Corpus Christi Aquatic Alliance
Last Chance Time Trial
Hosted by CCAA
July 08, 2018
Sanction # STA-18-60tt

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Held under the sanction of USA Swimming

Welcome: Corpus Christi Aquatic Alliance invites all CCAA members to join us at the Texas A&M University – Kingsville Steinke Physical Education Center pool to compete in the Last Chance Time Trials.

Venue: The Texas A&M University – Kingsville Steinke Physical Education Center pool 910 W Avenue B, Kingsville, TX. The facility is located on the Texas A&M University – Kingsville campus.

Facility: This meet will be conducted in indoor seven lane pool. Four competition lanes three warm up cool down lanes, 50 meter heated pool ranging from 4ft.-6ft. depth with diving from the side of the pool. No starting blocks will be utilized. Stopwatches will be used. Hy-Tek Meet Manager software will be utilized. Parking, spectator areas and bathrooms are available. No tobacco or alcohol is allowed on Texas A&M University – Kingsville campus property during the swim meet which includes the parking lot.

The competition course has not been certified in accordance with 104.2.2.C. (3) & (4). The water depths of the competition course in accordance with 103.2.3 was measured from 1 meter to 5 meters from the starting and turning ends of the course are as follows: Pool: Start End – 4'; Turn End – 4'

Directions: From Corpus Christi take Highway 77 South to Kingsville, take Farm to Market Road 1989/Corral Avenue exit. Take E. Corral Avenue by turning right onto Corral Avenue and follow Corral Avenue to North Armstrong Street. Turn left on North Armstrong Street and take and the second street to the right is West Avenue B. Turn right onto W Avenue B; the Steinke Physical Education Center will be on your right.

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 a sanction for this meet, it is understood and agreed that United States Swimming (USA Swimming) Inc., South Texas Swimming, Inc. (STSI), the Corpus Christi Aquatic Alliance Swim Team, Club Estates Recreation Center and its employees, and all meet officials and volunteers shall be free from any liabilities or claims for damages 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 proved, 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.

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.

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 a 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.

Meet Format: The meet will be conducted in a timed finals format swimming fastest to slowest. The meet will be run as follows:

1) 50 meter events, 100 meter events, 200 meter events, and a 400 meter event followed by a 5 minute break
2) 50 meter events, 100 meter events, 200 meter events, and a 400 meter event followed by a 5 minute break
3) 50 meter events, 100 meter events, and 200 meter events followed by a 5 minute break
4) 50 meter events, 100 meter events, and 200 meter events followed by a 5 minute break
5) 50 meter events, 100 meter events, and 200 meter events followed by a 5 minute break
6) 800/1500 meter freestyle event, if time permits

Events with dissimilar strokes but like distances will be combined and lane separation will not be guaranteed. Swimmers will be seeded by time if provided, otherwise by lot. If there are no entries in the longer distances, that distance will be skipped. Flyover starts may be used and the meet management has the right to make changes.

Age Up Date: The age of the swimmers will be his/her age on July 8, 2018

Time Trials: This is a time trial meet

Qualifying Times: There are no qualifying times.

Entry Limitations: Swimmers may enter up to one individual event per round for a total of five individual events. The Team Manager program should be used to convert yards and short course meters times for seeding purposes. Entries with NT are acceptable; however, coaches are encouraged to generate custom seed times for swimmers with no-times to ensure proper seeding.

Entry Deadline: Entry deadline is Wednesday, June 28, 2018.

Entry Fees: $4.00 per event (includes a Splash Fee of $1.25 per event). The deck entry fee is $5.00. Make checks payable to CCAA.

Entry Procedures: All entries must contain the following:

- The age of the swimmer is his/her age on July 8, 2018.
- The name, email address, and phone number of the person preparing the entries in case clarification is needed.
- An attachment of the Team Manager Hy-Tek HYV export file.
- A WORD/PDF document of the meet entry fees report categorized by swimmer's name.
- Hard Copy and fees must accompany the entries and once accepted will not be refunded.
- Entries submitted via USPS or Overnight Express Mail must have the waiver of signature block signed in order that they may be left at the Meet Director's address without a signature of receipt.
- E-mail entries via Hy-Tek (.CL2 or .HY3) or SDIF compatible file will be accepted. E-mail entries need to be received by the entry deadline and once accepted will not be refunded. The entry chair will acknowledge receipt of e-mails within 24 hours. If no reply, please contact the entry chair

immediately. **Please be sure we receive your check prior to the start of the meet.**

- Please submit your checks and entries to:

CCAA
C/O Annette DuVall
4902 Snowgoose Road
Corpus Christi, TX 78413
Ccaaentries@gmail.com

Deck Entries: Late or deck entries will be accepted on deck at the discretion of the Meet Director. These entries will be seeded/placed in available lanes in pre-seeded heats. Deadline for late entries is the beginning of the previous round. Late/deck entries are $5.00 per event. **Swimmers not previously entered in the meet must present their USA swimming registration or proof of their USA Swimming registration at Clerk of Course to be able to deck enter**. No exceptions.

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: There will be no awards for this meet.

Meet Administration:

Meet Referee:
Lorna Anaya
Phone: 870-814-2890
E-mail: stasanctions@anayamedical.com

Meet Director:
Annette DuVall
Phone: 361-946-5815
E-mail: annetteduvallcpa@gmail.com

Administrative Official:
Cori Gilbert
Phone: 361-563-2597
E-mail: ccaaentries@gmail.com

Head Coach:
Annette DuVall
Phone: 361-946-5815
Email:annetteduvallcpa@gmail.com

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. Uniform will be white polo over khaki.

Timers: All swim teams are expected to participate in the swim meet by providing volunteer timers.

Racing Start Proficiency: 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 a backstroke start with or 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.

Deck Changing: Deck changes are prohibited.

Swimmers with Disabilities: Please notify the Meet Director, Annette DuVall 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 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.

Warm-up Procedures: South Texas Swimming Safety Guidelines and Warm-up procedures will be in effect at this meet (enclosed, see below). Warm-up times and lane assignments will be posted at the pool each day. South Texas Swimming, Inc. warm-up procedures will be enforced. Violators may be disqualified. The pool will be available for open warm-ups as shown on the schedule. The heated instructional pool will not be available. Warm-up times and lane assignments for each team will sent to the coach via email.

Daily Schedule: Warm up: 1:30 p.m.
Clear the pool: 1:45 p.m.
Start time: 2:00 p.m.

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

ORDER OF EVENTS LCM

50
100
200
400
5 minute break
50
100
200
400
5 minute break
50
100
200
5 minute break
50
100
200
5 minute break
50
100
200
5 minute break
800/1500 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 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.