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# NITRO SWIMMING

## Nitro "Pick 5" November Splash!

Held under the sanction of USA Swimming

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- DATE:** **Saturday November 8<sup>th</sup>, 2014:** Warm-up: TBD Coaches Meeting 2:20 PM Meet Start: 2:30PM
- ENTRIES OPEN:** Entries will open **Monday October 20<sup>th</sup>, 2014:** Entries will not be accepted before these times. Entries will be processed in the order received. Entries will close the earlier of: a) Sunday, October 26<sup>th</sup>, 2014 or b) When a session reaches an estimated 4 hours in length. Individual sessions may close before the entire meet closes. If we have to close a session early, this will be posted on our website ([www.nitroswimming.com](http://www.nitroswimming.com))
- ENTRY DEADLINE:** **Sunday October 26<sup>th</sup>, 2014 11:59PM (CDT).**
- SANCTION:** **STA-14-88**
- VENUE:** Galloway-Hammond Recreation Center – 1601 S Water Street, Burnet, Texas 78611 (512) 756-4890
- POOL SPEC:** Indoor 25 yard X 25 meter heated pool. 10 competition lanes. Water depth varies from 4.5 feet in lane 10 to 13.5 in lane 1. Colorado Timing System. Warm down/warm up pool available after meet warm ups are complete for the duration of the meet. Any child not actively warming up or down will be asked to exit the pool by the lifeguards.
- WATER DEPTH:** The minimum water depth, measured in accordance with Article 103.2.3, is 12 feet at the start end 3.5 feet at the turn end. Both ends are measured at one and five meters.
- USA SWIMMING REGISTRATION:** All swimmers, coaches, and officials participating in this competition must be currently (2014-2015) registered with USA Swimming. 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 a coach may present the club's official, watermarked roster from the USA Swimming club portal). South Texas Swimming does not permit on-deck USA Swimming Registrations.
- RACING STARTS** Swimmers entered in this 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. 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.
- PHOTOGRAPHY** 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.
- ELIGIBILITY:** Age up date November 8<sup>th</sup>, 2014
- LIABILITY:** In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), Nitro Swimming, Galloway-Hammond Recreation Center employees 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
- RULES:** The most current 2014 USA Swimming Rules and any relevant sections of the STSI Handbook will apply.

**MEET FORMAT:** This will be a timed final meet. All events will be swum fastest to slowest with flyover starts.

**TIME TRIALS** None

**AWARDS:** There will be no awards at this meet.

**ENTRIES:** **Swimmers may enter a maximum of five (5) individual events.**

**ENTRY PROCEDURE:** All teams with five or more swimmers must submit entries using a currently supported version 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.

Please submit all entries to Florian Rudolph at [florian.rudolph@nitroswim.com](mailto:florian.rudolph@nitroswim.com).

**ENTRY FEES:** \$7.25 per event. Please make checks payable to: **Nitro Swimming**

Mail To: Tracy Koleber  
Nitro "Pick 5" November Splash  
15506 D West Hwy 71  
Bee Cave, TX 78738

**DECK ENTRIES:** Deck Entries will be accepted at \$15.00 per event.

**QUALIFYING TIMES:** There will be qualifying times for the both the 200 Freestyle (4:00) and the 200 IM (4:30). Time standard was chosen by the meet host to remain in the 4 hour rule.

**HEAT SHEETS:** Heat Sheets will be posted online no later than November 6<sup>th</sup>, ([www.nitroswimming.com](http://www.nitroswimming.com))

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|------------------------|---|--|---|---|
| <b>ADMINISTRATION:</b> | <b>Entries Chair:</b><br>Florian Rudolph<br>(512)259-7999<br><a href="mailto:florian.rudolph@nitroswim.com">florian.rudolph@nitroswim.com</a> | <b>Meet Director:</b><br>Mike Koleber<br>(512)259-7999<br><a href="mailto:mike@nitroswim.com">mike@nitroswim.com</a> | <b>Referee:</b><br>Didi Byerly<br>(361)549-8887<br><a href="mailto:didibyterly@aol.com">didibyterly@aol.com</a> | <b>Admin</b><br>Charles Yang<br>(512)992-6200<br><a href="mailto:hellaheat@yahoo.com">hellaheat@yahoo.com</a> |
|------------------------|---|--|---|---|

**OFFICIALS:** All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and their local LSC for 2014-2015 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Please email the Meet Referee with your certification level and availability so he can plan accordingly. Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials' briefing and to receive your assignments. The wearing of name tags is strongly encouraged

**WARM-UPS:** Warm-up information will be distributed the Wednesday before the meet. Warm-ups will be conducted in accordance with the current STSI Policies and Procedures listed below and on the STswim.org Web Site.

- SPECIAL NEEDS:**
- Please notify the Mike Koleber at 512-259-7999 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
  - 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.

**DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**CELL PHONE:** The presence and / or use of cell phones, and any other equipment capable of producing photographic or video images, in locker rooms 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.

**TIMERS:** Volunteer timers will be needed.

**Order of Events**  
(Distance in Yards)  
**SATURDAY AFTERNOON**

| <b>Girls Event #</b> | <b>Event</b>   | <b>Boys Event #</b> |
|----------------------|--|---------------------|
| 1                    | 200 Freestyle <b>(Qualifying Time: 4:00)</b>         | 2                   |
| 3                    | 50 Freestyle   | 4                   |
| 5                    | 100 Breaststroke                                     | 6                   |
| 7                    | 50 Backstroke  | 8                   |
| 9                    | 100 Butterfly  | 10                  |
| 11                   | 100 Individual Medley                                | 12                  |
| 13                   | 100 Freestyle  | 14                  |
| 15                   | 50 Breaststroke                                      | 16                  |
| 17                   | 100 Backstroke                                       | 18                  |
| 19                   | 50 Butterfly   | 20                  |
| 21                   | 200 Individual Medley <b>(Qualifying Time: 4:30)</b> | 22                  |

# 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 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 ½ 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 - one way only!
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes - circle swimming only.
- f. No kick boards, 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 (4) 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 must be members of United States Swimming.
  3. Marshals will have 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.
  4. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
  5. 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."
  6. 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.
  7. Hazards in locker rooms, on deck, or 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 backstroke 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.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warmups unless approved by the 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.**