Coastal Bend AllStars (CBA)
is pleased to host the:
Thursday Night at the Races I SCY
***at** the*
CCISD Natatorium, Corpus Christi, Texas
December 18, 2014
Held under the sanction of USA Swimming.
Sanction # STA-14-93
Entry Deadline: Monday, December 8, 2014

Location: Corpus Christi ISD Natatorium, 3202 Cabaniss Parkway, Corpus Christi, TX. 78415
Pool Telephone numbers: (361) 878-2333 x114, (361) 878-2334, or (361) 878-2337

Directions: From South I-37, take State Hwy 358 (SPID) toward Padre Island. Exit at the Kostoryz exit, turn right onto Kostoryz and proceed south to Saratoga Blvd. Turn right onto Saratoga, and take the first left, the pool is on your left in the Cabaniss Athletic Complex.

From US 77 North, turn right on FM665 at Driscoll, TX. Proceed toward Corpus Christi. The road will change to FM43. Turn left onto Ayers Street (State Hwy 286). Go straight to Saratoga Blvd., turn right on Saratoga and proceed east toward the Cabaniss Field Athletic Complex. The pool will be on your right in the Cabaniss Field Athletic Complex.

Facility: All deep 8 lane, 25-yard competition pool with a 6-lane 25-yard warm-up/cool-down pool. A Daktronics timing system and a Hy-tek Meet Manager Software will be utilized. The Meet Referee and Meet Director reserve the right utilize a manual timing system of three (3) stop watches per lane, each operated by a separate timer, in place of the Daktronics timing system. Seating is available for over 975. Dressing and locker rooms are available on-site. The Natatorium is on CCISD property. No tobacco or alcohol is allowed on CCISD property including the parking lot.

Liability: In granting the sanction, it is understood and agreed that USA Swimming, Inc., South Texas Swimming (STSI), the Corpus Christi Independent School District (CCISD) and its employees, CBA and all meet officials and volunteers shall be free and held harmless from any liabilities or claims for damages arising by reason(s) of injuries to anyone during the conduct of the meet.

Rules: The 2014 USA Swimming Rules & Regulations and any relevant sections of the STSI Handbook will apply.

USA Swimming Registration: All swimmers, coaches, and officials participating in this competition must be <u>currently</u> (2014 or 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; will be required to present their USA Swimming ID(or a coach may present the club's official,

watermarked roster from the USA Swimming club portal) card. Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: All events will be timed finals, swum in one short course yard pool, seeded only by time and gender. All events shall be swum slowest to fastest. Swimmers will be entered in the order entries are received. We reserve the right to cap the number of swimmers entered in order to stay within two hours. Depending on the number of entries, the Meet Director and Referee reserve the right to modify meet operations as necessary. There will be no time trials offered and there are no qualifying times.

Meet Behavior: It is expected that all persons attending the meet will respect the facilities and remember that they represent themselves and their respective clubs. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending club if attached, to be held accountable and liable for repairs. It also may result in expulsion from the meet.

Swimmers with Disabilities: 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. In a meet, sanctioned or approved by the LSC, that 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 & Regulations, Article 105. A disability is defined as a permanent physical or mental impairment that substantially limits one or more major life activities.

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. 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.

Pool Measurement: The competition course has been certified in accordance with 104.2.2.C.(3) & (4). If a swimmer expects to, or does break a record, please inform the 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".

The water depths of the competition course measured from 1-meter to 5-meters from the start and turn ends of the course are as follows:

Start End: 6 feet Turn End: 6 feet

Cell Phone Restrictions: The presence or use of cell phones, smart phones, or any other devices capable of producing audio recordings and/or photographic or video images in locker rooms, restrooms, or changing areas is strictly and specifically prohibited at all times. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.

Photographer: 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.

Entries: Swimmers may enter up to 3 individual events per day. The age of the swimmer is his/her age on December 18, 2014. Enter with short course yard times. Team Manager should be used to convert long and short course meter times to short course yard times for seeding purposes. Coaches are encouraged to estimate times when no time has yet been achieved; however, no time (NT) will be accepted. Flyover starts may be used.

All teams with five or more swimmers entered in the meet must submit their entries using version 4 -7 of Hy-Tek Team Manager Software or Team Unify Software. Teams with fewer than five swimmers may send an e-mail including the team name, team abbreviation, LSC, the swimmers full name (as registered with USA Swimming), USA ID, event numbers, event description, and entry times for each swimmer.

Entry Fees: $3.75 per individual event (Includes the LSC Splash Fee of $1.25 per event.)

Late/ Deck Entry Fees: Late/deck entry fees are $7.50 per event. Deck entries will be accepted only for open lanes. No new heats will be created. You may deck enter the current session beginning at the start of warm-up. Deck entries will close 15 minutes before the start of each session. Swimmers not previously entered in the meet must present their USA Swimming registration card to the Clerk of Course to deck enter.

Entry Procedures: E-mail entries to entriesforCBA@gmail.com. When you e-mail the entries, attach a word document of the Hy-Tek Meet Entry Report by swimmer. A meet Entry Fee report shall accompany the e-mail entries and needs to be received by the entry deadline. The entry chair will acknowledge receipt of e-mail entries within 24 hours. If no reply, please contact the entry chair immediately. Please be sure we receive your check prior to the start of the meet. *Any fees* owed to CBA must be paid in full prior to December 18 or your team will NOT be allowed to compete.

Make checks payable to: Coastal Bend All Stars (CBA).
Entries must be received no later than Monday, December 8, 2014

Please mail entries and fees to:

Allen Schlimper
14109 Riverway Dr.
Corpus Christi, TX 78410
Phone: (361) 537-4080
E-mail: entriesforCBA@gmail.com

Awards: Ribbons for places one through eight in individual events will be awarded according to the following age groups: 8 & under, 9-10, and 11-12.

Scoring: Events will not be scored

Warm-up Procedures: South Texas Swimming Safety Guidelines and Warm-up procedures will be in effect at this meet (enclosed, see below). Violators shall be disqualified from their first individual event.

Warm-up begins at 5:30 PM with open lane assignments.

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

Psych Sheets & Heat Sheets: Information will be posted on http://www.cbaswimming.com no later than Wednesday, December 16 at 8:00 PM. Heat sheets will also be posted at the pool deck on December 18.

Meet Administration:

Admin Official
Allen Schlimpr
Phone (361) 537-4080
Email: entriesforcba@gmail.com

Meet Referee:
Patrick Nelson
Phone: (361) 991-5687
Email: patrick.a.nelson@sbcglobal.net

Head Coach:
Bill Barton
Phone: 361-813-1799
E-mail: billbarton7726@sbcglobal.net

Meet Director:
Tina Wood
Phone: (512) 395-5876
Email: cba.swim.meets@gmail.com

Entries
Allen Schlimpr
Phone (361) 537-4080
Email: entriesforcba@gmail.com

Officials: All currently certified and training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and their local LSC for 2015 and have a current background check. Uniform is white over khaki. If you plan to officiate please contact the Meet Referee.

Timers: Each team will be required to provide timers in proportion to the number of swimmers entered in the meet. Lane assignments will be made by Club.

Schedule SCY Thursday, December 18, 2014	
Warm-up session:	5:30 PM
Clear Pool:	5:50 PM
Coach Meeting:	5:55 PM
Meet Begins	6:00 PM

Events			
Girls	Age Group	Event	Boys
1	10 and U	25 Free	2
3	12 and U	50 Breast	4
5	11 an O	100 Fly	6
7	12 and U	100 IM	8
9	10 and U	25 Fly	10
11	12 and U	50 Back	12
13	11 and O	100 Back	14
15	10 and U	25 Back	16
17	Open	50 Free	18
19	11 and O	100 Breast	20
21	10 and U	25 Breast	22
23	12 and U	50 Fly	24
25	Open	100 Free	26

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 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.

VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups 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

STSI Safety Guidelines and Warm-up Procedures last Revised 29-SEP-03