



## Austin Swim Club

2018 ST ASC Coup de Gras Invitational

A Long Course Meters Timed Final Event

ASC, TWST-GU, LTF, AQSA, CBA, AAAA-NE, NBY, SAS, WAVE, and TEX

June 29-30, 2018

**Sanction:** [STA-18-51cm](#)

Held under the sanction of USA Swimming.

**Venue:** Austin Aquatics and Sports Academy

5513 Southwest Parkway

Austin, Texas 78735

[Map](#)

**Facility:** Tired of slow swimming in a slow pool. With band aids and gobs of hair passing you by? Austin Swim Club has the answer. With 8 of the fastest racing lanes in the great state of Texas, ASC invites TWST-GU, LTF, AQSA, CBA, AAAA-NE, NBY, SAS, WAVE, and TEX along with Unattached swimmers visiting Austin Swim Club. Waves will be squelched by the monstrous 6 inch Competitor lane lines allowing each swimmer to get their hand(s) onto the Colorado Timing touchpads with the least hydro-interference planet earth has to offer. Times will be recorded via Hy-Tek's Meet Manager software.

Austin Aquatics and Sports Academy is an outdoor facility with shade structures on two sides of the pool deck for coaches, officials, and athletes. Spectators will not have access to these sides of the pool. We highly encourage sunscreen. Partially shaded bleacher seating is available for 150 spectators on a first come, first serve basis. Grass area will be available to accommodate the athletes and overflow of spectators. Chairs are welcome in this area. Tents are available behind the pool, outside the fenced area.

Our pool is an eight lane long course meter pool. Competition will take place in 6 of those lanes with 2 lanes open for warm up and warm down throughout the duration of the meet.

### Facility

**Parking:** Coaches, Officials, and Volunteer parking available at the facility parking lot. Athlete drop off is allowed:

5513 Southwest Parkway

Austin, Texas 78735

[Map](#)

Athlete and spectator parking at adjacent parking garage – ARM Building

5515 Southwest Parkway

Austin, Texas 78735

- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet 1 inch at the start end and the turn end is 7 feet 1 inch measured for a distance of 1.0 meter to 5.0 meters from both end walls.
- Course Certification:** The competition course has not been certified in accordance with 104.2.2C(4)
- Sanction:** Held under the sanction of USA Swimming. This meet has been sanctioned by South Texas Swimming and current USA Swimming rules and any relevant sections of the South Texas Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 2018 with USA Swimming by the meet start date. Athletes who register with USA Swimming after the meet entry deadline may deck enter the meet only if they can present their 2018 USA Swimming registration card or proof of membership using the USA Swimming Deck Pass app or a coach may present the club's official, watermarked roster from the USA Swimming club portal. South Texas Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
- Liability:** In granting the sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Austin Swim Club (ASC), the Austin Aquatics and Sports Academy (AASA), and all meet officials shall be free from any liabilities of 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 (2018) registered with USA Swimming. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. 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 or proof of membership using the USA Swimming Deck Pass app (or coach may present the club's official, watermarked roster from the USA Swimming club portal). Current national and LSC regulations do not allow for exceptions to these policies. South Texas Swimming does not allow on-deck USA Swimming registrations.
- Meet Format:** This meet is an open meet to all athletes who are currently registered with or unattached to ASC, TWST-GU, LTF, AQSA, CBA, AAAA-NE, NBY, SAS, WAVE, and TEX along with swimmers visiting Austin Swim Club. Number of athletes will be capped at 500 and entered as entries are received. All morning sessions will be 13 & Over, all afternoon sessions will be 12 & Under, and athletes will be seeded by time but scored separately as 10 & Under, 11-12, 13-14, and 15 & Over. Our goal is to see fast swimming, enjoy great racing, and still have time to enjoy the majority of the weekend. Heats will be seeded slowest to fastest and events will be separated by gender, women swimming before men. All events will start on the South end of the pool.
- Heats will be timed finals seeded (8 fastest swimmers in the final heat) two days prior to the start of the meet. Deck entries will be entered only as to fill empty lanes.

The meet director reserves the right to combine heats or events as needed and the right to conduct flyover starts or change warm-up/session start times depending on meet size.

**Inclement**

**Weather:**

In the event that inclement weather is expected for the weekend of the meet, the coaches of the attending teams will discuss the best plan for any needed changes to the event timeline, potentially postponing the meet until later in the day when inclement weather has passed.

**Qualifying**

**Times:**

There are no qualifying times.

**Age**

**Restrictions:**

There are no age restrictions.

**Age Up Date:**

The age of the swimmer will be his/her age on June 29, 2018.

**Entry**

**Restrictions:**

Athletes may enter a maximum of 3 events per day for 6 events total.

There is no qualifying times and NT – “No Times” will be accepted, however, for the sake of good racing we encourage all coaches to make their best estimation. Please convert all times to Long Course Meters.

**Entry**

**Deadline:**

Entries will close at noon on Monday, June 18, 2018 at 4:00 pm, once the 500 swimmer cap is reached, or to stay within the four-hour rule. Whichever comes first.

**Entry**

**Procedures:**

All USA Swimming teams must submit entries using Hy-Tek Team Manager or its equivalent to the Entries Chair, Martha Hansen ( [Martha@austinswimclub.org](mailto:Martha@austinswimclub.org) ). 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 name and your club code. Include a Meet Entry Report of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer name. Please rename the Meet Entry Report using your club code and the report name (such as ASC\_EntriesByAthlete.pdf)

Athletes who wish to attend, independent of their team, my email their full name (as registered with USA Swimming), USA Swimming ID, team abbreviation, LSC, and entry times to the Entries Chair.

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 email confirmation, your entries were not received.

**Time Trials:**

There will time trials immediately upon the conclusion of Saturday’s session. \$20.00 per individual event. This includes the \$1.25 South Texas Swimming splash fee. Swimmers must show proof of 2018 USA Swimming registration in order to time trial. Time trial deadline will be Saturday, June 30 at 8:30am. Swimmers will be limited to two (2) time trial events. Time trial entries will be counted in your three (3) maximum per day or six (6) for the meet.

**Entry Fees:** \$9.25 per individual event. This includes the \$1.25 South Texas Swimming splash fee. There will be an athlete surcharge of \$2.00 per swimmer. \$15.25 per relay event.

Please include the Meet Entry Fee Report with your payments. Entry fees must be postmarked by Monday, June 25, 2018 or your entries will be removed from the meet. Please send only one check per team location. Refunds will not be given for any reason.

Make checks payable to:  
Austin Aquatics and Sports Academy

Send checks to:  
Austin Aquatics and Sports Academy  
5513 Southwest Parkway  
Austin, Texas 78735

#### **Deck**

**Entry Fees:** \$20.00 per event. This includes the \$1.25 South Texas Swimming splash fee.

#### **Deck/Late**

**Entries:** Please scratch any event a swimmer does not plan on swimming the next day. Deck entries will only be accepted for open lanes. No new heats will be created. There is not a penalty for failing to scratch an event; this is simply a courtesy to the other swimmers to eliminate the empty lane.

<b>Meet Referee:</b>	Trey Prinz	512.633.4851	<a href="mailto:t.prinz.a@gmail.com">t.prinz.a@gmail.com</a>
<b>Admin Official:</b>	Lalli Halm	512.292.3806	<a href="mailto:mandchalm@sbcglobal.net">mandchalm@sbcglobal.net</a>
<b>Head Coach:</b>	Brendan Hansen	512.276.2324	<a href="mailto:Brendan@austinswimclub.org">Brendan@austinswimclub.org</a>
<b>Meet Director:</b>	Nate Chessey	512.276.2324	<a href="mailto:natec@austinswimclub.org">natec@austinswimclub.org</a>
<b>Entries Chair:</b>	Martha Hansen	512.276.2324	<a href="mailto:Martha@austinswimclub.org">Martha@austinswimclub.org</a>

#### **Cell Phone**

**Restrictions:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.

#### **Racing Start**

#### **Proficiency**

#### **(Unaccompanied**

#### **Swimmers):**

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a forward racing start or must start each race from within the water and backstroke starts with our without ledges. When accompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. If your athlete will not be accompanied by a coach, please notify the meet director and the host club will ensure your child is properly accounted for. All unaccompanied swimmers will be temporarily assigned to a registered USA coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule 202.5.2.

#### **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.

**Drones:**

Per USA Swimming Rule 103.13, the operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present." Exceptions may be granted with prior written approval by the Programs and Event Committee Chair or designee.

**Deck  
Changing:**

Deck changes are prohibited.

**Special Needs:**

Please notify the Meet Director, Nate Chessey 512.276.2324, 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 certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2018 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:**

Teams should come prepared with volunteer timers if called upon.

**Awards:**

No awards will be given at this meet.

**Results:**

Results can be found on Meet Mobile.

**Daily  
Schedule:**

Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement. Upon approval by all coaches, changes will be sent out by the Meet Director along with the heat sheet 2 days prior to the meet and will also be posted at the Clerk of Course the day of the meet. Starts/Dives will run from in one direction, starting from the starting block side.

Friday AM    Warm Up:    9:30 am            Clear Pool: 10:50            Start:            11:00 am

Friday PM Warm Up: Immediately following the AM Session  
Clear Pool: Approximately 20 minutes after the AM Session  
Start: Approximately 30 minutes after the AM Session

Saturday AM Warm Up: 7:30 am Clear Pool: 8:50 Start: 9:00 am

Saturday PM Warm Up: Immediately following the AM Session  
Clear Pool: Approximately 20 minutes after the AM Session  
Start: Approximately 30 minutes after the AM Session

**Coaches Meeting:** If the Meet Director and Meet Referee find it necessary to have a coaches meeting an announcement will be made stating the time and meeting place during warm-ups.

### **Hotel**

#### **Information:**

La Quinta Inn & Suites Austin Southwest at Mopac  
4424 South Mopac Expwy  
Austin, TX 78735  
(512) 899-3000

Extended Stay America Austin - Southwest  
5100 US Hwy. 290 W  
Austin, TX 78735  
(512) 892-4272

Holiday Inn Express & Suites Austin SW - Sunset Valley  
4892 Hwy 290  
Sunset Valley, TX 78735  
(512) 891-9500

Hampton Inn Austin/Oak Hill  
6401 Hwy 290  
Austin, TX 78735  
(512) 891-7474

# 2018 ST ASC Coup de Gras Invitational

All events will be swum in LCM.

Friday AM Start at 11:00 am

GIRLS EVENT NUMBER	EVENT	BOYS EVENT NUMBER
1	13 & Over 50 Freestyle	2
3	13 & Over 50 Backstroke	4
5	13 & Over 100 Butterfly	6
7	13 & Over 100 Breaststroke	8
9	13 & Over 200 Freestyle	10
11	13 & Over 100 Backstroke	12
13	13 & Over 200 Mixed Medley Relay	14

All events will be swum 13 & Over but scored separately as 13-14, and 15 & Over.

Friday PM Start Approximately 30 minutes after the AM Session

GIRLS EVENT NUMBER	EVENT	BOYS EVENT NUMBER
101	12 & Under 50 Freestyle	102
103	12 & Under 50 Backstroke	104
105	12 & Under 100 Butterfly	106
107	12 & Under 100 Breaststroke	108
109	12 & Under 200 Freestyle	110
111	12 & Under 100 Backstroke	112
113	12 & Under 200 Mixed Medley Relay	114

All events will be swum 12 & Under but scored separately as 10 & Under and 11-12.

Saturday AM Start at 9:00 am

GIRLS EVENT NUMBER	EVENT	BOYS EVENT NUMBER
15	13 & Over 50 Breaststroke	16
17	13 & Over 50 Butterfly	18
19	13 & Over 200 IM	20
21	13 & Over 100 Freestyle	22

23	13 & Over 200 Mixed Freestyle Relay	24
25	13 & Over 200 Butterfly	26
27	13 & Over 200 Backstroke	28
29	13 & Over 200 Breaststroke	30

All events will be swum 13 & Over but scored separately as 13-14, and 15 & Over.

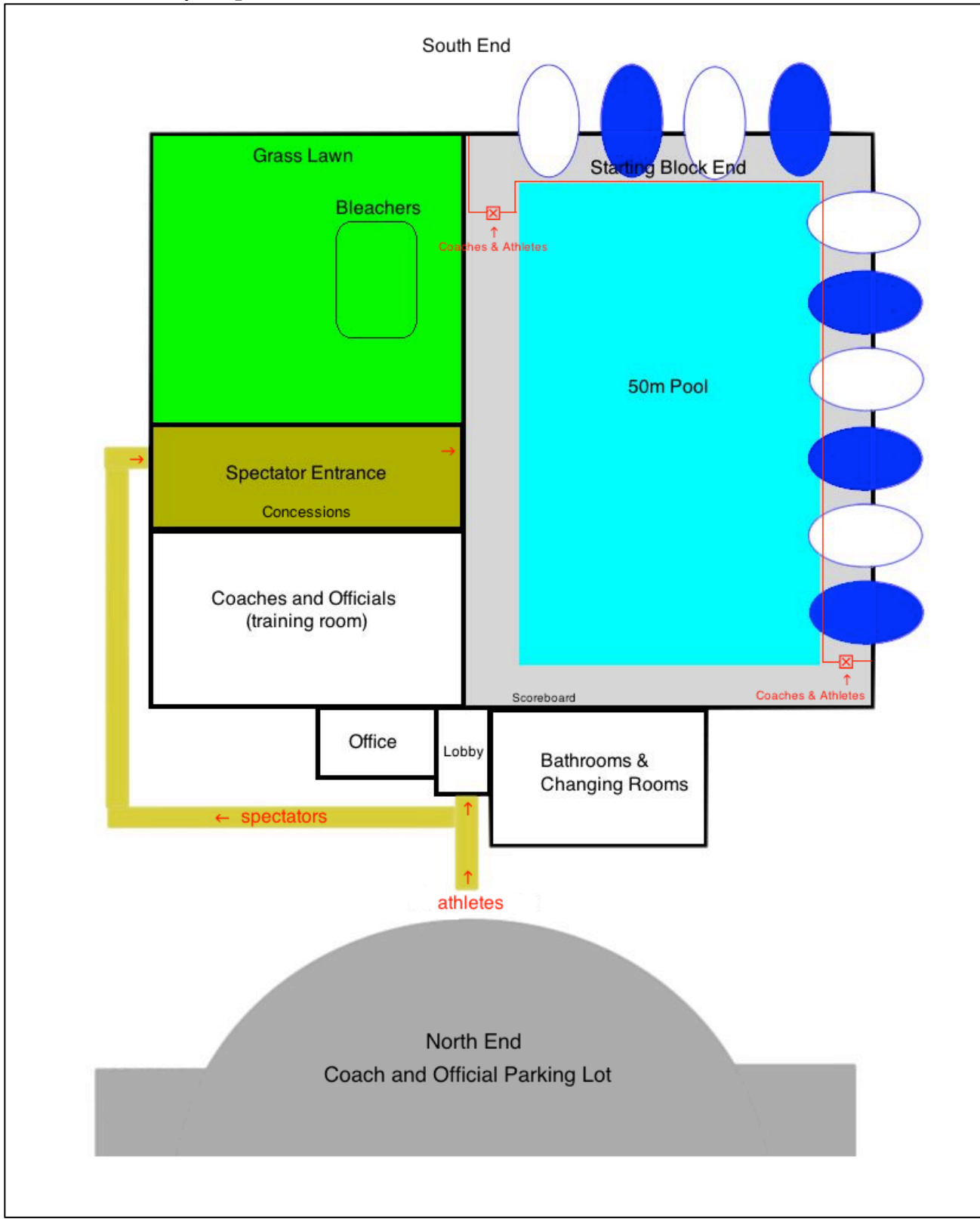
**Saturday PM Start Approximately 30 minutes after the AM Session**

<b>GIRLS EVENT NUMBER</b>	<b>EVENT</b>	<b>BOYS EVENT NUMBER</b>
115	12 & Under 50 Breaststroke	116
117	12 & Under 50 Butterfly	118
119	12 & Under 200 IM	120
121	12 & Under 100 Freestyle	122
123	12 & Under 200 Mixed Freestyle Relay	124
125	12 & Under 200 Butterfly	126
127	12 & Under 200 Backstroke	128
129	12 & Under 200 Breaststroke	130

All events will be swum 12 & Under but scored separately as 10 & Under and 11-12.



# Facility Map:



# 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 shall occur from only the designated end of the pool, swimmers must exit on the opposite end of the pool, and 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 and from the designated end. Swimmers must exit the pool on the opposite end.
- d. There will be no diving in the general warm-up lanes—circle swimming only.
- e. 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 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.
3. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
4. 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."
5. 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.
6. 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.**

