



**Posted 1/22/21**  
**Held under the sanction of USA Swimming**

- Meet Name:** 2021 ST LCA January Races  
Closed to members of Lost Creek Aquatics and athletes invited by the meet host
- Sanction Number:** **ST-21-21cm**
- Meet Date:** Saturday, January 30, 2021 (weather makeup day Sunday, January 31, 2021)  
Warmups start 11:00-11:20am (Guppy, Bronze, Fitness)  
Warmups start 11:20-11:55am (Silver, Gold, National)  
Meet starts 12:00pm for all swimmers
- Venue:** Lakeway Swim Center  
3103 Lakeway Blvd  
Lakeway TX 78734  
512-261-3000
- Facility:** One six-lane, outdoor, heated, 25-yard racing course  
No separate warm-up or warm-down pool  
Dolphin Timing System and Hy-Tek Meet Manager software will be utilized.  
No concessions will be provided  
Please see the attached "Return to Competition" plan for participant and spectator expectations
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 5 feet 0 inches 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. Current USA Swimming rules, including Minor Athlete Abuse Protection 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 2021 with USA Swimming by the meet start date. Athletes who register with USA Swimming after the meet entry deadline may enter the meet only if they can present their 2021 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), Lost Creek Aquatics (LCA), the City of Lakeway, the Lakeway Swim Center, 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.

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, SOUTH TEXAS SWIMMING, THE CITY OF LAKEWAY, LOST CREEK AQUATICS, AND SUBSIDIARIES AND EACH OF THEIR OFFICERS, PARTNERS, 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 meet is open to swimmers who are currently registered with or unattached to Lost Creek Aquatics, plus athletes invited by the meet host. All events will be timed finals, swum in one short course yards pool, seeded only by time. All events will be swum from slowest to fastest. We reserve the right to cap the number of swimmers entered in the meet, to combine events by distance and/or stroke, and to split the meet into sessions in order to limit the meet's timeline to approximately four hours. Swimmers will be entered in the order entries are received.

### **Qualifying**

**Times:** None

**Age up Date:** The age of the swimmer will be his/her age on January 30, 2021.

### **Entry**

**Restrictions:** Swimmers may enter up to four events. For this meet, the coaches will select events for each swimmer entered in the meet. Swimmers may only swim one distance event at this meet (400 IM, 500 Free, 1650 Free).

### **Entry**

**Deadline:** Wednesday, January 27, 2021

### **Entry**

**Procedures:** All teams with five or more swimmers must submit entries using Hy-Tek Team Manager or its equivalent to the Entries Chair. Email 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:** **\$9.50 per event** (includes the STSI splash fee of \$1.25 per splash) plus the \$15 LCA meet fee. Refunds will not be given for any reason.

**Deck (late) Entries:** Deck entries will not be accepted.

**Time Trials:** There will be no time trials at this meet.

**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, except for loss of the entry fees.

**Meet Staff:** **Meet Referee:** Jessica Evans, [jessica@lostcreekaquatics.com](mailto:jessica@lostcreekaquatics.com), 512-917-2274  
**Admin Official:** Erica Allison, [ericaallison@gmail.com](mailto:ericaallison@gmail.com), 512-739-6871  
**Meet Director/Entries Chair:** Jessica Evans, [jessica@lostcreekaquatics.com](mailto:jessica@lostcreekaquatics.com), 512-917-2274

**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 Jessica Evans at 512-917-2274 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 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. 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 and Events Committee Chair or designee.

**Positive  
Check-In**

Positive check-in is not required for any event.

**Timers:**

Parents of swimmers entered in the meet will be needed as timers. Swimmers in the 500 Free and 1650 Free will need two backup timers and one person to count laps. Swimmers entered in the 400 IM will need two backup timers.

**Awards:**

No awards will be given.

**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

<b>Session 1: All swimmers</b>	
Note: Coaches will select events for swimmers. Warmups 11:00-11:20am (Guppy, Bronze, Fitness) Warmups 11:20-11:55am (Silver, Gold, National) Session 1 starts at 12:00pm	
1	100 Freestyle
2	50 Backstroke
3	100 IM
4	50 Breaststroke
5	100 Butterfly
6	50 Freestyle
7	100 Backstroke
8	50 Butterfly
9	100 Breaststroke
15-minute break for warmup/warmdown	
10	200 Freestyle
11	200 Breaststroke
12	200 Butterfly
13	200 IM
14	200 Backstroke
15-minute break for warmup/warmdown	
15	400 IM *
16	500 Freestyle +
17	11 & Over 1650 Freestyle +

Depending on entries, the Meet Director reserves the right to add and remove breaks, to conduct flyover starts, and to split the meet into additional sessions. The exact timeline for the meet will be sent to participants no later than January 28.

\* Swimmers in the 400 IM will need two backup timers.

+ Swimmers in the 500 Free & 1650 Free will need two backup timers and a person to count laps.

Swimmers may enter only one distance event (400 IM, 500 Free, 1650 Free).

**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**

<b>POOL</b>	<b>PUSH/PACE</b>	<b>DIVES/SPRINTS</b>	<b>GENERAL WARMUP</b>
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.***