

# South Texas Swimming Association

## 2021 STSA 'ALL IN' SC MEET SERIES

9:00 am Start  
OCTOBER 16, 2021  
Sanction# ST-21-108



**Welcome:** South Texas Swimming Association invites all USA swimmers and teams to join us for our first of a three meet series of Unclassified Short Course competitions of the 2021-2022 season. The series will include meet dates November 20 and December 18, 2021 with the 2022 meet dates to follow. Please help us safely return to competition by following participant and spectator expectations. Masks are highly recommended if you choose to wear one.

**Sanction #:** **STA-21-108**  
**Held under the sanction of USA Swimming**

**Venue:** Pendleton Park Pool, 1427 Morgan Blvd, Harlingen, Texas, 78550, 956-425-4270...northwest corner of Grimes Rd and Morgan Boulevard...Plenty of parking, HEB grocery store and restaurants nearby.

**Facility:** Indoor 25 Yard Short Course Pool, Eight Lanes, Heated, No Touch Pads, Hand Timing Stopwatches, Horn Start, Hy-Tek Meet Manager, Restrooms on site. Warm Up/Cool Down Lane 1 and 8 with 6 competition lanes 2-7, Limited seating, Some concessions and water. Banners permitted.

**Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 10 feet at the start end and the turn end is 4 feet 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), only by Meet Director and Coach, Coach John Tucker.

**Sanction:** Held under the sanction of USA Swimming. This meet has been sanctioned by South Texas Swimming and current USA Swimming rules and any relevant sections of the South Texas Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 2021-2022 with USA Swimming by the meet start date. Athletes who register with USA Swimming after the meet entry deadline may deck enter the meet only if they can present their 2021-2022 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), the South Texas Swimming Association (STSA), the Pendleton Park Pool and the City of Harlingen and all meet and staff 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 offender/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 HARLINGEN, SOUTH TEXAS SWIMMING

ASSOCIATION 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 (2021-2022) 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.

\*South Texas Swimming does not allow on-deck USA Swimming registrations.

**Meet Format:** \*All Timed Finals, Seeded Slowest to Fastest.

\*Each Swimmer limited to Five Individual Events and Two Relays.

\*Two Warm Ups 7:30-8:00 and 8:00-8:30.

\*We must have three timers per lane to begin the meet so PLEASE HELP PROVIDE TIMERS from your Team.

\*Flyover Starts if needed.

\*This meet is open to all USA registered swimmers.

\*We reserve the right to cap the number of swimmers entered in the meet in order to remain within the four hour rule.

\* Swimmers will be entered in the order entries are received.

## Qualifying

**Times:** Unclassified Open Meet. No Qualifying times required, but **No Times 'NT' entries will not be accepted.** Provided your best guessed time.

\*LC and SCM times may be converted to SCY for proper seeding and the best competitive opportunity for your swimmer.

**Age up Date:** The age of the swimmer will be his/her age on October 16, 2021.

## Entry

**Restrictions:** One Day Meet, Saturday Only, 9:00am, Five Individual Events and Two Relays per Swimmer. Converted and Estimated Times/Best Guess Accepted, But Not 'No Times' or 'NT'.

## Entry

**Deadline:** Wednesday, October 13, 2021. Deck Entries Allowed Until 8:30am. Deck entries are \$8.25 Including the \$1.25 splash fee. The swimmer must provide proof of registration.

## 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 personally to make other arrangements. If you do not receive a confirmation email, your entries were not received. Please rename the entry file to clearly identify the meet sanction number, your club code, and the file (such as STA-21##\_STSA\_Entries.zip). Include a Meet Entry Report of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer with SCY times. Rename the Meet Entry Report using the meet sanction number, your club code, and the report name (such as STA-21##\_STSA\_EntriesByAthlete.pdf).

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 PRIOR TO THE MEET.

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.

Submit files to the Entries Chair with 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.

**Heat Sheets:** Heat Sheets will be printed at the meet.

**Entry Fees: \$8.25 per Individual Event (includes STSI splash fee \$1.25 per splash), \$16.50 per Relay Event. An Athlete Facility Use Surcharge will be \$2.00.** Please include a Meet Entry Fee Report with your payment. Entry fees must be received before swimming October 16, 2021. Once entries are accepted, refunds will not be given for any reason. Please Make CHECKS PAYABLE To STSA or South Texas Swimming Association.

Checks can be mailed to STSA, Coach John Tucker, 1701 Rio Hondo Rd, Harlingen, Texas, 78550. Please remember to include a hard copy of your meet entry report with your payment.

**Deck Entries:** Accepting Deck Entries until 8:30am October 16, 2021.

**Time Trials:** None

**Scratch Rules:** Please do Scratches Before the Meet Begins Saturday.

<b>Meet Staff:</b>	<b>Entries/Admin:</b> Lorena Singh	956-655-0850	<a href="mailto:lorenasingh@yahoo.com">lorenasingh@yahoo.com</a>
	<b>Meet Director:</b> Coach John Tucker	956-873-1951	<a href="mailto:jtsback@gmail.com">jtsback@gmail.com</a>
	<b>Meet Referee:</b> Lorna <a href="#">Anaya</a>	<a href="tel:870-814-2890">870-814-2890</a>	<a href="mailto:lorna.anaya@anayamedical.com">lorna.anaya@anayamedical.com</a>
	<b>Head Coach:</b> Coach John Tucker	956-873-1951	<a href="mailto:jtsback@gmail.com">jtsback@gmail.com</a>
	<b>Starter:</b> Albert Gomez	956-459-9642	<a href="mailto:agrancho@hotmail.com">agrancho@hotmail.com</a>
	<b>Deck Official:</b> Ruth Johnson		<a href="mailto:babybarrales@yahoo.com">babybarrales@yahoo.com</a>

### 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 or behind the starting blocks. 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 prohibited from the area immediately behind the starting blocks. If they are present they are specifically prohibited from taking shots during the start phase of any race.

### Deck

**Changing:** Deck changing is prohibited.

### Special

- Needs:** Please notify (insert name of contact and phone number) 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 (2020-2022) certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2021-2022 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 one hour prior to the scheduled start time of any session to receive your assignments. The wearing of name tags is strongly encouraged.
- 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.
- Timers:** The host team will attempt to provide backup timers for this meet, but volunteers from visiting teams will be needed.
- Awards:** Ribbons awarded for 1-8 Places by Age Group and Gender to be picked up at end of meet, per age groups 8&U, 9&10, 11&12, 13&14, 15-18. High Point awards will be awarded to the age group high point winner based on points accumulated in the three meet series by the individual swimmer with the most points in each age group, Girls and Boys, at the end of the three meet series. Points scored will be based on First-9 points, Second-7, Third-6, Fourth-5, Fifth-4, Sixth-3, Seventh-2 and Eighth-1.
- Daily Schedule:** Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement.

**Warm ups: Saturday**

**Warmups**

**Teams-Lanes**

**7:30-8:00**

**Assigned at Meet**

**8:00-8:30**

**Coaches Meeting**

**8:30-8:45**

**Meet Starts**

**9:00am**

**\*Warm up and Cool Down Lane 1 and 8 Only, Shallow End Access Only**

**\*25 YARD EVENTS WILL START AT THE SHALLOW END OF THE POOL, 4' DEEP.**

**\* ALLOTHER Events will start from blocks or deck in deep end, 10' DEEP.**

**October 16, 2021**

**Distances are in SC yards**

GIRLS	ORDER OF EVENTS	BOYS
EVENT 1	100 FREESTYLE REPAY	EVENT 2
	10 MINUTE BREAK	
EVENT 3	25 FREESTYLE	EVENT 4
EVENT 5	200 FREESTYLE	EVENT 6
EVENT 7	25 BACKSTROKE	EVENT 8
EVENT 9	50 FREESTYLE	EVENT 10
EVENT 11	25 BUTTERFLY	EVENT 12
EVENT 13	100 BACKSTROKE	EVENT 14
EVENT 15	25 BREASTSTROKE	EVENT 16
	BREAK 10 MINUTES	
EVENT 17	100 INDIVIDUAL MEDLEY	EVENT 18
EVENT 19	50 BUTTERFLY	EVENT 20
EVENT 21	100 BREASTSTROKE	EVENT 22
EVENT 23	50 BACKSTROKE	EVENT 24
EVENT 25	100 BUTTERFLY	EVENT 26
EVENT 27	50 BREASTSTROKE	EVENT 28
EVENT 29	100 FREESTYLE	EVENT 30
EVENT 31	200 FREESTYLE RELAY	EVENT 32

# 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.**

