



Alamo Area Aquatic Association Meet Information



Conducted under Sanction of USA Swimming
Sanction Number: ST-20-79cm Posted: 10/27/20

- Meet Name:**
- 2020 ST AAAA-NS November Intrasquad
 - Timed final closed competition in Short Course Yards, for AAAA NS Swimmers only
- Meet Date(s):**
- November 7, 2020
- Venue:**
- Northside ISD Swim Center or NISD Natatorium
 - 8400 N. Loop 1604 W
 - San Antonio, Texas 78249
 - 210-397-7525

USA Swimming COVID-19:

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

NISD Aquatics Facility COVID-19

- Guidelines:**
- Please refer to our website for COVID protocols: <https://www.teamunify.com/team/stnisd/page/covid-19-protocols>
 - NISD COVID screener QR code will be attached to the heat sheet cover prior to meet to be shared with the spectator and athletes attending.
 - All athletes and spectators will complete the NISD COVID-19 screener prior to entering the facility
 - Spectators will be limited to ONE per athlete, tickets are required for entry (free for USAS Meets but must be claimed prior to entry into the facility) (see Online Ticket Sales for more information)
 - Masks MUST be worn in our facility at ALL times.
 - Social Distancing must be maintained throughout the facility
 - Live streaming will be available--information to be provided to each team prior to the meet

Daily Schedules:

- Session 1 (AAAA-NS HS groups)
 - Coaches meet @ 6:45 am
 - Warm-ups begin @ 7:00 am
 - Officials meet @ 7:45 am
 - Sprint lanes open @ 8:00 am
 - Clear competition pools @ 8:20 am
 - Competition begins @ 8:30 am
- Session 2 (AAAA-NS AG, 11, Green groups) (exact start time will be posted after entries have been received)
 - Coaches meet @ ~12:00 pm
 - Warm-ups begin @ ~12:15 pm
 - Officials meet @ ~1:00 pm
 - Sprint lanes open @ ~1:15 pm
 - Clear competition pools @ ~1:35 pm
 - Competition begins @ ~1:45 pm

- Format:**
- Timed Finals conducted in the Outdoor pool
 - Weather depending the meet may be moved INSIDE. This will be decided within 7 days of the competition and posted on the website.
 - 1 x 8 lanes will be used for competition; adjacent pool will be used for warm-up/cool-down during the meet.
 - ALL events will be gender-mixed and seeded fastest to slowest, no lane separation between genders.
 - Meet may be run using Flyover starts except for backstroke.
 - 2 sessions: HS Groups in the first session; AG, 11, and Green Groups in the second session
 - Entry times will be seeded: SCY, SCM, LCM
 - No relays
 - No time trials.
- Entry Deadline:** •**Sunday, November 1, 2020**
- Facilities:**
- One eight (8) lane 25 yard competition courses – OUTDOOR (option to move the meet indoors based on weather)
 - Colorado automatic starting and timing
 - Each of the courses has been certified in accordance with USA Swimming Rule 104.2.2 (C) and copies are on file with USA Swimming
 - Additional lanes will be available for constant warm-ups and cool downs in the south end of the pool.
 - Any and all two-piece swim suits are prohibited everywhere within the Northside ISD Aquatic Complex
- Water Depths**
- Both the outdoor and indoor pool depths, measured from the start end and turn end, is six feet seven inches both measured at one and five-meters from either end wall in accordance with Article 103.2.3.
- Deck Changing:**
- Deck changing is prohibited
 - Violators are subject to disqualification from the meet and disbarment from the facility
- Age up Date:**
- November 7, 2020
- Scoring and Awards:**
- None
- Drones:**
- Per USA Swimming Rule 103.13 and NISD district policy, 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 and NISD.
- Liability:**
- In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the Northside Independent School District, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet. 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.
- Sanction:**
- Held under the sanction of USA Swimming
 - This meet is sanctioned by South Texas Swimming and the current USA Swimming rules, including minor athlete abuse prevention policy (“MAAPP”) and any relevant sections of the current South Texas Policies and Procedures Manual will apply.
 - All swimmers must be registered for 2020 or 2021 with USA Swimming by the meet start date.
 - Conduct of these sanctioned events 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 or 2021) 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
 - Current national and LSC regulations do not allow for exceptions to these policies
- Cell Phone Restrictions:**
- The presence and / or use of cell phones, smart phones, or any other devices capable of producing audio recordings and / or photographic or video images in locker rooms, rest rooms, or changing areas is strictly and specifically prohibited at all times.
 - There are no exceptions to this prohibition.
 - Violators are subject to disqualification from the meet, disbarment from the facility and arrest.

**Photographs
And Videos:**

- No team or parent photographers will be allowed on deck.
- In the event such Media 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
- NISD Aquatics will be Live Streaming the meet on YouTube. Website will be sent to the team prior to the meet.
- Photographers and videographers are prohibited from the area immediately behind the starting blocks, and are specifically prohibited from making shots during the start phase of any race

Entry

Procedures:

- The **only** acceptable mode of entry is via Hy-Tek Commlink File
- Hard copy (PDF) **MUST** accompany
- Entries received without a seed time will not be entered into the meet and fees will not be refunded
- Please e-mail entries to the Entry Chair noted below
- An HYV File for importing events and time standards into Team Manager is available from the Club Calendar and Results Page of the AAAA Web Site: www.aaaa-sa.org.

E-Mail

Entries:

- Entries in Commlink Format only, MUST be sent or delivered to:
 - NISD Entries Chair:**
 - Brandon Allenstein
 - 210-397-7516
 - northsideaquaticsentries@gmail.com
- E-mail submissions to any other address cannot be accepted.
- The Commlink File must be renamed to clearly identify the entering team, the shorter the better
- Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded
- Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (PDF) is received as an attachment to the e-mail, or hand-delivered.

Entry

Restrictions:

- This Meet is open to all 2020 or 2021 Registered USA Swimming athletes registered with AAAA-NS
- Maximum of four (5) events overall
- All entries must include a seed time
- Entries will be processed in the order received
- Swimmers entering with a “non-conforming” time (LCM or SCM) should enter the event using the nonconforming time, which will allow for proof-of-time.
- The meet will be seeded SCY, SCM, LCM

Entry Fees

Includes \$1.75

Splash Fees:

- \$5.00 per individual event / No refunds
- Late Entry Fees \$5.00 per individual event
- Northside Aquatics TeamUnify accounts will be billed the Tuesday after the meet entry deadline.

Late / Deck

Entries:

- No late / deck entries

Qualifying

Times:

- No qualifying times

Meet

Management:

- Meet Manager 8.0 or TeamUnify Touch Pad
- Meet Director
 - Meet Referee
 - Brandon Allenstein
 - Larry Benson
 - 210-397-7516
 - 210-687-2513
 - brandon.allenstein@nisd.net
 - l-benson@sbcglobal.net
- Admin Official
 - Entries Chair
 - Rick Allenstein
 - Brandon Allenstein
 - 210-602-6418
 - 210-397-7516
 - rallenstein@hotmail.com
 - northsideaquaticsentries@gmail.com

Unaccompanied

Swimmers:

- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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

- Rules:**
- The 2020 USA Swimming Technical Rules and any relevant sections of the STSI Policies and Procedures Manual will apply to this competition
- Warm-ups:**
- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page five (5)
 - Continuous warm-up and warm-down will be available in the adjacent lanes.
 - Please also review the daily schedules below.
- Scratch Rules:**
- This meet will be pre-seeded without regard to gender or age, fastest to slowest and there will be no penalty for scratching from a pre-seeded event
- 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 Northside Aquatic Complex (210-397-8985) in advance of this meet with the name and age of any member on your team who may need assistance to enter the building.
 - The Aquatics 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 Host and the Meet Referee before the competition begins, and preferable at the time entries are submitted, if any specialized equipment is required and / or if they are to be considered for judging under Article 105.
- Officials:**
- All 2020/2021 STSI certified and in training USA Swimming registered officials are cordially invited to participate
 - The required uniform is:
 - White collared shirts / blouses over khaki trousers, Bermuda-length shorts, skirts or capris
 - PLEASE: **NO** jeans, cut-offs or flip flops
 - Please report to the Meet Referee in accordance with the Daily Schedule on page one (1).to be briefed and receive Assignments
 - A limited number of officials will be allowed on deck for the meet. This will not be less than the minimum amount needed for sanctioning and will not be greater than six (6).
 - The wearing of name tags is strongly encouraged
- Timers:**
- NISD Aquatics Staff will be the timers needed to conduct the meet
- Online Ticket Sales:**
- Tickets for this event will be available for purchasing online starting Wednesday, October 28 after 4PM via Home Town Ticketing. A link will be sent to each participating coach to distribute, as well as posted on our website at <https://www.teamunify.com/team/stnisd/page/hs1/meet-information>.
 - Spectators will be limited to one per swimmer, and linked to the student's USA Swimming ID number for purchasing purposes.
 - Each session of the meet will require a separate ticket for admission into the facility.
 - There will be no tickets for sale at the door
 - There are no "extra" tickets for sale.

Order of Events

Saturday, November 7, 2020		
Session 1 – AAAA-NS HS Groups – 8:30 am Start		
Mixed Event Number	Meter Distance	Stroke
1	200	Individual Medley
2	100	Freestyle
3	100	Breaststroke
4	200	Freestyle
5	100	Backstroke
6	50	Freestyle
7	100	Butterfly
8	500	Freestyle

Saturday, November 7, 2020		
Session 2 – AAAA-NS AG, 11, and Green Groups ~1:00 pm Start**		
Mixed Event Number	Meter Distance	Stroke
9	200	Individual Medley
10	100	Individual Medley
11	100	Freestyle
12	50	Breaststroke
13	100	Breaststroke
14	200	Freestyle
15	50	Backstroke
16	100	Backstroke
17	50	Freestyle
18	50	Butterfly
19	100	Butterfly



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.