



**2021 ST LSAC Last Chance Champ Time Trials
Short Course Yards, Timed Finals Meet
January 29, 2021**

Sanction: ST-21-18cm
Held under the sanction of USA Swimming

IMPORTANT MEET FACTS

- Venue:** CHASCO Family YMCA, 1812 N Mays St, Round Rock, TX 78664 | (512) 246-9622
- Parking:** Parking for athletes and spectators is in the back-parking area (behind the YMCA facility) adjacent to N Mays St. The address is 1812 N Mays St, Round Rock, TX 78664. After you park in the parking lot, athletes and timers/volunteers will need to enter the YMCA facility through the back gate, see signs for directions. Parking for officials, coaches, and staff is located at the side parking lot (across from the Early Childhood Development Center).
- Entries Open:** January 8, 2021
- Entries Close:** January 24, 2021 at midnight
- Entry Email:** Adam@lonestaraquatics.com
- Entry Fees:** \$20 per individual event (this includes the \$1.25 South Texas Swimming splash fee). Refunds will not be given for any reason.
- Qualifying Times:** There are no qualifying times.
- Age Restrictions:** This Time Trial is for athletes of all ages from LSAC, AQTX, and WHAC.
- Deck Entry Fees:** Deck entries will only be allowed from the invited teams at this meet

Welcome: Lone Star Aquatics Club invites your team to join us at the CHASCO Family YMCA for our 2021 ST LSAC Last Chance Champ Time Trials, a short course yard, timed finals meet. This meet is open to all Lone Star Aquatic Club registered swimmers only. The meet will be capped at 80 swimmers per session, all individual events will be **mixed gender**.

Facility: CHASCO Family YMCA is an indoor, eight-lane, short course yards pool. 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 designated structures set near the facilities entrance to the pool deck for coaches, officials, and athletes. Spectators will not have access to these structures in order to keep social distancing. We highly encourage athletes to bring chairs. Parents will not be allowed on the pool deck and may spectate from outside of the fence while maintaining their social distance from others.

The meet will be held in the six lanes nearest the patio (east side). Warm-up and warm-down throughout the duration of the meet will be available during the breaks.

Water Depth: The minimum water depth, is 4 feet 6 inch at the turn end and the start end is 6 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 2021 with USA Swimming by the meet start date. 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 Lone Star Aquatics Club, the CHASCO Family YMCA, 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 Lone Star Aquatics Club. 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 Lone Star Aquatics Club, 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 LONE STAR AQUATICS CLUB, CHASCO FAMILY YMCA 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 (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 Time Trial session/meet is for currently registered Lone Star Aquatic Club (LSAC), Aquatex Swim Team (AQTX), and Western Hills Aquatic Club (WHAC) swimmers ONLY. Number of athletes will be capped at 80 swimmers per session and entered as entries are received. All events will be swum combined ages and will be pre-seeded. Heats will be timed finals, seeded slowest to fastest. Events will be mixed gender to accommodate the timeline. All events will be contested in 6 lanes.



The meet director reserves the right to combine heats, events or sessions as needed and the right to conduct flyover starts or change warm-up/session start times depending on meet size. Any changes will be acknowledged by all coaches.

Qualifying

Times: There are no qualifying times.

Age up Date: The age of the swimmer will be his/her age on January 29th, 2021.

Entry

Restrictions: Athletes may enter a maximum of 3 events for the whole meet.

Entry

Deadline: January 24, 2021 at midnight, Entries will be capped at 80 swimmers per session

Entry

Procedures: All teams must submit entries using the latest version of Team Unify or Hy-Tek Team Manager software to the Entries Chair, Adam Depmore (Adam@lonestaraquatics.com). Please include a Meet Entry Report of your entries, listing the swimmer, USA Swimming ID, entries by swimmer name, and total fees due along with your entry file.

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: \$20.00 per individual event (this includes the \$1.25 South Texas Swimming splash 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 January 25, 2021, 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:

Lone Star Aquatics Club

Send checks to:

Lone Star Aquatics Club
P.O. Box 851
Round Rock, Texas 78680-0851

Deck Entries: No deck entries will be taken

Meet Staff: **Entries Chair:** Adam Depmore, adam@lonestaraquatics.com (512)560-8735
Meet Director: Adam Depmore, adam@lonestaraquatics.com (512)560-8735

Meet Referee: Thom Fairleigh, tfair@billmclunginc.com

Admin Referee: Bach Hoang, bnh1@yahoo.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:
Special
Needs:**

Deck changes are prohibited.

Please notify Meet Director Adam Depmore, (512)560-8735 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 (2021) certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2021 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. 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.

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.

Timers:

The host team will provide two timers per lane. All volunteers on deck will wear masks as preventative measure for Covid-19. We will enforce this rule since volunteers and swimmers will not be able to maintain six feet of distance at all times.

Relays:

There are no relays.

Awards:

No awards will be given at this meet.

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:**

The meet will be pre-seeded.



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 in one direction, starting from the starting block side.

Session: Warm Up: 6:15 pm Clear Pool: 6:45 pm Start: 7:00 pm

**2021 ST LSAC Last Chance Champ Time Trials Schedule of Events
All events will be swum Mixed Gender in SCY**

- Due to the quickness of the meet and how fast LSAC swimmers perform, the Meet Director may add or increase breaks during the meet, pending recovery time for our athletes.

Session: Ages 7 & Older

Swimmers Warmup: 6:15pm

Swim Meet Begin: 6:45pm

- Below events will be scheduled once all entry submission has been submitted
- LSAC reserved the right to cancel an event if no entries have been submitted.

- 🏊 50 Free
- 🏊 50 Back
- 🏊 50 Breast
- 🏊 50 Fly
- 🏊 100 Free
- 🏊 100 Back
- 🏊 100 Breast
- 🏊 100 Fly
- 🏊 100 IM
- 🏊 200 Free
- 🏊 200 Back
- 🏊 200 Breast
- 🏊 200 Fly
- 🏊 200 IM
- 🏊 500 / 1650 Free
- 🏊 400 IM



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.