimated time.

Entry

Deadline: March 10th 2014

Entry

Procedures: All teams with five or more swimmers must submit entries using Hy-Tek Team Manager or its equivalent to the Entries Chair. Email is the preferred method of delivery; if you need to submit entries in another format, please contact the Entries Chair to make other arrangements. Please rename the entry file to clearly identify the meet sanction number, your club code, and the file (such as STA-14-##_AAAA_Entries.zip). Include a Meet Entry Report of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer. Rename the Meet Entry Report using the meet sanction number, your club code, and the report name (such as STA-14-##_AAAA_EntriesByAthlete.pdf). Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) or with inaccurate or missing USA Swimming IDs will not be entered into the meet and any entry fees will not be refunded. Athletes will not be entered into Meet Manager if the Meet Entry Report is not received. Athletes will not be permitted to compete in the meet until satisfactory fee payment arrangements have been made with the Meet Director or designee. No paper, phone, or fax entries will be accepted. Teams with fewer than five swimmers may send an email to the Entries Chair with the team abbreviation, LSC, the swimmer's full name (as registered with USA Swimming), the swimmer's USA Swimming ID number, and the swimmer's events by number, description, and entry time. When submitting files to the Entries Chair, please include the name, email address, and phone number of the person submitting the entries. If you do not receive an email confirmation, your entries were not received.

Entry Fees: \$ 7.00 per individual event (includes the STSI splash fee of \$1.25 per splash) Please include a Meet Entry Fee report with your payment. Entry fees must be received by 3/20/14 or your entries will be removed from the meet. Refunds will not be given for any reason. Make checks payable to *McAllen Swim Club*
Send checks to: 5111 N. 10th St. PMB 131, McAllen, Texas 78504

Deck Entries: Swimmers not previously entered in the meet must present their 2014 USA Swimming ID card to deck enter.
\$7.00 per individual event.

Meet Director:

Juan Benitez
(956) 451-0367
Juan.benitez15@yahoo

Meet Referee:

Lorna Anaya
(870) 814-2890
stasanctions@anayamedical.com

Administrative Referee

Raychel Laya
(361) 739 0290
meetdirector@ccaquaticfb.com

Entries Chair:

Lorna Anaya
(870) 814-2890
stasanctions@anayamedical.com

Cell Phone

Restrictions: The presence or use of cell phones, smart phones, or any other devices capable of producing audio recordings and/or 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.

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.

**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.

**Special
Needs:**

Please notify Head Coach Roxanne Balducci, (956) 380-0279 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.

Officials:

All currently 2014 certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2014 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Deck officials are required by rule to prominently display both their USA Swimming ID card and LSC credentials while on deck as an official. Please email the Meet Referee 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.

Timers:

The host team will attempt to provide backup timers for this meet but volunteers from visiting teams will be needed Swimmers competing in the (500 yard) and the mile (1650 yard) must provide their own backup timers and lap counters.

Awards:

Awards will be given by gender in the following age groups: 10 & under, 11-12, 13-14, and 15-older

- Individual events: first through third place Medals
- Individual events: fourth through eighth place Ribbons

A swimmer High Point Trophy will be awarded in the following age groups: 8 and under, 9-10, 11-12, 13 -14, 15 - older.

Schedule:

Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement. There will be three 10 min breaks during the Sessions to give swimmers a chance to warm up or warm down.

Sessions 1 and 2

Warm-ups begin	8:30
Clear competition pool	9:15
Coaches meeting	9:20
Session begins	9:30



Order of Events

Distances are in SC Yards

End of Season Extreme Challenge

EVENT SCHEDULE

Warm-ups begin: 8:30am. Meet begins: 9:30am

Saturday

Girl Event	Age Group and Stroke	Boy Event
1	400 IM (13 & O)	2
3	100 IM (10 & U)	4
5	50 Fly (12 & U)	6
Warm up/down Break 10 min		
7	200 Breast (11 & O)	8
9	100 Free (Open)	10
11	200 Fly (11 & O)	12
Warm up/down Break 10 min		
13	100 Back (Open)	14
15	50 Free (Open)	16
Warm up/down Break 10 min		
17	** 500 Free (11 & O)	18

Sunday

19	50 Back (12 & U)	20
21	200 Back (11 & O)	22
23	50 Breast (12 & U)	24
Warm up/down Break 10 min		
25	100 Fly (Open)	26
27	200 IM Open	28
Warm up/down Break 10 min		
29	100 Breast (Open)	30
31	200 Free (Open)	32
Warm up/down Break 10 min		
33	** 1650 Free (13 & O)	34

** Swimmers are required to provide their own timer and counter

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 half 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 kickboards 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 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 USA Swimming.
 3. Marshals will have the 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 in 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.
- V. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Meet 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.



1800 South Ware Rd
McAllen, Texas 78503
1-956-682-6336

<http://www.marriott.com/hotels/travel/mfema-springhill-suites-mcallen/>

Rate is \$89 Plus Tax for 1 Bedroom Suite Per Night Includes Breakfast

Rate available until March 14th, 2014

Ask for Group Code: SWI

Event: SWIM MEET 2014

Located 5 minutes from pool

Convenient to Restaurants



**EMBASSY SUITES
HOTELS®**

1800 South Second Street
McAllen, Texas, 78503
1-956-686-3000

<http://embassysuites3.hilton.com/en/hotels/texas/embassy-suites-mcallen-MFEMCES/index.html>

Rate is \$99 + Tax for 1 Bedroom Suite Per Night Includes Breakfast

Rate available until March 6th, 2014

Ask for Group Code: SWIM MEET

Located 10 minutes from pool

Convenient to Restaurants