



Harlingen Aquatics Team
2019 STUSA International LC
22 June 2019



- Sanction #:** ST-19-59
Held under the sanction of USA Swimming
- Venue:** VICTOR PARK POOL-1604 South M Street-Harlingen-Texas-78550, Highway 69/77/83, pool on south side of expressway with plenty of parking. Golf Course and Dog Park in Victor Park. Coach Tucker Phone 956-873-1951
- Facility:** Outdoor 50-Meter Long Course Pool, Eight Lanes, no touch pads, hand-timed with three stop watches, horn starter, using Hy-Tek Meet Manager, restrooms on site. Lane eight (8) for warm up and cool down Only with empty Lane 7 as Buffer and Lanes 1-6 as Competition Lanes, BRING SHADE AND SEATING-Grassy area for tents, Snacks and Water/Gatorade concessions, No Alcoholic Beverages or Smoking, Team Banners Welcome
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 4 feet at the start end and the turn end is 10 feet measured for a distance of 1.0 meter to 5.0 meters from both end walls.
- Course Certification:** The competition course has not been certified in accordance with 104.2.2C(4).
- 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 Harlingen Aquatics Team HAT, the City of Harlingen Parks and Recreation and all city employees 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 Timed Finals, Seeded Slowest to Fastest. Each Swimmer Limited to Six Events and Two Relays, Fly Over Starts maybe used except during backstroke starts and relays. Two Warm Ups 8:30-9:00am and 9:00-9:30am. Each Team Should Plan on Supplying Timers, PLEASE. Lane assignments posted.
- Qualifying Times:** Unclassified Meet Without Qualifying Times
- Age up Date:** The age of the swimmer will be his/her age on June 22, 2019.

Entry One Day Meet, Saturday Only. Six Events Per Day
Restrictions Converted or Estimated Entry Times will be Accepted, but NT Seed Times Will Not Be Accepted. Mixed Age Groups Will Be Accepted in Relays.

Entry
Deadline: Meet Entry Deadline June 10, 2019

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-19-##_AAAA_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-19-##_AAAA_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.

Submit files to the Entries Chair with the name, email address, and phone number of the person submitting the entries. If you do not receive an email confirmation, your entries were not received.

Entry Fees: \$8.00 per individual event and \$12.00 per relay 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 before swimming June 22, 2019. Refunds will not be given for any reason.

Make checks payable to: Harlingen Aquatics Team
Send checks to: Coach John Tucker,
Harlingen Aquatics Team,
1701 Rio Hondo Rd,
Harlingen, Texas, 78550

Deck Entries: Individual Events \$16.00, Relays \$24.00

Time Trials: None

Scratch Rules: Please Scratch Before the Meet Begins on Saturday to avoid empty lanes.

Meet Staff: **Admin Official/Entries Chair:** Cori Gilbert, 361-563-2597, Cfgilbert3@gmail.com
Meet Director/Head Coach: John Tucker, 956-873-1951, jtsback@gmail.com
Meet Referee: Lorna Anaya, 870-814-2890, lorna.anaya@anayamedical.com

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.

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 (insert name of contact and phone number) 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. (If applicable, indicate whether visiting teams will be assigned timing responsibilities for lanes or based on the number of swimmers entered. If applicable, indicate whether swimmers competing in the distance events must provide their own backup timers. If applicable, indicate whether swimmers must also provide their own lap counters and specify which events.)

Awards: Ribbons will be Awarded for 1-8 Places by Age Group and Gender to be Picked Up at End of Meet.
Age Groups: 8&U, 9&10, 11&12, 13&14, 15-18

Daily

Schedule: Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement.

Warm Ups: 8:30-9:00am Brownsville, McAllen, Harlingen
9:00-9:30am Corpus Christi, Laredo, Out Of Rio Grande Valley Teams

Warm Up and Cool Down During Meet in Lane 8 Only

Coaches Meeting 9:30-9:45am

Meet Starts 10:00am

Order of Events

Distances are in LC meters

Unclassified, Entry Times required for Seeding,
NT not accepted

GIRLS	EVENTS	BOYS
1	200 Freestyle Relay	2
	5 MINUTE BREAK	
3	200 Freestyle	4
5	50 Freestyle	6
7	100 Backstroke	8
9	50 Butterfly	10
11	100 Breaststroke	12
	5 MINUTE BREAK	
13	50 Backstroke	14
15	100 Butterfly	16
17	200 Individual Medley	18
19	50 Freestyle	20
21	50 Breaststroke	22
23	100 Freestyle	24
	5 MINUTE BREAK	
25	200 Medley Relay	26

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.