

Aquatex Swim Team

December Invite

December 18 & 19th, 2020

Date: December 18 & 19th, 2020

Entry Deadline: December 14th

Entries open Tuesday, December 8, 2020

Sanction #:ST-20-101cm Held under the sanction of USA Swimming

Venue: Micki Krebsbach Pool, 301 Deepwood Dr. Round Rock, TX 78681

Facility: FACILITY: Micki Krebsbach Pool is a 25 yard, 8 lane, outdoor facility (with starting blocks), using an automatic Colorado Timing System and Hy-tek Meet Management system, in Round Rock, located next to Round Rock High School. There is an adjacent 20 yard, three lane warm-up pool that may be used during the meet for continuous warm-up, warm-down. Horseplay in the warm-up pool will NOT be tolerated. Swimmers violating this rule will be asked to leave the pool at once. Coaches, please supervise your swimmers. NO ONE MAY ENTER THE RECREATIONAL POOL OR USE THE SLIDE AT ANY TIME. We strongly suggest that you bring adequate provision for shade and seating. There is plenty of parking, Swimmers may bring coolers, however; no glass containers are permitted.

Water Depth: Start end 6.6 feet / Turn end 5 feet, measured at 1 and 5 meters.

Course Certification: The competition course has not been certified in accordance with 104.2.2C(4). If a swimmer expects to, or does break a record, please inform meet director or referee. In accordance to 104.2/2/C/4/C... Where a moveable Bulkhead is used, course measurement of the lane in which the record was set must be confirmed at the conclusion of the session during which the time was achieved.

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 2020/2021 with USA Swimming by the meet start date. 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), AquaTex Swim Team, the City of Round Rock, 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.

We have taken enhanced health and safety measures – for staff members, swimmers and volunteers. You must follow all posted instructions while visiting Micki Krebsbach Pool. 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 illness and possible death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting Micki Krebsbach Pool, you voluntarily assume all risks related to exposure to COVID-19. 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, SOUTH TEXAS LSC AND AQUATEX SWIM TEAM 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently (2020/2021) 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.

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 all 2020/2021 USA Registered swimmers who are attached to AQT, COTA, FISH, NITRO, RUSH, WHAC, and any other teams invited by AQT.

Format:

- Timed finals - swum slowest to fastest
- The Meet Referee reserves the right to combine heats and/or events by gender and/or stroke or distance. We will have an empty lane between combined events, if necessary. Any changes to the order of events will be communicated at the coaches' meeting.
- Per 102.7.1 The order of events, as stated in the meet announcement, shall not be changed. The announced arrangement of heats in any event shall not be added to or altered, except by the authority of the Referee, to the extent of consolidating the heats. • Time trials will not be offered.

Qualifying Times: Must have swam the event before

Please ensure a time is entered for each swimmer and event. NT are will not be accepted.

Age up Date: The age of the swimmer will be his/her age on December 18th, 2020.

Entry Restrictions: One event for Fridays session, maximum of Three (3) entries per swimmer for Saturday's session.

Entry Procedures: Entries MUST be submitted by Hy-Tek Commlink either on disk or via e-mail.(See below.) *Hard copy must accompany *Please format disks before utilizing for entries. **DO NOT SEND ENTRIES BY EXPRESS, OVERNIGHT MAIL, ETC., WITHOUT A WAIVER OF SIGNATURE. E-mail Entries (preferred mode) • Entries in Commlink Format only, may be sent to markparshall1@gmail.com • E-mail submissions to any other address cannot (server dictated) and will not be accepted. • The Commlink File must be renamed to clearly identify the entering team – shorter is better. • Athletes included in improperly identified Commlink Files, e.g. CfileOX.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 if the Meet Entry Report (hard copy) is not received. • The Entry Report may be attached to the e-mail message along with the Commlink File (recommended). • Athletes WILL NOT be permitted to compete in the meet until satisfactory fee payment arrangements have been made with the Meet Entries Chair or designee. • You will receive an e-mail reply that your entries have been received.

Entry Fees: \$10.00 per individual event (includes the STSI splash fee of \$1.25 per splash)

Please include a Meet Entry Fee report with your payment. Please bring entry fees to the meet upon arrival.

Late Entries: No late entries or deck entries.

Mail Entries to: Entries Chair

Entry Chair & Meet Director:

Mark Parshall
1103 Cedar Falls St.
Round Rock, TX 78681
512-636-8577
Markparshall1@gmail.com

Meet Referee:
Charles Yang
512-992-6200
hellaheat@yahoo.com

Administrative Official:
Sue Anconetani
512-576-9905
sk.anconetani@gmail.com

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.

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.

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 Program & Events Committee Chair or designee.

SWIMMERS WITH DISABILITIES: Please notify Mark Parshall (512.636.8577) 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 by South Texas Swimming, Inc., that may include one or more swimmers with visual, hearing, mental, or physical disabilities, the judging of such competitions 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. Please contact the meet director in advance.

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 2020/2021 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. The uniform for the meet will be white polo shirt over Khaki pants/shorts/skirts. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments.

Timers: Timing assignments will be based on warm-up lane assignments. Each team will be required to provide one timer for each lane the team is assigned for warmups. One timer per lane will be used.

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 SC yards

Session 1 – All ages

Warmup 5pm, Meet start 6pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12 & under 500 Free	2
3	13 & up 1650 Free	4

Session 2 - 12 & Under

Warmup 9am, Meet Start 10am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	200 Free	6
7	100 IM	8
9	200 Fly	10
11	50 Fly	12
13	100 Fly	14
15	200 Back	16
17	50 Back	18
19	100 Back	20
21	200 Breast	22
23	50 Breast	24
25	100 Breast	26
27	200 IM	28
29	50 Free	30
31	100 Free	32

Session 3 – 13 & Up

1 hour warmup 30 minutes after 12&under session. Meet start following

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	500 Free	34
35	400 IM	36
37	200 Free	38
39	200 Fly	40
41	100 Fly	42
43	200 Back	44
45	100 Back	46
47	200 Breast	48
49	100 Breast	50
51	200 IM	52
53	50 Free	54
55	100 Free	56

**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 warmups 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.