

The University of Texas at Austin and



LONGHORN AQUATICS
11 & Over Long Course Kick Off

Held under the sanction of USA Swimming

Important Meet Facts

Meet Date: April 26-28, 2019

Entries Open: Entries will open on Tuesday, April 9 at NOON for South Texas teams and on Wednesday, April 10 at NOON for all other teams.

Entries Close: Thursday, April 11, 2019 at 2PM or sooner if sessions becomes full

Entry Email: txlameetentries@gmail.com

Entry Fees: \$9.75 per event. A \$2.00 per swimmer facility surcharge will be charged.

Age Restrictions: Athletes 10 years of age and younger are not permitted to swim in this meet.

Qualifying Times: NT's will not be accepted. [There are "B" qualifying times-SCY OR LCM- for all events 200 meters and longer.](#)

Positive Check in Deadlines: Positive check-in is required for all distance events. Positive check-in will be available as athletes enter the pool deck. Exact times will be posted at Clerk of Course on the day of the event. Swimmers that check-in for an event and fail to swim will be fined \$50 payable to the University of Texas.

Deck Entry Fees: No deck entries will be taken.

Parking Info: [Please visit the Longhorn Aquatics website as we get closer to the meet for more information.](#)

Address: 1900 Red River Street, Austin TX 78712

Timer Rule: Teams should come prepared with volunteer timers if called upon.

Warm Up Assignments: Warm up times & lanes may be assigned. Assignments will be posted on the Longhorn Aquatics Upcoming Meets page no later than April 26, 2019.

Heat Sheets: Heat Sheets will be posted for **free** on [The Longhorn Aquatics website](#) & Meet Mobile.

Meet information & updates can be found at: [The Longhorn Aquatics website](#)

Welcome: Longhorn Aquatics invites teams to join us at the Lee and Joe Jamail Texas Swim Center to compete in our 11 & Over Long Course Kick Off Meet. This meet is open to all USA Swimming registered swimmers. The meet will be conducted in one 50 meter course, using Omega touch pads, Daktronics Timing System and Hy-Tek Meet Manager software.

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 April 2019 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.

Age Restrictions: Athletes 10 years of age and younger are not permitted to swim in this meet.

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.

TSC Rules: As guests of The University of Texas, all must adhere to the Texas Swim Center (TSC) rules. Coaches must supervise their swimmers. Chewing gum and glass containers are not permitted in the building. Locks may not be left on lockers overnight. Wet swimmers cannot leave pool deck. Children must be supervised at all times.

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 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.

USA Swimming Registration: All swimmers, coaches, and officials participating in this competition must be currently (2019) 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 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: Saturday and Sunday the meet will be split into morning and afternoon sessions based on age. The morning sessions each day are planned for swimmers 11-12 and the afternoon sessions for swimmers 13 & over. We reserve the right to split the sessions/warm-ups differently or to combine sessions based on the entries received. The diving well may or may not be available throughout the meet for warm-up and cool-down.

Friday	All Swimmers	Warm Up:	5:10 PM	Start:	6:00 PM
Saturday	11-12	Warm Up:	9:10 AM	Start:	10:00 AM
	13 & Over	Warm Up:	**	Start:	**
Sunday	11-12	Warm Up:	8:00 AM	Start:	9:00 AM
	13 & Over	Warm Up:	**	Start:	**

** The warm-up for the afternoon session will begin immediately after the morning session. The timeline will be posted on the Longhorn Aquatics' website.

Coaches Meeting: If the meet director and meet referee find it necessary to have a coaches meeting an announcement will be made stating the time and meeting place during warm-ups.

Qualifying Times: There are "B" qualifying times-SCY OR LCM- for all events 200 meters and longer. The qualifying times are from [USA Swimming's 2017-2020 National Age Group Motivational Times](#). The age groups are based on 10&U, 11-12, 13-14, 15-16, and 17-18+. Athletes who do not finish an event within the qualifying time will be required to prove their entry time. The entry time must be in SWIMS. Swimmers that cannot prove their entry time will be fined \$50 payable to the University of Texas. These swimmers will be barred from competition (at this and/or subsequent meets at the swim center) until the fines are paid.

Time Trials: No time trials will be offered.

Deck Entries: No deck entries will be taken.

Awards: No awards will be given out.

Meet Format: All events will be mixed gender events and the seeding will be based solely on time and not gender. There will be no lane separation between genders. All events will be timed finals swum fastest-to-slowest. Depending upon the size of the meet, events may start from one end of the pool. If there are enough swimmers to run both ends of the pool, chase starts and/or flyover starts may be used. The even heats will finish at the Flag end of the pool and odd heats will finish at the Non-Flag end of the pool. All 50's will start at the Non-Flag end of the pool. The Meet Administration reserve the right to modify the operations of the meet, depending upon the number of entries. This decision will be communicated in the coaches meeting. We reserve the right to cap the number of swimmers entered in order to stay within the four hour rule. Friday evening, we will cap the meet at 3 hours.

Check-in: Positive check-in is required for all distance events. Positive check-in will be available as athletes enter the pool deck. Exact times will be posted at Clerk of Course on the day of the event. Swimmers that check-in for an event and fail to swim will be fined \$50 payable to The University of Texas. These swimmers, *and their team*, will be barred from competition at the Swim Center until the fines are paid. Swimmers in these events will need to provide their own timer (and counter for the 800 Freestyle distance event). Distance events will run: even heats at the flag end and odd heats at the non-flag end. The meet director and meet referee reserve the right to separate or combine entries as they see fit.

Scratch Rule: We are asking swimmers to scratch events they will not swim the next day. There is not a penalty for failing to scratch an event; this is a courtesy to the other swimmers by eliminating an empty lane.

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 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.

Entry Dates: Entries will open on Tuesday, April 9 at NOON for South Texas teams and on Wednesday, April 10 at NOON for all other teams. Entries will not be accepted before that time. **You should not make nonrefundable travel arrangements before you know your entries are accepted – entries will be processed in the order received.** Entries will close the earlier of:

- a) Thursday, April 11 at 2 PM or
- b) When a session reaches an estimated 4 hours in length. Individual sessions may close before the entire meet closes. If we have to close a session early, teams will be notified via email.

Entries: Swimmers may enter a maximum of 3 individual events per day, and 7 maximum events for the meet. The age of the swimmer will be his/her age on April 26, 2019. Enter all events with previous best times achieved in short course yards or long course meters.

All teams must submit their entries using the latest version of Hy-Tek Team Manager or Team Unify software.

Email entries to the TXLA Meet Entry Chair at txlameetentries@gmail.com. When you email entries, also attach a report of the entries by swimmer, including their USA ID. If you don't receive an email confirmation, your entries were not received. Entries will not be accepted thru any other email address.

Entry fees must be postmarked by Monday, April 22. Please include the meet entry fees report with your check. DO NOT send a copy of the entries you emailed earlier. No paper, phone or fax entries will be accepted. Entries received without accurate USA Swimming registration numbers will **NOT** be accepted or processed.

Entry Fees: \$9.75 per individual event. A \$2.00 per swimmer facility surcharge will be charged. This includes the South Texas Swimming splash fee of \$1.25 per splash. Only one check per team, please. Refunds will not be given for any reason.

Make checks payable to: The University of Texas at Austin

Mail to:
Longhorn Aquatics
2019 11 & Over Long Course Kick Off
The University of Texas at Austin
1900 Red River Street, D4050
Austin, TX 78712-0364

Meet Referee:	Marc Digby	512-633-0002	mdigby@AESAustin.com
Admin:	Jessica Evans	512-771-0439	jessicaevans@utexas.edu
Head Coach:	Mike Laitala	512-471-4733	mike.laitala@austin.utexas.edu
Meet Director: & Entry Chair	Bridgette Laitala	512-471-4733	bridgette.rhoades@austin.utexas.edu

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 currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and their respective LSCs for 2019 and have a current Background Check acknowledged by USA Swimming. Please email the Meet Referee, Marc Digby, at mdigby@AESAustin.com with your certification level and availability so he can plan accordingly. The uniform will be white polo shirts over khaki pants, skirts or shorts. Please report to the Meet Referee at least 45 minutes 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.

Deck Access: Only currently registered coaches and officials will be allowed access beyond the front desk of the Texas Swimming Center. Coaches and officials will be required to show their current USA Swimming registration card at the front desk in order to be on deck. Volunteers will be given a pass to access the deck and help for that specific purpose.

Please be aware that swimmers will not be allowed on the deck until one of their team coaches has checked in and is on deck. Any non-registered individuals not respecting these rules will be removed from that area or from the facility at the discretion of the Meet Director, Longhorn Aquatics Program Director or Texas Swimming Center staff.

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/>

Parking: The University of Texas requires a UT permit for parking along Trinity and San Jacinto. [Please visit the Longhorn Aquatics website as we get closer to the meet for more information.](#)

Results: Results can be found on Meet Mobile or on the [Longhorn Aquatics Live Results link.](#)

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 Program & Events Committee Chair or designee.

11 & Over Long Course Kick Off: Order of Events

All events will be swam in LCM

Friday PM: All Ages (11& Over)

Event #	Event
1	200 IM
2	50 Free
3	400 Free (positive check in required; must provide own timer)

Saturday AM: 11-12 Age Group

Event #	Event
4	200 Free
5	100 Breast
6	50 Back
7	200 Fly
8	100 Back
9	400 IM (positive check in; must provide own timer)

Saturday PM: 13& Over Age Groups

Event #	Event
10	200 Free
11	100 Breast
12	200 Fly
13	100 Back
14	400 IM (positive check in; must provide own timer)

Sunday AM: 11-12 Age Group

Event #	Event
15	200 Back
16	100 Free
17	50 Fly
18	200 Breast
19	100 Fly
20	50 Breast

Sunday PM: 13& Over Age Groups

Event #	Event
21	200 Back
22	100 Free
23	200 Breast
24	100 Fly
25	800 Free (positive check in required; must provide own timer & counter)

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.