



Alamo Area Aquatics Association Meet Information www.aaaa-sa.org



Revised and re-posted 11/12/14

Meet Name: •AAAA Northside “B+” Winter Wonderland

Meet Date(s): •December 12th, 13th and 14th, 2014

**Sanction
Number:** •STA-14-97

Venue: **NISD Swimming Complex (Outdoor Swim Center, Indoor Natatorium)**
•8400 N Loop 1604 West
•San Antonio, Texas 78249
•210-397-7525

Facility:

- State of the art outdoor facility
- Twenty-two lane 25-yard racing courses
- Depth 6.7 feet (on start and turn ends) to 9 feet, both ends of the pool were measured a 1 and 5 meters
- All automatic Colorado Timing System starting and timing
- Deck seating for athletes, coaches and officials is 1500
- Shaded stadium seating for 2500 spectators
- Spectrum starting block with track start wedge
- Relay Judging Platforms
- All 16 x 28 full color video board
- 22 warm-up lanes indoors
- 10 outdoor warm-up lanes in diving well
- The host reserves the right to move the competition indoors and/or conduct the meet in 8 or 10 lanes
- Concessions and swim shop available
- This pool has been certified in accordance with USA Swimming Rule 104.2.2 (C) and a copy is on file with USA Swimming
- The courses have been professionally surveyed and certified

Liability: •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the Northside Independent School District, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.

Sanction: •Held under the sanction of USA Swimming this meet is sanctioned by South Texas Swimming and 2014-2015 USA Swimming rules and any current relevant sections of the South Texas Policies & Procedures Manual will apply. All swimmers must be registered for 2014-2015 with USA Swimming by the entry deadline. Athletes that register with USA Swimming after the deadline may deck enter the meet only if they can present their 2014-2015 USA Swimming registration card (or a coach may present the club's official, water-marked roster from the USA Swimming club portal). South Texas Swimming does not allow on-deck USA Swimming registrations.

Cell Phone

Restrictions:

- The presence and / 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, rest rooms, or changing areas 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.

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.

Photographs

And Videos:

- No team or parent photographers will be allowed on deck.
- 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 must stay out of the area immediately behind the starting blocks, and are specifically prohibited from making shots during the start phase of any race

Unaccompanied

Swimmers:

- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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.

USA

Swimming

Registration:

- All swimmers, coaches, and officials participating in this competition must be *currently* (2014-2015) registered with USA Swimming or FINA
- 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)** chose to enter time trials when offered, **2)** late enter when possible or **3)** need to be entered because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID Card
- National and LSC Regulations do not allow for any exceptions to these policies.

Meet Format:

- All events will be PRE-SEEDED**, fastest to slowest, except as noted.
- Events 400 yards and longer will be DECK SEEDED**, fastest to slowest, and require a positive check-in starting at the beginning of warm-ups and ending 30 minutes before the start time of each and every session.
- Entering swimmers must have at some time achieved a 2013-2016 National Motivational "B" time for every event entered.
- Entry time must be provable via SWIMS
- Timed finals
- No relays
- No time trials

Entry

Restrictions:

- This Meet is open to all 2014-2015 Registered USA Swimming athletes
- Age as of December 12th, 2014 determines age for the entire meet
- Maximum of five (5) events per day
- All entries must include a seed time
- Entries received without a seed time (NT) or times slower than those specified will not be accepted and no refunds will be given
- Entries will be processed in the order received. Entries will close when any session reaches an estimated four (4) hours in length.
- Friday evening session will cap at an estimated three (3) hours

Qualifying:

Times:

- 2013-2016 National Motivational "B" time required for every event entered. Please refer to page four (4)
- Must be provable via SWIMS
- EXCEPTION: Swimmers must qualify for the 1000 and 1650-yard freestyle events with a provable SWIMS "A" time in any freestyle event

Entry

Deadline:

- 6:00 PM, Monday, December 1st, 2014

Entry Fees

Includes \$1.25

Splash Fee:

- \$6.50 per Individual event / No refunds!
- Late entries \$13.00 per event
- Checks payable to: **NISD Aquatics**

Late/Deck

- Entries:**
- All late/deck entries for the Friday session will be to fill open lanes only.
 - All late/deck entries for the Saturday and Sunday sessions close when the positive check-in closes, 30 minutes before the start of the session.

Entry

- Procedures:**
- The **only** acceptable mode of entry is via Hy-Tek Commlink File
 - Hard copy (pdf) **MUST** accompany
 - Entries received without a seed time will not be entered into the meet and fees will not be refunded
 - E-mail entries to the Entry Chair noted below
 - An HYV File for importing events and time standards into Team Manager is available on the Competitive Team Tab of the Northside Aquatics Web Site (www.teamunify.com/stnisd) and STSI (www.stswim.org)

E-Mail

- Entries:**
- Entries in Commlink Format only, MUST be sent to: brandon.allenstein@nisd.net
 - E-mail submissions to any other address cannot be accepted.
 - The Commlink File must be renamed to clearly identify the entering team, the shorter the better
 - Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded
 - Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (pdf) is received as an attachment to the e-mail, or hand-delivered.

Meet

Management: Meet Director

- Terry Vettters
- 8400 North Loop 1604 West
- San Antonio, TX 78249
- 210-397-8985
- terry.vettters@nisd.net

Meet Referee

- Mike Bertirotti
- 8603 Timber Place
- San Antonio, TX 78258
- 210-389-6343
- mbertiro@aol.com

Entries Chair

- Brandon Allenstein
- 8400 North Loop 1604 West
- San Antonio, TX 78249
- 210-397-7516
- brandon.allenstein@nisd.net

Administrative Referee

- Regina Prewitt-Campbell
- 11585 Alamo Ranch Pkwy # 2102
- San Antonio, TX 78253
- 210-445-3150
- reginapc2003@hotmail.com

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page six (6)
- Lane assignments will be made
- Specific warm-up times and lane assignments will be posted with the Psych Sheet at www.aaa-sa.org by noon on Friday, December 12th
- Please also review the daily schedule below.

Scratch

- Rules:**
- Swimmers who check-in for an event and subsequently fail to appear for the competition in that same event, will be disqualified from their next scheduled event.

Awards:

- 12 and Under:** Ribbons places one through eight
- 13 and Over:** No awards.

Special

Needs:

- A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.
- Please notify the Northside Natatorium (210-397-8985) in advance of this meet with the name and age of any member on your team who needs assistance to enter the building.
- The Aquatics 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.

- Coaches and/or athletes must notify the Meet Host and the Meet Referee before the competition begins, and preferable at the time entries are submitted, if any specialized equipment is required and/or if they are to be considered for judging under Article 105.

Daily Schedule:

	Friday PM	Saturday and Sunday AM	Saturday and Sunday PM
Warm-ups	5:00 PM	7:30-8:10AM/8:10-8:50 AM	1:00-1:40 PM/1:40-2:20 PM
Clear Pool	5:45 PM	8:45 AM	2:20 PM
Coaches' meeting	5:45 PM	8:45 AM (Sat am only)	
Session begins	6:00 PM	9:00 AM	2:30 PM

Timers:

- Volunteer timers will be needed
- Competitors in the 500/1000/1650 freestyle must provide their own backup timers and lap counters
- Competitors in the 400 IM must provide their own backup timers

Officials:

- All 2014-2015 STSI certified and in training USA Swimming registered officials are cordially invited to participate
- Please report to the Meet Referee at least 30 minutes prior to the scheduled start time of the session to receive your assignments
- The wearing of name tags is strongly encouraged

2013-2016 National Age Group National Motivational "B" Time Standards												
Short Course Yards												
Girls						Event	Boys					
	17-18	15-16	13-14	11-12	10-U		10-U	11-12	13-14	15-16	17-18	
	31.99	32.29	32.89	34.09	39.49	50 Free	38.49	33.09	30.39	28.99	28.29	
	1:09.39	1:09.99	1:11.39	1:13.59	1:30.69	100 Free	1:28.49	1:12.19	1:06.29	1:03.29	1:02.09	
	2:29.19	2:30.79	2:33.89	2:41.19	3:20.19	200 Free	3:09.09	2:37.19	2:24.49	2:18.29	2:15.99	
	6:39.39	6:41.29	6:51.79	7:09.29	8:30.49	500 Free	8:22.79	7:02.99	6:29.49	6:14.69	6:08.29	
	13:46.19	13:51.09	14:08.89	14:48.09		1000 Free		14:33.89	13:25.19	12:56.99	12:51.09	
	23:06.19	23:06.29	23:34.19	25:01.49		1650 Free		24:43.79	22:28.29	21:46.69	21:27.79	
				38.79	48.59	50 Back	48.59	38.99				
	1:15.29	1:16.29	1:18.29	1:26.29	1:45.09	100 Back	1:41.39	1:24.09	1:13.59	1:09.69	1:07.69	
	2:42.59	2:44.79	2:48.39	2:59.49		200 Back		2:55.29	2:38.39	2:31.59	2:27.39	
				43.69	53.59	50 Breast	53.19	43.79				
	1:25.89	1:28.29	1:29.39	1:35.79	1:58.79	100 Breast	1:53.69	1:33.59	1:22.59	1:19.19	1:17.39	
	3:06.89	3:09.99	3:13.99	3:25.79		200 Breast		3:17.69	3:00.49	2:52.79	2:47.09	
				37.29	47.99	50 Fly	46.69	37.69				
	1:14.99	1:16.19	1:17.69	1:26.29	1:55.49	100 Fly	1:54.09	1:24.49	1:12.19	1:08.79	1:07.29	
	2:44.59	2:46.79	2:52.39	3:02.39		200 Fly		2:58.09	2:40.39	2:33.29	2:30.19	
				1:25.29	1:43.39	100 IM	1:40.39	1:23.19				
	2:47.29	2:48.89	2:53.19	3:02.49	3:40.39	200 IM	3:38.89	3:00.99	2:41.89	2:34.29	2:30.59	
	5:55.79	5:58.49	6:08.49	6:28.59		400 IM		6:20.09	5:44.99	5:31.39	5:23.49	

Order of Events – Distances are in yards

Friday, December 12th, 6:00 PM				
Girl's #	Age	Distance	Stroke	Boy's #
1	12 and Under	200	I-M	2
3	13 and Over	200	I-M	4
5	12 and Under	50	Free	6
7	13 and Over	50	Free	8
9*	13 and Over*	500*	Free	10*
Saturday, December 13th, 9:00 AM				
11	12 and Under	200	Free	12
13	12 and Under	50	Back	14
15	12 and Under	100	Breast	16
17	12 and Under	100	Fly	18
19	11-12	200	Back	20
21	12 and Under	100	I-M	22
Saturday, December 13th, 2:30 PM				
23	13 and Over	200	Free	24
25	11 and Over	200	Back	26
27	13 and Over	100	Breast	28
29	13 and Over	100	Fly	30
31*	11 and Over*	400*	I-M	32*
33*	11 and Over*	1000*	Free	34*
Sunday, December 14th, 9:00 AM				
35	11-12	200	Fly	36
37	12 and Under	100	Free	38
39	11-12	200	Breast	40
41	12 and Under	50	Fly	42
43	12 and Under	100	Back	44
45	12 and Under	50	Breast	46
47*	12 and Under	500*	Free*	48*
Sunday, December 14th, 2:30 PM				
49	13 and Over	100	Free	50
51	11 and Over	200	Breast	52
53	11 and Over	200	Fly	54
55	13 and Over	100	Back	56
57*	11 and Over*	1650*	Free*	58*
<p>*These events require a positive check-in on the day of the event by the times noted below. They will be seeded on deck and swum Fastest to Slowest.</p> <p>*Host reserves the right to run mixed gender distance events</p> <p>Events 9 and 10 by 6:00 PM Events 31 and 32 by 3:00 PM Events 33 and 34 by 3:00 PM Events 47 and 48 by 10:00 AM Events 57 and 58 by 3:00 PM</p>				

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.

