



**Held under the sanction of USA Swimming**

**Meet Name:** 2020 ST CCAA Laredo Barracudas and City of Laredo Parks and Leisure  
Spring Meet Invitational  
Open to all USA swim teams

**Sanction  
Number:** **ST-20-22**

**Meet Date:** Saturday, March 14, 2020  
Meet warm-up for all swimmers: Local team 10:30 am; travel teams 11:00 am  
Meet starts at 11:40 am

**Venue:** **Rev Deacon Leonel and Irma San Miguel Swimming Pool Complex**  
10202 International Blvd  
Laredo, TX 78045  
(956) 722-1675

**Directions:** **From Del Rio** go towards Laredo on US 277 to US Highway 83S to I-35 South. Take exit 9 on I-35. Continue onto I-35 Frontage Road. Turn left onto Bob Bullock Loop (US 59). Make a slight right. Go straight onto International Boulevard until you reach 10202 International Blvd.  
**From Corpus Christi** take TX-44/N US Highway 77 to US-59 S. Travel 54.35 miles then merge onto Bob Bullock Loop/TX-20 Loop. Travel to International Blvd Turn left onto International Blvd. and travel about a mile to Rev Deacon Pool.

**Facility:** Outdoor 6 lane 25-yard competition pool is available for competition with a one lane 25-yard warm-up/cool-down lane with no lane separation. Three stop watches per lanes will be used for timing and Hy-Tek Meet Manager Software will be utilized. Seating is available. Dressing and locker rooms are available on-site. The pool is located on City of Laredo. No tobacco or alcohol is allowed on Laredo property including the parking lot. Visitors are asked to secure all personal belongings in their vehicles. concessions will be provided

**Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 7 Feet at the start end and the turn end is 4 feet 0 inches 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:** 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 only enter the meet 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), Corpus Christi Aquatic Alliance (CCAA), the City of Laredo and its employees, the Rev Deacon Leonel and Irma San Miguel Swimming Pool Complex 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:** This meet is open to swimmers who are currently registered with or unattached to all USA swimmers. All events will be timed finals, swum in one short course yards pool, seeded only by time. All events will be swum from fastest to slowest with flyover starts except for backstroke. We reserve the right to cap the number of swimmers entered in the meet or to combine events by distance and/or gender in order to limit the meet's timeline to four hours. All events will be mixed gender events seeding will be solely based on time and not gender. There will be no lane separation between genders. The 500 free will be limited to the fastest 24 swimmers only. If your swimmer is entered in the 500 free and is entered in the 500 free but does not qualify as the top 24 swimmers, you will be notified and allowed to enter your swimmer in a different event. The Meet Director and Meet Referee reserve the right to combine heats and/or events as needed.

## **Qualifying**

**Times:** None

**Time Trials:** None

**Relays:** There will be no relays at this meet.

**Age up Date:** The age of the swimmer will be his/her age on March 14, 2020.

## **Entry**

**Restrictions:** Swimmers may enter up to five events.

## **Entry**

**Deadline:** **Monday, March 2, 2020**

## **Entry**

**Procedures:** All teams with five or more swimmers must submit entries using Hy-Tek Team Manager or its equivalent to the Entries Chair. E-mail is the preferred method of delivery; if you need to submit entries in another format, please contact the Entries Chair to make other arrangements. Include a Meet Entry Report of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer.

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.

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 an email confirmation, your entries were not received.

**Entry Fees:** **\$6.00 per event** (includes the STSI splash fee of \$1.25 per splash). Refunds will not be given for any reason.

Payment payable to the City of Laredo and mailed to  
Paul Kane  
106 Martingale Lane  
Laredo, TX 78041  
956- 334-0600

### **Deck (late)**

**Entries:** Deck entries will be accepted at \$12.00 per individual event. Swimmers may deck enter events with open lanes only from 9am to 10am on the day of the meet. No new heats will be created. Swimmers not previously entered in the meet must 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) to the Admin Referee to deck enter. *No exceptions.*

### **Scratch**

**Rules:** Swimmers are asked to communicate scratches to the Entries Chair prior to the meet start date, as possible. There is no penalty for scratching from a pre-seeded event.

### **Meet Staff:**

**Meet Director:** Paul Kane [kanepaul500@gmail.com](mailto:kanepaul500@gmail.com) (956) 334-0600  
**Admin Official/Entries:** Cori Gilbert [cfgilbert3@gmail.com](mailto:cfgilbert3@gmail.com) (361) 563-2597  
**Meet Referee:** Lorna Anaya [lorna.anaya@anayamedical.com](mailto:lorna.anaya@anayamedical.com) (870) 814-2890

### **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. 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.

**Special  
Needs:**

Please notify Paul Kane (956) 334-0600 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 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 45 minutes prior to the scheduled start time of any session to receive your assignments. The wearing of name tags is strongly encouraged. The uniform is white polo shirt and khaki shorts/pants/skirts.

**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 & Events Committee Chair or designee.

**Timers:**

Parents of swimmers entered in the meet will be needed as timers.

**Awards:**

No awards

**Daily  
Schedule:**

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

# Order of Events

Distances are in *short course yards*

Meet warm-up: 10:30 am to 11:30 am

Meet starts at 11:40

<b>Saturday</b>	
<b>Mixed Events #</b>	<b>Event</b>
<b>1</b>	<b>200 Freestyle</b>
<b>2</b>	<b>25 Freestyle</b>
<b>3</b>	<b>100 Backstroke</b>
<b>4</b>	<b>50 Butterfly</b>
<b>5</b>	<b>100 Individual Medley</b>
<b>6</b>	<b>25 Butterfly</b>
<b>7</b>	<b>100 Butterfly</b>
<b>8</b>	<b>50 Backstroke</b>
<b>9</b>	<b>25 Breaststroke</b>
<b>10</b>	<b>100 Breaststroke</b>
<b>11</b>	<b>50 Freestyle</b>
<b>12</b>	<b>200 Individual Medley</b>
<b>13</b>	<b>25 Backstroke</b>
<b>14</b>	<b>100 Freestyle</b>
<b>15</b>	<b>50 Breaststroke</b>
<b>16</b>	<b>500 Freestyle</b>

## 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.**

STSI Safety Guidelines and Warm-up Procedures last Revised 10/9/2016