



# Alamo Area Aquatic Association

[www.aaaa-sa.org](http://www.aaaa-sa.org)



## Meet Information

Conducted under Sanction by USA and South Texas Swimming  
Sanction Number: STA-18-93 Posted: 10/05/18

- Meet** •2018 ST AAAA / Nadadores Holiday Slower Than "BB"
- Date(s):** •December 8 and 9, 2018
- Venue:** •San Antonio Natatorium  
•1430 West Cesar Chávez Blvd.  
•San Antonio, TX 78207  
•210-207-3299
- Daily Schedule:**
- |                               |                      |
|-------------------------------|----------------------|
| •Doors open at                | •0700                |
| •Warm-ups begin at            | •0730                |
| •Officials meet at            | •0745                |
| •Late / deck entries close at | •0815                |
| •Event check-ins by           | •0830                |
| •Coaches meet at              | •0845 (Meeting Room) |
| •Pool cleared at              | •0850                |
| •Competition begins at        | •0900                |
- Meet Format:**
- Timed finals
  - All events will be gender mixed, seeded by time alone and swum fastest to slowest without regard to age
  - Events 400-yards and longer will be seeded on deck and require a positive check-in by 0830 on the day of the event
    - The 500-yard Freestyle and the 400-yard Individual Medley will be limited to the fastest six (6) heats of each event
  - Events 200-yards and less will be pre-seeded
  - Entries received without a seed time (NT) will not be accepted and no entry fees will be refunded
  - Fly-over Starts may be used
  - No relays
  - No time trials
  - The estimated time lines will be posted by 2100, Tuesday, December 4, 2018
- Facility:**
- Eight (8)-lane, 25-yard competition course
  - Daktronics automatic starting and timing
  - Water depth: 5.5 feet at start and 4.0 feet at turn end as measured one and five meters from either end wall in accordance with Article 103.2.3.
  - The pool has not been surveyed and certified in accordance with USA Swimming Rule 104.2.2C(4).
  - South pool will be available for warm-ups and cool-downs
  - The diving well will be closed.
- Facility Rules, and Policies:**
- Deck changing is prohibited
  - Two-piece swim wear is prohibited
- Entries**
- Open:**
- For AAAA Teams:1200 hours, Tuesday, November 20, 2018
  - For all other teams, 1200 hours, Wednesday, November 21, 2018
- Entry Deadline:**
- For All teams, 1200 hours, Tuesday, November 27, 2018
- Age-up Date:**
- December 8, 2018
- Awards:**
- Ribbons for 12 and unders only!
    - 8 and under / 9 and 10 / 11 and 12, places one through eight
- Drones:**
- Operation of drones, or any other flying apparatus, is prohibited over the venue (pools, athlete / coach areas and open-ceiling locker rooms) any time athletes, coaches, officials and / or spectators are present.
- Liability:**
- In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the San Antonio Independent School District, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet. 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.

- Sanction:**
- Held under the sanction of USA Swimming and South Texas Swimming
  - Current USA Swimming rules and any relevant sections of the South Texas Policies and Procedures Manual will apply
  - All swimmers must be registered as athletes for 2018 or 2019 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 or 2019 USA Swimming registration card – OR - a coach may present the club's official, water-marked roster from the USA Swimming club portal, or proof of membership using the USA Swimming Deck Pass app
  - South Texas Swimming does not allow on-deck USA Swimming registrations
  - Conduct of the sanctioned events 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 or 2019) 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, if possible, choose to late enter; will be required to present their USA Swimming ID card or proof of membership using the USA Swimming Deck Pass Application
  - A coach may also 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

#### Cell Phone

- Restrictions:**
- The presence and / 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, rest rooms, or changing areas is strictly and specifically prohibited at all times.
  - There are no exceptions to this prohibition.
  - Violators are subject to disqualification from the meet, disbarment from the facility and arrest.

#### Photographs

#### And Videos:

- No team or parent photographers will be allowed on deck.
- In the event such personnel from the media 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 must stay out of the area immediately behind the starting blocks, and are specifically prohibited from taking photographs during the start phase of any race

#### Entry

#### Procedures

- The only acceptable mode of entry is via Hy-Tek Commlink File
- A hard copy or pdf file and Entry Fee Report must be included with entries
- If you have questions on this procedure contact Don Walker at the e-mail address noted below
- An "HYV" File for Team Manager is available on the Meet Calendar Page of the AAAA Web Site ([www.aaaa-sa.org](http://www.aaaa-sa.org))
- Entries received without a seedtime (NT) will not be entered into this mostly pre-seeded meet and any entry fees will not be refunded

#### E-Mail

#### Entries:

- Entries in Commlink Format only, MUST be sent to: **dmw15479@aol.com**
- The Commlink File must be renamed to clearly identify the entering team, the shorter the better
- Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded
- Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (hard copy) is received as an attachment to the e-mail or hand-delivered to the meet director

#### Entry

#### Restrictions:

- This meet is open to all USA swimming athletes who a properly registered for either 2018 or 2019
- Swimmers may enter a maximum for five (5) events per day

#### Entry

#### Fees:

- \$8.00 per event, which includes the \$1.25 STSI Splash Fee
  - Late entries \$16.00 per event, which includes the \$1.25 STSI Splash Fee
  - Checks payable to: San Antonio Nadadores
- Mail to:  
Donald Walker  
18419 Crossprairie  
San Antonio, TX 78258

#### Scratch

#### Rules:

- There is no penalty for being a NO SHOW (Scratching) from a pre-seeded event
- Checking in for a deck seeded event and subsequently failing to appear for the competition is prohibited and violators will be disqualified from their next scheduled event.

**Late / Deck****Entries:**

- Only to fill empty lanes – no new heats will be created
- Late / deck entries will close at 0815 each day

**Qualifying****Times:**

- In order to enter this competition, swimmers must have never achieved a 2017 – 2020 National “BB” motivational time in any event entered.

**Meet****Management:**

- Hy-Tek Meet Manager 6.0
- Meet Director:**
  - Donald Walker
  - 210-861-0789
  - dmw15479@aol.com
- Meet Referee:**
  - Tim Byerly
  - 361-548-0879
  - timbyerly1985@gmail.com
- Entries Chair:**
  - Donald Walker
  - 210-861-0789
  - dmw15479@aol.com
- Administrative Official:**
  - Didi Byerly
  - 361-549-8887
  - didibyerly@aol.com

**Rules:**

- The 2018 USA Swimming Rules and any relevant sections of the current STSI Policies and Procedures Manual will apply

**Warm-ups:**

- Warm-ups will be conducted IAW the current STSI Safety Guidelines and Warm-up Procedures noted on page five (5)

**Unaccompanied****Swimmers**

- Every swimmer entered in this 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 unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

**Scoring:**

- Not scored!

**Special Needs:**

- Please notify the San Antonio Natatorium (210-207-3299) in advance of this event with the name and age of any member on your team who needs assistance to enter the pool area.
- The Natatorium 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 by the end of warm-ups if they are to be considered to be judged under Article 105 and / or if any specialized equipment is required.

**Timers:**

- Volunteer timers will be required and greatly appreciated

**Officials:**

- All 2018 - 2019 certified / registered and in-training USA Swimming officials are cordially invited to assist in the conduct of this meet
- The uniform for officials is white collared shirts or blouses over khaki trousers, Bermuda-length shorts, skirts or capris
- PLEASE: No short shorts, jeans or flip-flops
- Officials must prominently display their South Texas and USA Swimming credentials while on deck
- Wearing of name tags is strongly encouraged



# Order of the Events / Distances in Yards

Girl's Ev. #	Slower Than:	Age Group	Distance And Stroke	Slower Than:	Boy's Ev. #
<b>1</b>	---	8 & U	200 Free	---	<b>2</b>
	2:57.39	9 & 10		2:47.99	
	2:29.69	11 & 12		2:24.59	
	2:22.19	13 & O		2:12.79	
<b>3</b>	---	8 & U	50 Fly	---	<b>4</b>
	0:4.79	9 & 10		0:41.79	
	0:34.09	11 & 12		0:34.19	
<b>5</b>	---	8 & U	100 Breast	---	<b>6</b>
	1:44.99	9 & 10		1:41.89	
	1:27.39	11 & 12		1:25.49	
<b>7</b>	---	8 & U	50 Back	---	<b>8</b>
	0:41.89	9 & 10		0:42.39	
	0:35.59	11 & 12		0:35.29	
<b>9</b>	---	10	200 Fly	---	<b>10</b>
	2:47.89	11 & 12		2:43.99	
	2:37.89	13 & O		2:26.99	
<b>11</b>	---	8 & U	100 Free	---	<b>12</b>
	1:19.99	9 & 10		1:18.79	
	1:08.29	11 & 12		1:05.89	
	1:05.79	13 & O		1:00.89	
<b>13</b>	---	8 & U	100 I-M	---	<b>14</b>
	1:31.69	9 & 10		1:29.39	
	1:18.39	11 & 12		1:14.99	
<b>15</b>	---	8 & U	500 Free	---	<b>16</b>
	7:35.49	9 & 10		7:26.99	
	6:38.39	11 & 12		6:27.49	
	6:20.09	13 & O		5:58.99	

Girl's Ev.#	Slower Than:	Age Group	Distance And Stroke	Slower Than:	Boy's Ev. #
<b>17</b>	---	8 & U	200 I-M	---	<b>18</b>
	3:15.59	9 & 10		3:13.19	
	2:47.79	11 & 12		2:44.19	
	2:39.19	13 & O		2:28.59	
<b>19</b>	---	8 & U	50 Free	---	<b>20</b>
	0:35.19	9 & 10		0:34.49	
	0:31.49	11 & 12		0:30.29	
	0:30.29	13 & O		0:27.89	
<b>21</b>	---	10	200 Back	---	<b>22</b>
	2:43.99	11 & 12		2:40.29	
	2:35.39	13 & O		2:25.89	
<b>23</b>	---	8 & U	50 Breast	---	<b>24</b>
	0:47.49	9 & 10		0:46.59	
	0:39.99	11 & 12		0:39.59	
<b>25</b>	---	8 & U	100 Back	---	<b>26</b>
	1:30.69	9 & 10		1:29.69	
	1:18.49	11 & 12		1:15.79	
	1:11.69	13 & O		1:06.89	
<b>27</b>	---	10	200 Breast	---	<b>28</b>
	3:08.59	11 & 12		3:00.99	
	2:58.29	13 & O		2:45.59	
<b>29</b>	---	8 & U	100 Fly	---	<b>30</b>
	1:39.09	9 & 10		1:37.99	
	1:18.29	11 & 12		1:16.49	
	1:11.39	13 & O		1:06.39	
<b>31</b>	---	10	400 I-M	---	<b>32</b>
	5:56.79	11 & 12		5:46.39	
	5:39.69	13 & O		5:17.39	

**•PLEASE NOTE:**

- All events are gender mixed
- The 400 I-M and 500 Free will require a positive check-in by 0830 on the day of the event.
  - These events will also be limited to the fastest six (6) heats
- Swimmers in the 400 I-M will be required to provide their own backup timers
- Swimmers in the 500 Free will be required to provide their own backup timers and lap counters

# 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.**