

The University of Texas at Austin



LONGHORN AQUATICS
2020 South Texas Age Group Swimming Short Course Championships
STAGS & STAGS Time Trials
February 28- March 1, 2020

Entry deadline – NOON CST, Monday, February 24
(USA Swimming OME)

Welcome: Longhorn Aquatics invites you to the Lee and Joe Jamail Texas Swim Center to compete in the South Texas Age Group Championships. This meet is open to all swimmers ages 18 & younger who are registered with South Texas Swimming. The meet may be conducted in two 25 yard courses, 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. The meet competition course *has not* 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.

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, including minor athlete abuse prevention policy ("MAAPP") and any relevant sections of the South Texas Policies & Procedures Manual will govern this meet. All swimmers must be registered as athletes for 2020 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 2020 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 (2020) 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.

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.

Qualifying Times: The qualifying time standards for all individual events are STSI STAGS Qualifying Times. Qualifying times must be achieved prior to the deadline. There are no qualifying times for relay events. Athletes with disabilities may enter any event for which they have achieved the [LSC Para Motivational Time Standards](#) as published by the U.S. Paralympic Swimming qualifying time.

If entering with a non-conforming time (LCM or SCM), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted. Seeding for preliminary heats shall be in the following order: short course yards, long course meters, and short course meters.

Entry Deadline: There is one entry deadline for this meet. The entry deadline is **Monday, February 24, 2020, at noon**. This deadline is for all individual and all relay entries. By this deadline all times will need to be verified in the SWIMS database. Teams will need to make sure all times are updated by this final deadline. No updates to times or events will be taken after this entry deadline.

Entry Requirements: All entries will be done through USA Swimming's online meet entry (OME) at <https://www.usaswimming.org/Home/events/event-registration>. OME saves your entries and you can complete your entries in more than one sitting, but once you check out, you cannot delete an entry (however, you can add additional entries until the entry deadline).

Entries will open in OME on **January 1, 2020**. You are not entered in the meet until you have checked out and paid for your entries in OMEOME accepts Visa, MasterCard, American Express, and Discover. **Coaches must register in OME to receive a deck pass.**

A Hy-Tek file is available on the South Texas website for running eligibility reports and working out relays, but teams may NOT submit entries using Hy-Tek. Any team submitting entries under the LSC Para Motivational Time

Standards qualifying times may send an email to Bridgette Laitala at bridgette.rhoades@austin.utexas.edu with the team abbreviation, the swimmer's full name (as registered with USA Swimming), the swimmer's USA Swimming ID number, and swimmer's events by number, description, and proof of entry time.

If you have **trouble using OME**, please contact USA Swimming at mmcnichols@usaswimming.org.
If you have an **entry question**, please contact **Bridgette Laitala** at bridgette.rhoades@austin.utexas.edu.

Entry Restrictions: An individual swimmer may enter a maximum of 3 individual events and 1 relay event per day.

Proof of Time: OME will automatically provide proof of time. However, if you override a time in OME, you will be required to provide proof of time.

Entry Fees: \$10.00 per individual event
\$20.00 per relay event.
\$5.00 per swimmer facility surcharge will be charged.
This includes the South Texas Swimming splash fee of \$1.25 per splash.

Age up Date: The age of the swimmer will be his/her age on February 28, 2020.

Credentials/Registration/Deck Access: All coaches, officials and participating athletes will be issued credentials. Only people with credentials will be allowed access to the deck. **Coaches must register in OME for a deck pass.**

Coaches and officials will be required to show their current USA Swimming registration card or proof of membership using the USA Swimming Deck Pass app in order to receive their credential. Coaches may pick up their team's credential packets at the registration desk on Thursday, February 27 between 7:00 PM and 8:00 PM. The registration desk will be located at Clerk of Course. Replacement credential tags will be available at a cost of \$50.

Volunteers will be given a credential to access the deck. Any individuals not respecting these rules will be removed from the facility at the discretion of the Meet Director, Longhorn Aquatics Director or Texas Swimming Center staff. Deck passes are only available for coaches.

Deck passes will be limited based on a Team's number of swimmers entered in individual events. Teams with:

- 1 – 4 swimmers will be allowed 1 deck pass;
- 5 – 8 swimmers 2 deck passes,
- 9 – 18 swimmers 4 deck passes,
- 19 – 40 swimmers 5 deck passes and
- 41- 49 swimmers 7 deck passes.

Teams with 50 + swimmers may add up to 5 additional deck passes for \$20 each. Those additional deck passes will need to be cleared with the Meet Director.

Format: Championship Format- preliminaries and finals. Preliminary events will be seeded by time and gender, and age combined.

Top 16 athletes in each age group will swim in finals. Each event will have a Championship heat and Consolation heat for all individual events with the exception of:

- The 10 & Under 500 Free and 1650 Free, which are timed finals.

Except as noted, all preliminary events will be seeded slowest to fastest, with the three fastest heats of each preliminary event championship seeded. Preliminaries of the 400 IM, 500 Free & 1650 Free will be seeded fastest to slowest.

Positive check-in is required for all distance events (400 IM, 500 Free & 1650 Free). Positive check-in for distance

events is by 9:00 AM on the morning of the event. Swimmers must provide their own timer and counter for the 500 Free and 1650 Free prelim events. Swimmers in the 400 IM events must provide their own timer for prelims. The meet administration reserves the right to alter meet operations after the entries have been received. Announcements regarding how the meet will be run will be communicated in the coach email and during the general meeting.

General Meeting: Coaches and swimmers must be represented at a general meeting held on Friday, February 28, 8:30 AM. The meeting will be held in hospitality. Any possible changes to the conduct of the meet may be decided at this meeting.

Daily Schedule:

Preliminaries		*Finals (Friday and Saturday)	
Warm-ups begin between	7:00 AM	Warm-ups begin	4:00 PM
Clear competition pool	8:50 AM	Clear competition pool	4:50 PM
Sessions begin	9:00 AM	Sessions begin	5:00 PM

* Sunday Finals session will start 1 hour earlier.

Relay Entries: All relays are timed finals and will be contested only in the prelims sessions. There are no qualifying times for relays. Relay entry times may be determined by the sum of the individual team member's times for the like strokes/distances or the actual time of that relay team achieved in sanctioned competition.

Relay team members must be eligible to swim in the same age group. Swimmers cannot "age up" for relay events. Unlimited number of relays per event per club but only two relays per event per club will score.

Relay cards must be turned in to the Clerk of Course with final relay swimmers by 9:00 AM on Friday and by 5:00 PM on Friday and Saturday night (for Saturday and Sunday's relays respectively). If a relay card is not turned in, the relay will be scratched. The order of swimmers on the relay team will be strictly enforced in accordance with 102.3.7 of the 2019 USA-S Rules and Regulations. There will be a 10-minute break after the relay events.

Relay-only swimmers are not permitted. All relay swimmers must be entered in at least one individual event to be eligible to swim on any relay.

Deck (late) Entries: Deck entries will be accepted at \$20.00 per individual event and \$40.00 per relay event. Swimmers may deck enter for the current session beginning at the start of warm-ups. Deck entries will close 45 minutes prior to the start of each session. Swimmers may deck enter for subsequent sessions after deck entries close for the current session. No new heats will be created. Swimmers not previously entered in the meet must present their 2020 USA Swimming registration card (or a coach may present the club's official, watermarked roster from the USA Swimming club portal) to the Clerk of Course to deck enter. The swimmer must also present proof-of-time before a deck entry will be accepted.

Time Trials: ***Swimmers must be registered with South Texas Swimming to be eligible for time trials.*** Time Trials will be held, *time permitting*, between preliminaries and finals on Friday and Saturday. Entries will be taken on the 2nd floor on the Non-Flag End balcony of the Swim Center from 9:00 AM -11:00 AM on Friday and Saturday. There will be no time trials on Sunday. The entry fee is \$25 per event. 1650 Free will only be offered for Time Trial on Friday. Participation in a time trial event counts as one of the daily total events allowed for swimmers already entered in the meet. A qualifying time earned during time trials will NOT qualify a swimmer to swim that event at this meet. Time Trial results will be published with the Final Results. Events will swim mixed gender. Order of events will be: 50's, 100's, 200's, 400 IM, 500 FR and distance on Friday. No relays will be offered in time trials. There will be NO break between the end of the prelim session and the start of time trials.

Scratch Rule: Prelims: There is no penalty for failing to scratch from a *pre-seeded* preliminary event.

Scratch Rule: *Positive Check In/Timed Finals Events:* Swimmers who fail to compete in a positive check-in event after positive check-in will be disqualified from their next individual prelims event.

Scratch Rule: *Finals:* The finalists and two alternates for each prelims event will be announced and have 30 minutes after the announcement to either scratch, or declare an intent to scratch, from finals. Any qualified swimmer in the event may be moved into finals due to scratches, therefore, all swimmers who will not be present at finals must scratch to avoid a possible penalty. Swimmers who declare an intent to scratch will then have 15 minutes after the completion of their last individual event of the session to confirm the scratch. Following the 15-minute deadline, if scratch confirmation is not received it will be assumed the swimmer will compete in the finals event.

Thirty minutes after the announcement, no further scratches will be accepted. The existing scratches will be tabulated and the finalists and two alternates will be set. Only those finalists at that point will be subject to a fine. For a no show in a finals event (any swimmer who qualifies for a final and does not scratch and then fails to compete in the finals heat), the penalty is \$50 per event and disqualification from the swimmer's next individual prelims event. When the no-show is on Sunday or if the athlete has no remaining individual events, the fine is \$100 per event. Illness and injury may be excused by the Meet Referee and this policy does not apply to alternates printed on the heat sheet. All fines will be paid to the meet host.

Alternates: Swimmers who qualify as alternates for final events and wish to compete should no shows occur, must be within an area designated by the Meet Referee and be immediately available. "Immediately" is defined as being in the alternate's area, properly attired, and ready to swim when called.

Awards: Awards will be given by gender in the following age groups: 10 & Under, 11-12, 13-14, and 15-18

*Note: The 400 IM will be awarded as follows: 12-14 and 15-18

Individual events: 1 st through 3 rd :	Medals
Individual events: 4 th through 8 th	Ribbons
Relay Events: 1 st through 3 rd	Ribbons
Team Awards: 1 st through 3 rd	Banners*

*Note: Banners will be provided upon request by the club

Please email the meet director within 24 hours of the conclusion of the meet if you would like your banner and it will be shipped to your club.

There will be no awards presentation. Medals and ribbons can be picked up at the Front Desk at the conclusion of the meet. Coaches/teams failing to pick up their awards within one hour after the conclusion of the meet shall make arrangements to receive the awards with the Meet Director at no expense to Longhorn Aquatics within 24 hours of the conclusion of the meet. Parents and athletes cannot pick up awards.

Scoring: All events will be scored by age group (10 & under, 11-12, 13-14, 15-18). The top 16 places will score.

Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Only two relay teams per event per club will score.

Timers: Each team entered in the meet will be responsible for providing additional timers. Timers will be called for prior to the start of each session.

Heat Sheets: [Heat sheets will be posted on the Longhorn Aquatics website for FREE.](#) Paper copies will NOT be sold.

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.](#)

2020 STSI Short Course STAGS Championships Order of Events

Women's Event #	Friday February 28, 2020	Men's Event#
1	12 & Under 50 Back	2
3	11-18 200 Fly	4
5	18 & Under 100 Breast	6
7	18 & Under 200 Free	8
9	13-18 200 Free Relay	10
11	12 & Under 400 Free Relay	12
10 minute break		
13	12-18 400 IM	14

- Swimmers in the 400 IM must provide their own timers in prelims
- Positive check-in for the 400 IM is by **9:00 AM Friday**

Women's Event #	Saturday February 29, 2020	Men's Event #	Women's Event #	Sunday March 1, 2020	Men's Event #
15	18 & Under 100 Back	16	33	12 & Under 50 Breast	34
17	12 & Under 50 Fly	18	35	11-18 200 Back	36
19	11-18 200 Breast	20	37	18 & Under 100 Fly	38
21	18 & Under 100 Free	22	39	18 & Under 200 IM	40
23	12 & Under 100 IM	24	41	18 & Under 50 Free	42
25	13-18 400 Free Relay	26	43	13-18 400 Medley Relay	44
27	12 & Under 200 Free Relay	28	45	12 & Under 200 Medley Relay	46
10 minute break			10 minute break		
29	11-18 500 Free	30	47	11-18 1650 Free	48
31	10 & Under 500 Free	32			

- Positive check-in for the 500 Free is by **9:00 AM Saturday**
- Positive check-in for the 1650 Free is by **9:00 AM Sunday**
- Swimmers must provide their own timer & counter for the 1650 Free and 500 Free events for prelims
- The 10 & Under 500 Free and the 1650 Free are timed finals.
- The fastest 8 swimmers declaring PM in the 1650 Free, when checking in will swim in finals and all other swimmers will swim in prelims.

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 Events Programs Committee or designee.

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. Adaptive swimmers who would like their events to be seeded in the lane next to the starter should notify the entry chair by the second entry deadline.

Meet Referee:	Marc Digby	512-633-0002	mdigby@AESAustin.com
Admin. Official:	Sue Anconetani	512-576-9905	sk.anconetani@gmail.com
Head Coach:	Mike Laitala	512-471-7703	mike.laitala@austin.utexas.edu
Meet Director:	Bridgette Laitala	512-471-7703	bridgette.rhoades@austin.utexas.edu

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 2020 and have a current Background Check acknowledged by USA Swimming. An application to officiate will be posted on the South Texas Swimming website is also linked [here](#). You may email the Meet Referee with any questions. Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials' briefing. The uniform will be white polo shirts over khaki pants, skirts, or shorts for prelims, and navy-blue shirts/blouses over khaki pants or skirts for the finals sessions on Friday, Saturday, and Sunday. The wearing of name tags is strongly encouraged.

Official Certification: Application for this meet has been submitted for approval as an Officials Qualifying Meet. Officials who are interested in being evaluated need to submit their completed application (link referenced above) to the Meet Referee by January 26, 2020. Frank Swigon will be the National Evaluator. Officials may apply to be evaluated for the following positions: N2 and N3 for Stroke & Turn; N2 for Chief Judge or Deck Referee; and N2, N3i or N3f for Starter.

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/>

Pets/Service Animals: Trained service animals or service animals in training with identifiable vests will be allowed. Service animals must remain on leash or in a harness at all times.

2020 STAGS SCY TIME STANDARDS

Girls 10&U	Girls 11-12	Girls 13-14	Girls 15-18	Event	Boys 10&U	Boys 11-12	Boys 13-14	Boys 15-18
31.39	27.79	26.09	25.69	50 Free	30.99	27.69	24.29	23.19
1:09.99	1:00.19	56.79	55.69	100 Free	1:09.69	1:00.89	52.89	49.99
2:34.59	2:10.89	2:03.69	2:01.69	200 Free	2:29.39	2:13.49	1:57.79	1:50.89
6:44.89	5:56.99	5:35.09	5:25.79	500 Free	6:37.39	5:57.69	5:21.79	5:02.79
	21:20.59	20:02.99	19:47.29	1650 Free		20:52.99	19:07.59	18:30.39
36.69	32.29			50 Back	37.09	32.29		
1:19.29	1:09.59	1:03.49	1:02.09	100 Back	1:19.19	1:09.29	1:01.19	57.09
	2:30.19	2:18.79	2:19.99	200 Back		2:27.99	2:14.69	2:08.49
41.79	36.89			50 Breast	40.99	36.19		
1:31.89	1:20.39	1:14.29	1:12.99	100 Breast	1:30.19	1:18.39	1:09.79	1:04.49
	2:54.09	2:41.19	2:37.49	200 Breast		2:47.09	2:32.89	2:24.09
36.19	30.59			50 Fly	35.39	30.89		
1:24.09	1:09.09	1:03.29	1:01.69	100 Fly	1:23.49	1:09.59	59.79	55.49
	2:34.99	2:25.79	2:22.89	200 Fly		2:31.39	2:15.69	2:09.79
1:20.79	1:10.39			100 IM	1:19.49	1:09.09		
2:52.69	2:30.89	2:21.99	2:20.09	200 IM	2:50.99	2:30.89	2:13.29	2:05.19
		5:02.99	5:06.49	400 IM			4:51.99	4:42.09

12-14 400 IM

12-14 400 IM

2020 STAGS LCM TIME STANDARDS

Girls 10&U	Girls 11-12	Girls 13-14	Girls 15-18	Event	Boys 10&U	Boys 11-12	Boys 13-14	Boys 15-18
35.59	31.19	29.79	29.69	50 Free	35.49	31.19	28.19	26.89
1:20.59	1:08.19	1:04.79	1:04.29	100 Free	1:19.89	1:08.79	1:00.39	58.49
2:56.29	2:28.29	2:20.69	2:20.49	200 Free	2:50.79	2:32.49	2:13.89	2:08.29
6:05.39	5:19.79	5:02.49	4:59.29	400 Free	5:59.59	5:21.89	4:47.39	4:39.59
	11:31.59	10:47.99	10:35.39	800 Free		11:18.59	10:22.19	10:00.39
	22:04.99	20:39.79	20:20.49	1500 Free		21:37.39	19:48.39	18:59.09
42.89	37.39			50 Back	42.99	37.49		
1:32.69	1:19.49	1:15.19	1:15.19	100 Back	1:31.49	1:21.49	1:12.29	1:08.89
	2:51.59	2:39.79	2:42.09	200 Back		2:52.19	2:35.19	2:28.89
47.49	41.99			50 Breast	46.99	41.59		
1:46.29	1:33.39	1:26.59	1:25.39	100 Breast	1:44.19	1:30.39	1:21.29	1:16.99
	3:19.49	3:08.49	3:05.39	200 Breast		3:12.59	2:56.79	2:48.39
40.99	34.09			50 Fly	40.19	34.49		
1:35.99	1:18.89	1:12.59	1:12.69	100 Fly	1:34.99	1:18.59	1:07.69	1:03.99
	2:55.59	2:45.69	2:41.39	200 Fly		2:53.19	2:36.19	2:27.99
3:17.09	2:53.99	2:42.09	2:43.59	200 IM	3:15.39	2:53.89	2:33.39	2:26.29
		5:49.19	5:49.69	400 IM			5:36.59	5:20.59

12-14 400 IM

12-14 400 IM

2020 STAGS SCM TIME STANDARDS

Girls 10&U	Girls 11-12	Girls 13-14	Girls 15-18	Event	Boys 10&U	Boys 11-12	Boys 13-14	Boys 15-18
34.69	30.39	29.09	28.89	50 Free	34.19	30.39	27.39	26.09
1:17.89	1:06.59	1:03.19	1:02.69	100 Free	1:16.99	1:07.19	58.79	56.89
2:51.89	2:25.09	2:17.49	2:17.29	200 Free	2:44.99	2:27.49	2:10.69	2:05.09
5:54.29	5:13.39	4:56.09	4:52.89	400 Free	5:47.79	5:12.99	4:40.99	4:33.19
	11:06.19	10:31.59	10:22.09	800 Free		10:54.59	10:00.99	9:39.89
	21:13.09	19:55.99	19:40.39	1500 Free		20:45.69	19:00.89	18:23.89
40.59	36.29			50 Back	40.99	35.69		
1:27.69	1:18.29	1:13.99	1:14.19	100 Back	1:27.49	1:16.59	1:08.19	1:04.79
	2:47.29	2:37.39	2:35.49	200 Back		2:43.49	2:28.79	2:21.99
46.19	40.79			50 Breast	45.29	39.99		
1:41.49	1:28.89	1:23.99	1:22.39	100 Breast	1:39.59	1:26.59	1:17.09	1:13.49
	3:12.39	3:01.89	2:58.19	200 Breast		3:04.59	2:48.89	2:39.79
39.99	33.39			50 Fly	39.09	33.79		
1:32.99	1:17.49	1:11.19	1:11.09	100 Fly	1:32.29	1:16.89	1:06.29	1:02.59
	2:51.29	2:41.09	2:37.99	200 Fly		2:47.29	2:29.99	2:23.39
1:29.19	1:19.89			100 IM	1:27.89	1:16.39		
3:10.79	2:50.79	2:38.89	2:39.29	200 IM	3:08.89	2:46.69	2:30.19	2:23.09
		5:42.79	5:38.69	400 IM			5:23.79	5:11.69

12-14 400 IM

12-14 400 IM

SOUTH TEXAS SWIMMING, Inc.
Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

- I. Assigned Warm-up Procedures (**Prelims**)
 - 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 (**Finals**)

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.