



San Antonio Wave Wave into '19 January 6, 2019

Sanction #: STA-19-07

Held under the sanction of USA Swimming

Venue: 1400 W. Villaret Blvd, San Antonio, Texas 78224 (210) 486-3000

Facility: All deep two, 8 lane, 25-yard competition pools 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.

Water Depth: The minimum water depth, measured in accordance with Article 103.2.3, is 7 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). The copy of such certification is on file with USA Swimming.

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 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 2019 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 this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the San Antonio Wave, the Palo Alto College, and all meet 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.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently (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 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: All events will be timed finals, swum in two short course yard pools (odd and even heats), pre-seeded only by time regardless of gender with no lane separation in between genders. The odd heats will be on the bulk head side and the even heats on the diving well side. All events shall be swum fastest to slowest. The meet may be run using Fly over starts. There will be no time trials. There will be no relays. Positive check-in is required for the 400 IM and 500 Free. There will be a maximum of 4 heats of 500 Free. The fastest 32 swimmers will be entered in these events. If more than 32 swimmers enter these events, the meet host will notify the coaches of the swimmers who will be removed from the events. It will be up to the meet official to add additional heats if needed for more than 4 heats of the 500 Free. These events are deck-seeded events, and positive check-in with the Clerk of Course is required. The check-in time period will be announced. Swimmers will be entered in the order entries are received. The Wave reserves the right to cap the number of swimmers entered in order to stay within the four hour rule for each of the three sessions. Depending on the number of entries, the Meet Director and Referee reserve the right to modify meet operations as necessary to include running the meet in one, 8-lane pool and/or reducing the meet to one session.

The second session will begin 1 hour following the conclusion of the first session.

Qualifying

Times: There are no qualifying times for this meet.

Age up Date: The age of the swimmer will be his/her age on January 6, 2019.

Entry

Restrictions: Swimmers may enter a maximum of 5 individual events in any combination in two sessions. Enter all events with short course yard times. Team Manager should not be used to convert long and short course meter times to short course yard times for seeding purposes. In an effort to optimize good racing, please estimate a time for your swimmers instead of entering with NT.

Entry

Deadline: Entries may be submitted beginning December 10, 2018 at noon. Entries will be taken in the order they are received. All entries must be in no later than December 22, 2018 at noon. Entries will be processed in the order they are received. Entries will be capped in order to not exceed the Four Hour Rule.

Entry

Procedures: All teams with five or more swimmers must submit entries using Hy-Tek Team Manager or its equivalent to the Entries Chair. 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 sanction number, your club code, and the file (such as STA-_WAVE_Entries.zip). Include a Meet Entry Report of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer. Rename the Meet Entry Report using the meet sanction number, your club code, and the report name (such as STA-18-_WAVE_EntriesByAthlete.pdf).

Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) or with inaccurate or missing USA Swimming IDs will not be entered into the meet and any entry fees will not be refunded. Athletes will not be entered into Meet Manager if the Meet Entry Report is not received. Athletes will not be permitted to compete in the meet until satisfactory fee payment arrangements have been made with the Meet Director or designee.

Teams with fewer than five swimmers may send an email to the Entries Chair with the team abbreviation, LSC, the swimmer's full name (as registered with USA Swimming), the swimmer's USA Swimming ID number, and the swimmer's events by number, description, and entry time.

When submitting files to the Entries Chair, please include the name, email address, and phone number of the person submitting the entries. **Entries must be sent to Lorrie Swain @ meetentries@outlook.com**. If you do not receive an email confirmation, your entries were not received.

Entry Fees: \$10.00 per individual event (includes the STSI splash fee of \$1.25 per splash). Please include a Meet Entry Fee report with your payment. Entry fees must be received by January 2, 2019 or your entries will be removed from the meet. Refunds will not be given for any reason.

Make checks payable to: San Antonio Wave

Send checks to: San Antonio Wave, PO Box 160566, San Antonio, TX 78280

Deck Entries: Late/deck entry fees are \$20.00 per event. Deck entries will be accepted only for open lanes. No new heats will be created. You may deck enter the current session beginning at the start of warm-up. Deck entries will close 45 minutes before the start of each session. Swimmers not previously entered in the meet must present their USA Swimming registration card or deck pass application to the Clerk of Course to deck enter 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..

Time Trials: Time trials will not be offered.

Scratch Rules: Most, but not all, events will be pre-seeded and there is no penalty for scratching from pre-seeded events. However, the 400-yard Individual Medley and the 500-yard Freestyle will be seeded on deck. Swimmers who check-in for any of these events and subsequently fail to appear for competition will be disqualified from further competition in the meet, but previous performances will not be nullified.

Meet Staff:

Entries Chair: Lorrie Swain / 210-833-1997 / meetentries@outlook.com

Meet Director: Brain Christiansen / 210/887-2034 / bvchristiansen@gmail.com

Meet Referee: Rudy Chapa / 210-386-4070 / rchapatx@gmail.com

Admin Official: Mindy Donofrio / 210-391-2024 / mindy311@sbcglobal.net

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.

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 without the use of the backstroke ledge. 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 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.

**Deck
Changing:**

Deck changes are prohibited.

**Special
Needs:**

Please notify Brian Christiansen / 210-887-2034 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 2019 certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2019 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. 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.

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.

Timers:

The host team will attempt to provide backup timers for this meet but volunteers from visiting teams will be needed. Each team will be required to provide timers in proportion to the number of swimmers entered in the meet. Lane assignments will be made by the San Antonio Wave. Athletes in the 400 IM & 500 Free must provide their own timers and lane counters. The host team will ensure that the timers are well taken care of with food and drink.

Awards:

No awards will be given.

**Daily
Schedule:**

Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement. All Warm-ups will be assigned and lane assignments will be sent to attending teams with projected timeline the week of the meet.

**Order of Events
Sunday, January 6, 2019
12 and Under Swimmers
Session I**

Event #	Age	Distance and Stroke	
1	11 and 12	200 Back	
2	12 and Under	100 Breast	
3	12 and Under	100 Individual Medley	
4	11 and 12	200 Fly	
5	11 and 12	200 Breast	
6	12 and Under	100 Back	
7	12 and Under	200 Free	
8	12 and Under	50 Breast	
9	12 and Under	100 Free	
10	12 and Under	50 Fly	
11	12 and Under	200 Individual Medley	
12	12 and Under	50 Back	
13	12 and Under	100 Fly	
14	12 and Under	50 Free	
15	12 and Under	500 Free	

Sunday, January 6, 2019
Session II
13 and Over Swimmers

Event #	Age	Distance and Stroke	
16	13 and Over	400 Individual Medley	
17	13 and Over	200 Back	
18	13 and Over	200 Breast	
19	13 and Over	100 Back	
20	13 and Over	200 Free	
21	13 and Over	100 Breast	
22	13 and Over	200 Butterfly	
23	13 and Over	100 Free	
24	13 and Over	200 Individual Medley	
25	13 and Over	50 Free	
26	13 and Over	100 Butterfly	
27	13 and Over	500 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 kick boards, 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 backstroke 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 kick boards 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.