

South Texas Junior STAGS Championship Meet Information



Posted 04/15/18
Revised 05/22/18

Meet: 2018 South Texas Junior STAGS Long Course Championship
Hosted by Corpus Christi Aquatic Alliance (CCAA)
Held under the sanction of USA Swimming

Dates: July 20-22, 2018

**Sanction
Number:** STA-18-45

Venue: Palo Alto College Natatorium
1400 W. Villaret Blvd
San Antonio, TX 78224
210-486-3000

Eligibility: This meet is open to all swimmers through age 18 who are currently registered with South Texas Swimming, and who have achieved the STSI Jr. STAGS qualifying time standards (USA Swimming time slower than the STSI STAGS Time Standards; see attached time standards).

Facility: All deep 8-lane, 50-meter competition pool with a separate warm-up/cool-down pool. A Daktronics timing system and a Hy-tek Meet Manager Software will be utilized. Seating is available for over 1000. Dressing and locker rooms are available on-site. The Natatorium is on Palo Alto College property. No tobacco or alcohol is allowed including the parking lot. A Concession Stand will be provided.

The competition course has been certified in accordance with 104.2.2.C. (3) & (4). The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet 0 inches at the start end and the turn end is 9 feet 0 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.

Liability: In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), Palo Alto College, Corpus Christi Aquatic Alliance (CCAA), and 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.

Sanction: This meet is sanctioned by South Texas Swimming and current USA Swimming Rules and Regulations and any relevant portions of the STSI Policies & Procedures Manual will apply. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming. All swimmers must be registered for 2018 with USA Swimming by the meet start date. Athletes who fail to meet this requirement will not be allowed to compete. 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.

Format: Timed finals for all events, seeded by age group and gender according to the Order of Events on page 7, except as noted. Age groups of identical events may be combined at the discretion of the Meet Referee. All events will swim slowest to fastest with the exception of all relays and the 400 free, 400 IM, and the 1500 free.

The 1500 Free, 400 Free, and 400 IM events will require positive check-in (see page 7 for times) and will be seeded on deck after positive check-in. **These events will swim fastest to slowest. Swimmers must provide their own backup timers and lap counters for the 1500 Free event. Swimmers must provide their own backup timers for the 400 Free and 400 IM events.**

Swimmers in the 1500 Free may request an 800 split time. Swimmers must notify the Meet Referee in advance to request an 800 split and they must complete the 1500 Free distance. In addition, swimmers must provide at least one backup timer if they are requesting an 800 split time.

The meet administration reserves the right to alter meet operations after the entries have been received. Announcements regarding how the meet will be run will be communicated to entry contacts and during the coach meetings, if necessary.

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.

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. All unaccompanied swimmers will be temporarily assigned to a registered USA Swimming coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule 202.5.2.

Qualifying

Times: The qualifying time standards for all individual events are **slower** than STSI STAGS Time Standards. Swimmers may **not** enter any event in which they have achieved the 2017-2018 STSI STAGS Time Standard or faster in any course. In addition, they cannot swim that stroke and distance on any relay team. There are no qualifying times for relay events. Qualifying times must be achieved prior to the first or second entry deadlines.

NT entries will **not** be accepted.

If entering with a non-conforming time (SCY or SCM), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted. Seeding for events shall be in the following order: long course meters, short course meters, short course yards (LSY). Swimmers with short course meters or short course yards times will be seeded last.

Proof of

Time: Proof of time must be submitted with the entries. All entry times must be verifiable using the USA-S SWIMS database. In cases where a claimed time does not appear in SWIMS due to a clerical or posting error, a copy of the official meet results, signed by the Meet Referee, will be an acceptable proof of time. Times used to enter a meet must have been achieved in a USA-S Sanctioned, Approved, or Observed meet. All proofs of times are the responsibility of the entering teams, not the meet host. Entries without an acceptable proof of time will not be accepted.

Age up Date: The age of the swimmer will be his/her age on July 20, 2018.

Entry

Restrictions: An individual swimmer may enter a maximum of three individual events and up to one relay events per day. Swimmers who have achieved the 2017 – 2018 STSI STAGS Qualifying Time Standard or faster in any course may not swim those individual events in the STSI Junior STAGS Championship meet, nor may they swim that stroke and distance on any relay team.

Time Trials:

Time trials will be conducted if time permits. Time trials (if held) will be conducted within 30 minutes of the conclusion of each session. Once the meet entries are received by the meet host, the host will then determine if time permits. If time trials are held, swimmers may enter events during the meet, up to the established cut off time for time trials.

Time trial entrants who are not already entered in the meet must present their current 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) to enter into events. Swimmers may enter up to three time trial events per day if they are not already entered into the meet.

The meet host will schedule time trials in the most efficient way possible without consideration of how many time trial events a single swimmer enters.

Swimmers must be registered with South Texas Swimming to participate in time trials. Participation in a time trial event counts as one of the daily total events allowed for swimmers already entered in the meet. A qualifying time earned during time trials will NOT qualify a swimmer to swim that event at this meet.

Time trial event results will be published with the final meet results.

Time trial entry fees: Individual events \$20.00; Relay events \$40.00 - includes the \$1.25 STSI splash fee

Relay

Entries:

Relay events will be seeded by age group and gender, and will swim fastest to slowest. There are no qualifying times for relay events. Relay team entry times may be determined by the sum of the individual team member's times for the like strokes/distances or the actual time of that relay team achieved in sanctioned competition. Swimmers who have achieved the 2017 – 2018 STSI STAGS Qualifying Time Standard or faster in any course may not swim that stroke and distance on any relay team. Swimmers who earn STSI STAGS Qualifying Time Standard or faster times for the first time during this meet or during time trials (if provided) at this meet are **not** excluded from swimming that stroke and distance on a relay team.

Relay team members must be eligible to swim in the same age group. Swimmers cannot "age up" for relay events. Unlimited number of relays per event per club (A, B, C, etc.) but only two relays per event per club will score. It is recommended that relay swimmer names be included with entries to help enter the relays efficiently at the start of the session.

Relay-only swimmers are not permitted. All relay swimmers must be entered in at least one individual event to be eligible to swim on any relay. Being entered in only a time trial event does not qualify a swimmer to participate in a relay event.

Relay cards must be turned in to the Admin Official or designee with final relay swimmers before event 5 for Friday's relays and by the end of the meet on Friday for Saturday's relays. If a relay card is not turned in, the relay will be scratched. The order of swimmers on the relay team will be strictly enforced in accordance with 102.3.7 of the 2018 USA-S Rules and Regulations.

Entry

Deadlines:

There are two entry deadlines for this meet. The first deadline is **Monday, July 9, 2018**. The first entry deadline is for athletes who have achieved qualifying times prior to this date. If possible, please enter relay teams at the first deadline. This deadline is required to verify swimmers and times in the SWIMS database and correct errors.

The final entry deadline is **Monday, July 16, 2018, by noon** and is dependent of the availability of potential qualifying meets one week in advance of the start. *This will also be the final deadline for all relay entries.* Only swimmers who have achieved a qualifying time **after** the first entry deadline may enter using the second entry deadline. Teams may use the second entry deadline to update swimmer times if necessary. After the first meet entry deadline, any swimmer who achieves the 2017 – 2018 STSI STAGS Qualifying Time Standard or faster in any course for a previously entered event must inform the Entries Chair by the second entry deadline so the athlete can be taken out of that event.

Entry

Requirements: All entries must contain the following information:

- The name, email address, and phone number of the person preparing the entries in case clarification is needed
- An attachment of the Hy-Tek Team Manager or Team Unify export file
- An attached document listing the entries (by swimmer) with proofs of time
- An attached document of the meet entry fees report

If the entry time is not available in SWIMS, proof of time requires all of the following:

- Name and date of meet
- Website address where the results are posted OR a hard copy of the results signed by the meet referee
- Page number where the results may be found

Final entries are only required if there is a change in a team's preliminary entries. The final entries must indicate, by swimmer, the change that was made to the preliminary entry.

Teams with exceptions will be e-mailed notice of same. Teams and entrants are responsible to check the exception report when notified.

Entry

Procedures: \$11.00 per individual event and \$20.00 per relay event – includes the \$1.25 STSI splash fee. Checks made payable to CCAA and sent to:

Annette DuVall
P.O. Box 270216
Corpus Christi, TX 78427

Entry fees must be received by the beginning of the meet (Friday, July 20, 2018). If payment is not received on time the affected swimmers will be scratched from the meet. Please include the meet entry fee report with your check. Once the entry fees are accepted, they will not be refunded for any reason, even if a swimmer should fail to compete. No paper, phone, or fax entries will be accepted. If you don't receive an e-mail confirmation, your entries were not received.

Deck (late)

Entries: Deck entries will be accepted at \$20.00 per individual event and \$40.00 per relay event which includes the \$1.25 STSI splash fee . Swimmers may deck enter for the current session beginning at the start of warm-ups. **Deck entries will close 60 minutes prior to the start of each session.** Swimmers may deck enter for subsequent sessions after deck entries close for the current session. No new heats will be created. Swimmers not previously entered in the meet must 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) to the Clerk of Course to deck enter. *No exceptions.* In addition, the swimmer must present proof-of-time before a deck entry will be accepted.

Warm-up

Procedures: The South Texas Swimming Safety Guidelines and Warm-up Procedures attached to the meet information will be in effect at this meet. The small instructional pool will be available for warm-ups throughout the meet. Warm-up times and lane assignments for each team will be posted at the facility, on the South Texas Swimming website at www.stswim.org, and e-mailed to entry chairs. Warm-ups must be under the direct supervision of a coach at all times.

Scratch

Rules: There is no penalty for failing to scratch from a *pre-seeded* event. Swimmers who fail to compete in a positive check-in event after positive check-in closes will be disqualified from their next individual event. If the athlete has no remaining individual events, the fine is \$100 per event. Illness and injury may be excused by the Meet Referee.

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.

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:

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 Events Committee Chair or designee.

Deck Changing: Deck changes are prohibited.

Special Needs: Please notify Annette DuVall at 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. Adaptive swimmers who would like their events to be seeded in the lane next to the starter should notify the entry chair by the second entry deadline.

Awards: Awards will be given by gender in the following age groups: 10 & Under, 11-12, 13-14, and 15-18
 *Note: The 400 IM will be awarded as follows: 12-14 and 15-18
 Individual events: first through third place: Medals
 Individual events: fourth through eighth place: Ribbons
 Relay Events: first through third place: Ribbons
 Team Awards: first through third place: Banners
Note: Banners will be provided **upon request by the club** (please email the meet director if you would like your banner and it will be shipped to your club).
 There will be no awards presentation. Clubs must pick-up awards during the meet from the awards desk area.

Scoring:

Finals Place ⇒	1	2	3	4	5	6	7	8
Ind. event points	20	17	16	15	14	13	12	11
Finals Place ⇒	9	10	11	12	13	14	15	16
Ind. event points	9	7	6	5	4	3	2	1

Relay Place ⇒	1	2	3	4	5	6	7	8
Relay points	40	34	32	30	28	26	24	22
Relay Place ⇒	9	10	11	12	13	14	15	16
Relay points	18	14	12	10	8	6	4	2

Only two relay teams per event per club will score.

Meet Management:

Meet Referee: Richard Zbranek; 512-916-1200, txson6@gmail.com
Admin. Official and Entry Chair: Cori Gilbert; 361-563-2597, cfgilbert3@gmail.com
Head Coach: Annette DuVall; 361-946-5815, annetteduvalcpa@gmail.com
Meet Director: Annette DuVall; 361-946-5815, annetteduvalcpa@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 and their local LSC for 2018 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Please email the Meet Referee with your certification level and availability so he can plan accordingly. The uniform will be navy polo shirts over khaki pants, skirts, no shorts for all sessions. Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials’ briefing and to receive your assignments. The wearing of name tags is strongly encouraged.

**Daily
Schedule:**

Friday:

Warm-ups begin	7:00 AM
Clear competition pool	8:20 AM
Coaches' meeting	8:20 AM
National Anthem	8:40 AM
Sessions begin	8:45 AM

Check-in time for the 400 freestyle is Friday by 8:15 AM.

Saturday/Sunday:

Warm-ups begin	7:00 AM
Clear competition pool	8:20 AM
Coaches' meeting	8:20 AM
National Anthem	8:40 AM
Sessions begin	8:45 AM

Check-in time for the 400 IM and 1500 freestyle is 9:45 AM on the morning of the event. If additional coach meetings are required, the meet host and meet referee will announce the meeting times.

Timers:

Each participating team is required to provide backup timers in proportion to the number of swimmers entered in the meet. Swimmers competing in the 1500 freestyle event must provide their own backup timers and lap counters. Swimmers competing in the 400 freestyle and 400 IM events must provide their own backup timers.

Meet Updates/

Results:

When provided by the meet host, the estimated starting and ending times for each session, the psych sheet, and other meet information will be posted to the South Texas Swimming website (www.stswim.org) approximately two days prior to the meet's start date. Meet results, when provided by the meet host, will be linked to the South Texas Swimming website.

2018 STSI Long Course Junior STAGS Championship



Women's Event #	Friday July 20, 2018	Men's Event#
1	12 & Under 400 Free*	2
3	13 & Over 400 Free*	4
5	12 & Under 50 Fly	6
7	11-12 200 Back	8
9	13 & Over 200 Back	10
11	12 & Under 100 Free	12
13	13 & Over 100 Free	14
15	11-12 200 Breast	16
17	13 & Over 200 Breast	18
19	12 & Under 200 Free Relay	20
21	13 & Over 400 Free Relay	22

Women's Event #	Saturday July 21, 2018	Men's Event #	Women's Event #	Sunday July 22, 2018	Men's Event #
23	12 & Under 100 Fly	24	45	12 & Under 50 Breast	46
25	13 & Over 100 Fly	26	47	11-12 200 Fly	48
27	12 & Under 100 Breast	28	49	13 & Over 200 Fly	50
29	13 & Over 100 Breast	30	51	12 & Under 100 Back	52
31	12 & Under 200 Free	32	53	13 & Over 100 Back	54
33	13 & Over 200 Free	34	55	12 & Under 50 Free	56
35	12 & Under 50 Back	36	57	13 & Over 50 Free	58
37	12 & Under 200 Medley Relay	38	59	12 & Under 200 IM	60
39	13 & Over 400 Medley Relay	40	61	13 & Over 200 IM	62
41	12-14 400 IM**	42	63	11-12 1500 Free+	64
43	15 & Over 400 IM**	44	65	13 & Over 1500 Free+	66

All events are timed finals and will swim slowest to fastest with the exception of all relays and the 400 free, 400 IM and 1500 free.

The 400 Free, 400 IM, and 1500 Free events require positive check-in and will be deck seeded. These events will swim fastest to slowest.

*Check-in time for Events 1-4 (400 Free) on Friday is 8:15 AM.

Swimmers must provide their own backup timers and lap counters for the 1500 Free event. Swimmers must provide their own backup timers for the 400 Free and 400 IM events.

** Check-in time for Events 41-44 (400 IM) on Saturday is 9:45 AM.

+Check-in time for Events 63-66 (1500 Free) on Sunday is 9:45 AM.

STSI Jr. STAGS Qualifying Times

		Long Course	Short Course			Long Course	Short Course
	Yards	Meters	Meters		Yards	Meters	Meters
10 and Under GIRLS	Slower than STAGS Qualifying Time	Slower than STAGS Qualifying Time	Slower than STAGS Qualifying Time	10 and Under BOYS	Slower than STAGS Qualifying Time	Slower than STAGS Qualifying Time	Slower than STAGS Qualifying Time
50 Free	31.39	35.69	34.89	50 Free	30.99	35.49	34.19
100 Free	1:09.99	1:17.89	1:15.49	100 Free	1:09.69	1:19.89	1:16.99
200 Free	2:34.59	2:49.49	2:43.89	200 Free	2:29.39	2:50.79	2:44.99
500/400 Free	6:44.89	6:05.39	5:53.39	500/400 Free	6:37.39	5:59.59	5:47.79
50 Back	36.69	43.69	43.09	50 Back	37.09	42.99	40.99
100 Back	1:19.29	1:32.69	1:27.69	100 Back	1:19.19	1:31.49	1:27.49
50 Breast	41.79	47.49	46.19	50 Breast	40.99	46.99	45.29
100 Breast	1:31.89	1:46.29	1:41.49	100 Breast	1:30.19	1:44.19	1:39.59
50 Fly	36.19	40.49	39.79	50 Fly	35.39	40.19	39.09
100 Fly	1:24.09	1:35.99	1:32.99	100 Fly	1:23.49	1:34.99	1:32.29
200 IM	2:52.69	3:17.09	3:10.79	200 IM	2:50.99	3:15.39	3:08.89
		Long Course	Short Course			Long Course	Short Course
	Yards	Meters	Meters		Yards	Meters	Meters
11-12 GIRLS	Slower than STAGS Qualifying Time	Slower than STAGS Qualifying Time	Slower than STAGS Qualifying Time	11-12 BOYS	Slower than STAGS Qualifying Time	Slower than STAGS Qualifying Time	Slower than STAGS Qualifying Time
50 Free	27.79	31.19	30.29	50 Free	27.69	31.59	30.79
100 Free	1:00.19	1:08.19	1:05.79	100 Free	1:00.99	1:08.79	1:06.39
200 Free	2:12.39	2:28.29	2:22.69	200 Free	2:13.39	2:32.49	2:27.49
500 Free	5:56.99	5:19.79	5:07.79	500 Free	5:57.69	5:21.89	5:12.99
1650 Free	21:20.59	22:04.99	21:13.09	1650 Free	20:52.99	21:37.39	20:45.69
50 Back	32.39	37.49	36.29	50 Back	32.29	37.49	35.69
100 Back	1:09.49	1:19.49	1:17.69	100 Back	1:09.29	1:21.49	1:16.59
200 Back	2:30.19	2:51.59	2:47.29	200 Back	2:27.99	2:52.19	2:43.49
50 Breast	36.89	41.99	40.79	50 Breast	36.19	41.59	39.99
100 Breast	1:19.79	1:33.79	1:28.89	100 Breast	1:18.39	1:30.39	1:26.59
200 Breast	2:54.09	3:19.49	3:12.39	200 Breast	2:47.09	3:12.59	3:04.59
50 Fly	30.59	34.09	33.39	50 Fly	30.89	34.49	33.79
100 Fly	1:09.09	1:18.89	1:16.79	100 Fly	1:09.59	1:18.59	1:16.89
200 Fly	2:34.99	2:55.59	2:50.69	200 Fly	2:31.39	2:53.19	2:47.29
200 IM	2:30.69	2:53.99	2:48.39	200 IM	2:30.89	2:53.89	2:46.69
400 IM - 12 only	5:07.89	5:49.19	5:37.19	400 IM - 12 only	4:51.99	5:36.59	5:23.79

Revised 10/21/16

* The 12-year-old time standard for the 400 IM for **championship meets** is the 13-14 time standard.

STSI Jr. STAGS Qualifying Times

		Long Course	Short Course			Long Course	Short Course
	Yards	Meters	Meters		Yards	Meters	Meters
13-14 GIRLS	Slower than STAGS Qualifying Time	Slower than STAGS Qualifying Time	Slower than STAGS Qualifying Time	13-14 BOYS	Slower than STAGS Qualifying Time	Slower than STAGS Qualifying Time	Slower than STAGS Qualifying Time
50 Free	26.39	30.19	29.39	50 Free	24.69	28.19	27.39
100 Free	57.09	1:05.09	1:02.69	100 Free	53.29	1:00.39	57.99
200 Free	2:05.59	2:22.59	2:16.99	200 Free	1:57.59	2:13.89	2:08.29
500/400 Free	5:38.39	5:04.29	4:52.29	500/400 Free	5:21.79	4:47.39	4:35.39
1650/1500 Free	20:02.99	20:39.79	19:55.99	1650/1500 Free	19:07.59	19:48.39	19:00.89
100 Back	1:04.69	1:15.39	1:13.59	100 Back	1:01.19	1:12.29	1:08.19
200 Back	2:21.49	2:40.89	2:36.69	200 Back	2:14.69	2:35.19	2:28.79
100 Breast	1:14.99	1:27.79	1:24.79	100 Breast	1:09.79	1:21.29	1:17.09
200 Breast	2:43.79	3:09.19	3:01.89	200 Breast	2:32.89	2:56.79	2:48.89
100 Fly	1:04.19	1:12.69	1:10.59	100 Fly	1:00.59	1:07.69	1:05.59
200 Fly	2:25.79	2:45.69	2:41.09	200 Fly	2:15.69	2:36.19	2:29.99
200 IM	2:22.99	2:44.59	2:38.99	200 IM	2:14.79	2:33.39	2:27.79
400 IM	5:07.89	5:49.19	5:37.19	400 IM	4:51.99	5:36.59	5:23.79
		Long Course	Short Course			Long Course	Short Course
	Yards	Meters	Meters		Yards	Meters	Meters
15-18 GIRLS	Slower than STAGS Qualifying Time	Slower than STAGS Qualifying Time	Slower than STAGS Qualifying Time	15-18 BOYS	Equal to or Faster than STAGS Qualifying Time	Equal to or Faster than STAGS Qualifying Time	Equal to or Faster than STAGS Qualifying Time
50 Free	25.99	29.99	29.19	50 Free	23.39	27.29	26.49
100 Free	56.09	1:04.69	1:02.29	100 Free	50.59	58.69	56.29
200 Free	2:03.89	2:21.59	2:15.99	200 Free	1:52.49	2:10.19	2:04.59
500/400 Free	5:25.79	4:59.29	4:47.29	500/400 Free	5:07.49	4:39.59	4:27.59
1650/1500 Free	19:47.29	20:20.49	19:40.39	1650/1500 Free	18:30.39	18:59.09	18:23.89
100 Back	1:04.19	1:15.39	1:11.49	100 Back	58.19	1:08.89	1:04.79
200 Back	2:20.69	2:42.09	2:35.49	200 Back	2:08.49	2:28.89	2:21.99
100 Breast	1:14.49	1:25.39	1:22.39	100 Breast	1:05.69	1:16.99	1:13.49
200 Breast	2:41.29	3:05.39	2:58.19	200 Breast	2:24.09	2:48.39	2:39.79
100 Fly	1:03.69	1:12.69	1:10.59	100 Fly	56.39	1:05.59	1:03.49
200 Fly	2:22.89	2:41.39	2:37.99	200 Fly	2:09.79	2:27.99	2:23.09
200 IM	2:22.09	2:44.29	2:38.69	200 IM	2:06.49	2:26.29	2:20.69
400 IM	5:06.49	5:49.69	5:38.69	400 IM	4:42.09	5:20.59	5:11.69

Revised 10/21/16

*** The 12-year-old time standard for the 400 IM for championship meets is the 13-14 time standard.**

NOTE: If entering with a non-conforming time (SCM or SCY), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted.

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.

STSI Safety Guidelines and Warm-up Procedures last Revised 10/9/2016