



Alamo Area Aquatic Association Meet Information



www.aaaa-sa.org

Conducted under Sanction of USA Swimming

Sanction Number :ST-19-22

Posted: 2/4/19

- Meet Name:**
- **2019 ST AAAA-NS Short Course Alamo Cup**
 - Unclassified timed final competition in Short Course Yards

- Meet Date(s):**
- March 1, 2, and 3, 2019

- Venue:**
- **Northside ISD Aquatic Complex**
 - Two ten (10) lane, 25-yard OUTDOOR competition courses
 - 8400 North Loop 1604 West
 - San Antonio, Texas 78249
 - 210-397-7525

Daily

Schedules:

	•Session One	•Session Two	•Session Three:
•Coaches meet @	1645	N/A	N/A
•Warm-ups begin @	1700	0800	0800
•Officials meet @	1715	0815	0815
•Sprint lanes open @	1730	0830	0830
•Clear competition pools @	1750	0850	0850
•National Anthem @	1757	0857	0857
•Competition begins @	1800	0900	0900
•Event check-ins by	1730	N/A	N/A

- Format:**
- Timed Finals conducted in the OUTDOOR pool
 - Even Numbered heats in the North pool and Odd-Numbered Heats in the South pool
 - ALL events will be gender-mixed and seeded fastest to slowest, no lane separation between genders.
 - Meet may be run using Flyover starts except for backstroke.
 - Most, *but not all*, events will be pre-seeded by time and gender without regard to age and swum fastest to slowest
 - Entry times will be seeded: SCY, SCM, LCM
 - The 400 Individual Medley and the 500 Freestyle will be DECK SEEDED, fastest to slowest, and require a Positive Check-in at the designated time on the day of the event (Please see the Daily Schedule above).
 - No relays
 - No time trials
 - Entries will be capped when the four (4) hour is met.

Entries for

- AAAA:**
- Open at 1200 on Monday, February 11, 2019

ALL other

- Teams**
- Open at 1200 on Tuesday, February 12, 2019

Entry Deadline

- For ALL Teams:**
- Sunday, February 17, 2019

Facilities:

- Two ten (10) lane 25-yard competition courses – OUTDOORS
- Colorado automatic starting and timing
- Spectrum Backstroke Start Devices *may* be in use
- Each of the courses has been certified in accordance with USA Swimming Rule 104.2.2 (C) and copies are on file with USA Swimming
- Additional lanes will be available for constant warm-ups and cool downs in the dive well
- Any and all two-piece or tie-back swim suits are prohibited everywhere within the Northside ISD Aquatic Complex

Water Depths

- The outdoor pool depths, measured from the start end, is six feet seven inches and from the turn end is six feet seven inches both measured at one and five-meters from either end wall in accordance with Article 103.2.3.

Deck

- Changing:**
- Deck changing is prohibited
 - Violators are subject to disqualification from the meet and disbarment from the facility

- Age up Date:**
- March 1, 2019

Scoring and

- Awards:**
- None!

- 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 Program and Events Committee Chair or designee.
- 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 Northside 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
 - This meet is sanctioned by South Texas Swimming and the current USA Swimming rules and any relevant sections of the current South Texas Policies and Procedures Manual will apply.
 - All swimmers must be registered 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 2018 USA Swimming registration card or proof-of-membership via USA-S Deck Pass
 - A coach may also present the club's official, water-marked roster from the USA Swimming club portal
 - South Texas Swimming does not allow on-deck USA Swimming registrations.
 - Conduct of these 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 (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 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 *Media* 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 prohibited from the area immediately behind the starting blocks, and are specifically prohibited from making shots during the start phase of any race

**Entry
Procedures:**

- The **only** acceptable mode of entry is via Hy-Tek Commlink File
- Hard copy (PDF) **MUST** accompany
- Entries received without a seed time will not be entered into the meet and fees will not be refunded
- Please e-mail entries to the Entry Chair noted below
- An HYV File for importing events and time standards into Team Manager is available from the Club Calendar and Results Page of the AAAA Web Site: www.aaaa-sa.org.

**E-Mail
Entries:**

- Entries in Commlink Format only, MUST be sent or delivered to:
 - NISD Entries Chair:**
 - Nabil Kebbab
 - 210-397-7524
 - nabil.kebbab@nisd.net
- E-mail submissions to any other address cannot be accepted.
- 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 (PDF) is received as an attachment to the e-mail, or hand-delivered.

Entry

- Restrictions:**
- This Meet is open to all 2019 Registered USA Swimming athletes
 - *Maximum* of Three (3) events per session – seven (7) events overall
 - All entries *must* include a seed time
 - Entries received without a seed time (NT) will not be accepted and no refunds will be made
 - Entries will be processed in the order received
 - The meet will be seeded SCY, SCM, LCM

Entry Fees

Includes \$1.25

Splash Fee:

- \$8.00 per individual event / No refunds
- Late Entry Fees \$15.00 per individual event
- Checks payable to: **NISD Aquatics**
- Mail or hand-deliver to:
 - Nabil Kebbab
 - c/o Northside ISD Aquatics
 - 8400 North Loop 1604 West
 - San Antonio, TX 78249
- No Personal Checks can be accepted

Late / Deck

- Entries:**
- Will be accepted ONLY to fill empty lanes – no new heats will be created

Qualifying

- Times:**
- None, this meet is Unclassified

Meet

Management: Meet Manager 7.0

- | | | | |
|---------------------------|------------------------|-------------------------|-----------------------------------|
| • Meet Director: | • Meet Referee: | • Entries Chair: | • Administrative Official: |
| • Terry Vettters | • Manny Lozano | • Nabil Kebbab | • Tammy Sung |
| • 210-397-8985 | • (281) 788-9393 | • 210-397-7524 | • (512) 783-8837 |
| • terry.vettters@nisd.net | • mlozanojr@att.net | • nabil.kebbab@nisd.net | • tammysung@outlook.com |

Unaccompanied

- Swimmers:**
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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 backstroke 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

- Rules:**
- The 2019 USA Swimming Technical Rules and any relevant sections of the STSI Policies and Procedures Manual will apply to this competition

- Warm-ups:**
- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page five (5)
 - Continuous warm-up and warm-down will be available in the diving well.
 - Please also review the daily schedules on page 1.

Scratch

- Rules:**
- There is no penalty for scratching from a pre-seeded event
 - However, once checked in for the 400 Individual Medley or the 500 Freestyle; a failure to appear for competition will result in disqualification from the swimmer's next event - previous performances not nullified
 - Exceptions may be made in cases of illness or injury at the discretion of the Meet Referee

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 Northside Aquatic Complex (210-397-8985) in advance of this meet with the name and age of any member on your team who may need assistance to enter the building.
 - The Aquatics 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 Host and the Meet Referee before the competition begins, and preferable at the time entries are submitted, if any specialized equipment is required and / or if they are to be considered for judging under Article 105.

- Timers:**
- AAAA will attempt to provide backup timers, but additional help will be needed and volunteers will be welcome and appreciated.
 - Competitors in the 400 Individual Medley and the 500 Freestyle must provide their own backup timers

Officials:

- All 2019 STSI certified and in training USA Swimming registered officials are cordially invited to participate
- The required uniform is:
 - White collared shirts / blouses over khaki trousers, Bermuda-length shorts, skirts or capris
 - PLEASE: **NO** jeans, cut-offs or flip flops
- Please report to the Meet Referee in accordance with the Daily Schedule on page one (1).to be briefed and receive assignments
- The wearing of name tags is strongly encouraged

Order of Events

SCY

Friday Afternoon, March 1, 2019		
Mixed Event Number	Distance	Stroke
1*	500	Freestyle
2*	400	Individual Medley
Saturday Morning, March 2, 2019		
3	200	Freestyle
4	100	Individual Medley
5	50	Backstroke
6	100	Breaststroke
7	200	Backstroke
8	100	Butterfly
9	50	Freestyle
Sunday Morning, March 3, 2019		
10	200	Individual Medley
11	50	Breaststroke
12	100	Backstroke
13	200	Butterfly
14	100	Freestyle
15	200	Breaststroke
16	50	Butterfly
*Athletes in the 500 Free and 400 IM must provide their own backup timers.		



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.