

*The University of Texas at Austin and*



LONGHORN AQUATICS  
**Long Course Time Trial**

July 20, 2018

**Closed Meet**

Held under the sanction of USA Swimming

**Facility:** The Lee and Joe Jamail Texas Swimming Center has an indoor 8 lane 50 meter competition pool. The pool is considered one of the fastest pools in the world due to its depth, gutter system, high filtration rate and lane width. For the this time trial meet the competition course *has* been certified in accordance with 104.2.2C(4).

The Swim Center is located on the University of Texas Campus, 1900 Red River Street, one block west of I-35 on the northwest corner of the intersection of Martin Luther King Boulevard and Red River Street.

**Water Depths:** The minimum water depth, measured in accordance with Article 103.2.3, is 9 feet at the start end and the turn end is 9 feet measured for a distance of 1.0 meter to 5.0 meters from both end walls.

**Course Certification:** The competition course has been certified in accordance with 104.2.2C(4) and a copy is on file with USA Swimming.

**Age Restrictions:** 17 and up. Only open to Longhorn Aquatics/UT athletes.

**Age of Date:** Friday, July 20, 2018.

**Liability:** In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), The University of Texas, the Lee and Joe Jamail Swimming Center, Longhorn Aquatics, and all meet staff and officials 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.

**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.

**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.

**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.

**USA Swimming Registration:** All swimmers, coaches, and officials participating in this competition must be currently (2018) 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 deck enter, if offered, will be required to present their USA Swimming ID card or proof of membership using the USA Swimming Deck Pass app 3) 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. South Texas Swimming does not allow on-deck USA Swimming registrations.

**Schedule:** This meet is one session only. Warmup: 3:30 PM. Start: 4:30 PM.

**Coaches Meeting:** No coaches meeting will be held.

**Qualifying Times:** This will be a proof of time meet. Times must be faster than ST Jr. STAGS- times attached.

**Time Trials:** This is a time trial meet.

**Relays:** There will be no relays.

**Deck Entries:** No deck entries will be taken.

**Awards:** No awards will be given out.

**Positive Check-in:** No positive check-in events for this meet.

**Meet Format:** All events will be timed final events swimming fastest to slowest.

**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 proficient in backstroke starts with or without ledges. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirements.

**Entries:** Swimmers may enter as many events as needed with a maximum of six (6).

**Entries Deadline:** Tuesday, July 16, 2018

**Entry Fees:** No entries fees will be charged.

<b>Meet Referee:</b>	Marc Digby	512-633-0002	<a href="mailto:mdigby@AESAustin.com">mdigby@AESAustin.com</a>
<b>Admin:</b>	Heather Bleasdel	512-632-2693	<a href="mailto:hblesdell@hotmail.com">hblesdell@hotmail.com</a>
<b>Head Coach:</b>	Mike Laitala	512-471-4733	<a href="mailto:mike.laitala@austin.utexas.edu">mike.laitala@austin.utexas.edu</a>
<b>Meet Director/ Entries:</b>	Bridgette Laitala	512-471-4733	<a href="mailto:bridgette.rhoades@austin.utexas.edu">bridgette.rhoades@austin.utexas.edu</a>

**Special Needs:** A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. Please notify the Texas Swimming Center at 512-471-7703 in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The Texas Swimming Center 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. 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 deck officials must be registered with USA Swimming and their respective LSCs for 2018 and have a current Background Check acknowledged by USA Swimming and current Athletic Protection Training.

**Deck Access:** Only currently registered TXLA/UT coaches and officials will be allowed access beyond the front desk of the Texas Swimming Center.

**Concealed Carry 30.06: Concealed Carry 30.06:** (Campus Carry) Pursuant to Section 30.06, Penal Code (trespass by license holder with a concealed handgun), a person licensed under Subchapter H, Chapter 411, Government Code (handgun licensing law), may not enter this property with a concealed handgun. For more information visit <http://campuscarry.utexas.edu/>

**Deck Changing:** Deck changes are prohibited.

**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 Events Programs Committee or designee.

## Long Course Time Trial: Order of Events

All events will be swam in LCM  
 Friday, July 20, 2018

Event #	Event
1	Women's 200 Free
2	Men's 200 Free
3	Women's 200 IM
4	Men's 200 IM
5	Women's 50 Free
6	Men's 50 Free
7	Women's 100 Back
8	Men's 100 Back
9	Women's 100 Breast
10	Men's 100 Breast
11	Women's 100 Fly
12	Men's 100 Fly
13	Women's 100 Free
14	Men's 100 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.***

## 2018 SCY STAGS TIME STANDARDS - 10/2/2017

Girls 10&U	Girls 11-12	Girls 13-14	Girls 15-18	EVENT	Boys 10&U	Boys 11-12	Boys 13-14	Boys 15-18
31.39	27.79	26.39	25.99	<b>50 Free</b>	30.99	27.69	24.69	23.39
1:09.99	1:00.19	57.09	56.09	<b>100 Free</b>	1:09.69	1:00.99	53.29	50.59
2:34.59	2:12.39	2:05.59	2:03.89	<b>200 Free</b>	2:29.39	2:13.39	1:57.59	1:52.49
6:44.89	5:56.99	5:38.39	5:25.79	<b>500 Free</b>	6:37.39	5:57.69	5:21.79	5:07.49
	21:20.59	20:02.99	19:47.29	<b>1650 Free</b>		20:52.99	19:07.59	18:30.39
36.69	32.39			<b>50 Back</b>	37.09	32.29		
1:19.29	1:09.49	1:04.69	1:04.19	<b>100 Back</b>	1:19.19	1:09.29	1:01.19	58.19
	2:30.19	2:21.49	2:20.69	<b>200 Back</b>		2:27.99	2:14.69	2:08.49
41.79	36.89			<b>50 Breast</b>	40.99	36.19		
1:31.89	1:19.79	1:14.99	1:14.49	<b>100 Breast</b>	1:30.19	1:18.39	1:09.79	1:05.69
	2:54.09	2:43.79	2:41.29	<b>200 Breast</b>		2:47.09	2:32.89	2:24.09
36.19	30.59			<b>50 Fly</b>	35.39	30.89		
1:24.09	1:09.09	1:04.19	1:03.69	<b>100 Fly</b>	1:23.49	1:09.59	1:00.59	56.39
	2:34.99	2:25.79	2:22.89	<b>200 Fly</b>		2:31.39	2:15.69	2:09.79
1:20.79	1:10.39			<b>100 IM</b>	1:19.49	1:09.09		
2:52.69	2:30.69	2:22.99	2:22.09	<b>200 IM</b>	2:50.99	2:30.89	2:14.79	2:06.49
	5:07.89	5:07.89	5:06.49	<b>400 IM</b>		4:51.99	4:51.99	4:42.09

12-14 400 IM

12-14 400 IM

## 2018 LCM STAGS TIME STANDARDS - 10/2/2017

Girls 10&U	Girls 11-12	Girls 13-14	Girls 15-18	EVENT	Boys 10&U	Boys 11-12	Boys 13-14	Boys 15-18
35.69	31.19	30.19	29.99	<b>50 Free</b>	35.49	31.59	28.19	27.29
1:17.89	1:08.19	1:05.09	1:04.69	<b>100 Free</b>	1:19.89	1:08.79	1:00.39	58.69
2:49.49	2:28.29	2:22.59	2:21.59	<b>200 Free</b>	2:50.79	2:32.49	2:13.89	2:10.19
6:05.39	5:19.79	5:04.29	4:59.29	<b>400 Free</b>	5:59.59	5:21.89	4:47.39	4:39.59
	11:31.59	10:47.99	10:35.39	<b>800 Free</b>		11:18.59	10:22.19	10:00.39
	22:04.99	20:39.79	20:20.49	<b>1500 Free</b>		21:37.39	19:48.39	18:59.09
43.69	37.49			<b>50 Back</b>	42.99	37.49		
1:32.69	1:19.49	1:15.39	1:15.39	<b>100 Back</b>	1:31.49	1:21.49	1:12.29	1:08.89
	2:51.59	2:40.89	2:42.09	<b>200 Back</b>		2:52.19	2:35.19	2:28.89
47.49	41.99			<b>50 Breast</b>	46.99	41.59		
1:46.29	1:33.79	1:27.79	1:25.39	<b>100 Breast</b>	1:44.19	1:30.39	1:21.29	1:16.99
	3:19.49	3:09.19	3:05.39	<b>200 Breast</b>		3:12.59	2:56.79	2:48.39
40.49	34.09			<b>50 Fly</b>	40.19	34.49		
1:35.99	1:18.89	1:12.69	1:12.69	<b>100 Fly</b>	1:34.99	1:18.59	1:07.69	1:05.59
	2:55.59	2:45.69	2:41.39	<b>200 Fly</b>		2:53.19	2:36.19	2:27.99
3:17.09	2:53.99	2:44.59	2:44.29	<b>200 IM</b>	3:15.39	2:53.89	2:33.39	2:26.29
	5:49.19	5:49.19	5:49.69	<b>400 IM</b>		5:36.59	5:36.59	5:20.59

12-14 400 IM

12-14 400 IM

## 2018 SCM STAGS TIME STANDARDS - 3/09/2018

Girls 10&U	Girls 11-12	Girls 13-14	Girls 15-18	EVENT	Boys 10&U	Boys 11-12	Boys 13-14	Boys 15-18
34.89	30.29	29.39	29.19	<b>50 Free</b>	34.19	30.79	27.39	26.49
1:15.49	1:05.79	1:02.69	1:02.29	<b>100 Free</b>	1:16.99	1:06.39	57.99	56.29
2:43.89	2:22.69	2:16.99	2:15.99	<b>200 Free</b>	2:44.99	2:27.49	2:08.29	2:04.59
5:53.39	5:07.79	4:52.29	4:47.29	<b>400 Free</b>	5:47.79	5:12.99	4:35.39	4:27.59
	11:06.19	10:31.59	10:22.09	<b>800 Free</b>		10:54.59	10:00.99	9:39.89
	21:13.09	19:55.99	19:40.39	<b>1500 Free</b>		20:45.69	19:00.89	18:23.89
43.09	36.29			<b>50 Back</b>	40.99	35.69		
1:27.69	1:17.69	1:13.59	1:11.49	<b>100 Back</b>	1:27.49	1:16.59	1:08.19	1:04.79
	2:47.29	2:36.69	2:35.49	<b>200 Back</b>		2:43.49	2:28.79	2:21.99
46.19	40.79			<b>50 Breast</b>	45.29	39.99		
1:41.49	1:28.89	1:24.79	1:22.39	<b>100 Breast</b>	1:39.59	1:26.59	1:17.09	1:13.49
	3:12.39	3:01.89	2:58.19	<b>200 Breast</b>		3:04.59	2:48.89	2:39.79
39.79	33.39			<b>50 Fly</b>	39.09	33.79		
1:32.99	1:16.79	1:10.59	1:10.59	<b>100 Fly</b>	1:32.29	1:16.89	1:05.59	1:03.49
	2:50.69	2:41.09	2:37.99	<b>200 Fly</b>		2:47.29	2:29.99	2:23.09
				<b>100 IM</b>				
3:10.79	2:48.39	2:38.99	2:38.69	<b>200 IM</b>	3:08.89	2:46.69	2:27.79	2:20.69
	5:37.19	5:37.19	5:38.69	<b>400 IM</b>		5:23.79	5:23.79	5:11.69

12-14 400 IM

12-14 400 IM





