

AUSTIN SWIM CLUB

2020 Slower than STAGS Champs A Short Course Yards, Timed Finals Meet March 7th, 2020

Sanction: ST-20-23

Held under the sanction of USA Swimming

IMPORTANT MEET FACTS

Venue: Austin Aquatics & Sports Academy - 5513 Southwest Parkway, Austin, TX 78735 | (512) 276-2324

Parking: Parking for athletes and spectators is in the parking garage behind our facility, the address is 5707 Southwest Parkway, Austin, TX 78735. After you park in the parking garage, you can walk to our facility and enter through the back gate, see map [HERE](#). Parking for officials, coaches, and staff is located at Austin Aquatics & Sports Academy.

Entries Open: February 19th, 2020

Entries Close: March 2nd, or once the 300-swimmer cap is reached; whichever comes first.

Entry Email: meetentries@austinswimclub.org

Entry Fees: \$9.25 per individual event (this includes the \$1.25 South Texas Swimming splash fee) + \$2.00 per swimmer athlete surcharge fee. Refunds will not be given for any reason.

Qualifying

Times: The qualifying time standards for all individual events are slower than 2020 STAGS times for yards, long course meters, and short course meters. Swimmers may not enter any event in which they have achieved the 2020 STSI STAGS qualifying time standard or faster in any course – yards, long course meters, or short course meters prior to the meet start date. 13&Over athletes swimming 50's of stroke's and the 100 IM will use the 11/12 qualifying time standard.

Age

Restrictions: This meet is for swimmers **age 5-18** only.

Welcome: Austin Swim Club invites your team to join us at the Austin Aquatics & Sports Academy for our 2020 Slower than STAGS Champs, short course yards, timed finals meet. This meet is open to all USA Swimming registered swimmers 5-14 years of age and will be capped at 300 swimmers.

Facility: Austin Aquatics and Sports Academy is an outdoor, 25 yd x 50 m competitive swimming pool. With 10 of the fastest racing lanes in the state of Texas, ASC invites you to race with us! Our 6-inch Competitor lane lines will squelch any waves, allowing each swimmer to get their hand(s) onto the Colorado Timing System touchpads. Times will be recorded via Hy-Tek's Meet Manager software. Swimmers will begin their races off of a Spectrum Xcellerator Starting Platform.

There are shade structures on two sides of the pool deck for coaches, officials, and athletes. Spectators will not have access to these sides of the pool. We highly encourage sunscreen. Partially shaded bleacher seating is available for 150 spectators on a first come, first serve basis. Grass area will be available to accommodate the athletes and overflow of spectators. Chairs are welcome in this area. Tents may be placed behind the pool, outside the fenced area. You can view a map of our facility [HERE](#).

The meet will be held in the ten lanes furthest from the building (south side). The two lanes next to the racing lanes will be buffer lanes and will be blocked off during the competition. Warm-up and warm-down throughout the duration of the meet will be available in the eight lanes nearest the building (north side).

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Water Depth: The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet 1 inch at the start end and the turn end is 7 feet 1 inch 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, including minor athlete abuse prevention policy ("MAAPP"), and any relevant sections of the South Texas Policies & Procedures Manual will apply. 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.

Liability:

In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Austin Swim Club, the Austin Aquatics & Sports Academy, 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 (2020) 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: Number of athletes will be capped at 300 and entered as entries are received. All events are timed finals. Events will swim combining genders. Heats will be seeded slowest to fastest.

The meet director reserves the right to combine heats or events as needed and the right to conduct flyover starts or change warm-up/session start times depending on meet size. Depending on estimated timeline after the entry deadline, breaks may be added to provide sufficient time between swims for an individual. Any changes will be acknowledged by all coaches.

Age up Date: The age of the swimmer will be his/her age on March 7th, 2020.

Entry

Restrictions: Athletes may enter a maximum of 4 individual events.

NT – "No Times" will be accepted; however, for the sake of good racing, we encourage all coaches to make their best estimate. Please convert all times to Short Course Yards.

Entry

Deadline: March 2nd, or once the 300 swimmer cap is reached, whichever comes first.

Entry

Procedures: All USA Swimming teams must submit entries using Hy-Tek Team Manager or its equivalent to the Entries Chair, Adrian Damasco (meetentries@austinswimclub.org). Email is the only method of delivery for entries. Please rename the entry file to clearly identify the meet name and your club code. Include a Meet Entry Report of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer name. Please rename the Meet Entry Report using your club code and the report name (such as ASC_EntriesByAthlete.pdf). Please also include a Meet Entry Fee report.

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

Entry Fees: \$9.25 per individual event (this includes the \$1.25 South Texas Swimming splash fee) + \$2.00 per swimmer athlete surcharge fee. There is not a penalty for failing to scratch an event; this is simply a courtesy to the other swimmers to eliminate the empty lane, you will still be charged for events entered.

Please include the Meet Entry Fee Report with your payments. Entry fees must be postmarked by February 25th, 2020, or your entries will be removed from the meet. Please send only one check per team location. Refunds will not be given for any reason.

Make checks payable to:
Austin Aquatics and Sports Academy

Send checks to:
Austin Aquatics and Sports Academy
5707 Southwest Parkway
Building 2, Suite 260
Austin, Texas 78735

Deck Entries: \$20.00 per event. This includes the \$1.25 South Texas Swimming splash fee and \$2.00 athlete surcharge fee. Deck entries will only be accepted for open lanes, no new heats will be created. Swimmers not previously entered in the meet must present their 2020 USA Swimming ID card to deck enter or use the deck pass app (or a coach may present the club's official, watermarked roster from the USA Swimming club portal. Deck entries will close at 9:30am.

Meet Staff: **Entries Chair:** Adrian Damasco/ (512) 276-2324/ adrian@austinswimclub.org
Meet Director: Chris Coghill/ (512) 276-2324/ chris@austinswimclub.org
Meet Referee: Heather Freeman/ (512) 797-5834/ hfreeman@austin.rr.com
Admin Official: Marc Digby/ (512) 633-0002/ mdigby@aesAustin.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 a 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.

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Special Needs:

Please notify Meet Director Chris Coghill, (512) 276-2324 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 (2020) certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2020 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Deck officials are required by rule to prominently display both their USA Swimming ID card and LSC credentials while on deck as an official. 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.

Timers:

The host team will attempt to provide backup timers for this meet but swimmers should be prepared to provide their own timer for their swims if necessary.

Relays:

There are no relays.

Awards:

No awards will be given at this meet.

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.

Results:

Results can be found on Meet Mobile.

Scratch

Policy:

There is no penalty for not scratching from a pre-seeded event, although forewarning is appreciated.

Positive

Check In:

There will be no positive check-in.

Daily

Schedule:

Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement. Starts/Dives will run from one direction, starting from the starting block side.

Saturday

Warm-up: 9:00am

Clear Pool: 9:50am

Start: 10:00am

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Order of Events

2020 Slower than STAGS Champs – March 7th, 2020

All events will be swum combined genders and ages. All events will be swum in SCY

Saturday Session, Start 10:00am

EVENT NUMBER	EVENT
1	100 Free
2	50 Back
3	50 Free
4	100 IM
5	50 Fly
6	50 Breast
7	200 Free

Hotel Information:

La Quinta Inn & Suites Austin Southwest at Mopac
4424 South Mopac Expwy
Austin, TX 78735
(512) 899-3000

Extended Stay America Austin - Southwest
5100 US Hwy. 290 W
Austin, TX 78735
(512) 892-4272

Holiday Inn Express & Suites Austin SW - Sunset Valley
4892 Hwy 290
Sunset Valley, TX 78735
(512) 891-9500

Hampton Inn Austin/Oak Hill
6401 Hwy 290
Austin, TX 78735
(512) 891-7474

Residence Inn by Marriott Austin Southwest
6000 US, W Hwy 290
Austin, TX. 78735
(512) 892-0577

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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.