

Alamo Area Aquatic Association

www.aaaa-sa.org

Meet Information

Posted 11/16/14



- Meet** •2015 Alamo Area Post Regional Time Trials
- For:** •13 and Over USA Swimmers
- Number:** •STA-15-09tt
- Date:** •Sunday, February 8, 2015
- Venue:** •Josh Davis Natatorium
•Blossom Athletic Center (Also known as North East Stadium)
•Jones-Maltsberger Road at Starcrest and Bitters
•San Antonio, TX 78217
•210-356-6925.
- Facility:** •Eight FINA-width (2.75-meters) lanes
•The course has been professionally certified IAW 104.2.2(C) and data are on file with USA Swimming
•0.75-meter buffers outside lanes one and eight
•The competitive course has an overall minimum depth of 2.25-meters (7.5 feet), therefore the minimum water depth, measured in accordance with Article 103.2.3, is 2.25 meters at the start end and 2.25 meters (7.5 feet) at the turn end, measured one and five meters from either wall
•DAKTRONICS automatic starting and timing
•Full scoreboard with heat and event display
•Heat and event board operates in the adjacent Walker 16-lane warm-up / cool down pool
•Off-deck seating for 1500 spectators
•Concessions and swim shop in the lobby
•Spectators and non-participating athletes are not allowed on deck at any time for any reason!
- Liability:** •This meet will be conducted under the Sanction of USA Swimming
•In granting a Sanction, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the North East Independent School District, and all meet officials shall be free and held harmless from any liabilities for claims for damage arising by reason(s) arising by reason of injuries to anyone during the conduct of this meet
- 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 permitted
- Sanction:** •This meet is sanctioned by South Texas Swimming and the 2014 USA Swimming rules and any relevant sections of the South Texas Policies and Procedures Manual apply
•All swimmers must be registered for 2015 with USA Swimming by the entry deadline
•South Texas Swimming does not allow on-deck USA Swimming registrations
- Cell Phone Restrictions:** •The presence or use of cell phones, smart phones or any other devices capable of producing audio recordings, photographic or video images in locker rooms, restrooms or changing areas are 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.
- 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

Unaccompanied

Swimmers

- Every swimmer 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.

Age up

Date: •February 8, 2015

Rules: •The 2014 USA Swimming Rules and any relevant sections of the STSI Policies and Procedures Manual will apply

Scoring

& Awards: •There will be no scoring or awards

Entry

Limits: •Four (4) events - two per session

Entry

Fees: •\$ 8.00 per event via Commlink - includes the \$1.25 STSI splash fee
•\$16.00 per event on deck - includes the \$1.25 STSI splash fee
•Please make checks payable to: **NEAT**

Special Needs: •Please notify the Josh Davis Natatorium (210-356-6925) in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
•The NEISD 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 by the end of warm-ups if they are to be considered to be judged under Article 105 and / or if any specialized equipment is required.

Entry

Deadline: •Entries submitted via Hy-Tek Commlink File or disk must be in the hands of the **Entries Chair** not later than 12-noon, Wednesday, January 28, 2015
•Deck entries will open at 8:00 AM and close at 9:00 AM
•Swimmers entering on deck must present their 2015 USA Swimming ID Card and be prepared to pay the entry fees or the coach may present the Club's official, watermarked roster from the USA Swimming Club Portal

Format:

- The meet will run twice through
- First: Long to short
- Second: Short to long
- The 1000 and 1650-yard freestyles will be swum ONLY at the end of the second session
- All relay events will be swum between sessions
 - Participation in a relay event will count as one of the four individual allowed events
- At the discretion of the Meet Referee, events, heats, strokes and genders may be combined in the interest of time
 - Seeding will be by time alone and lane separation between genders will not be guaranteed
- Swimmers are permitted to enter two (2) events each round
- Freestyle events longer than 500-yards may be combined and the necessary electronic splits taken at intermediate distances
- Swimmers will be seeded by time if provided, otherwise by lot
- Swimmers must provide their own backup timers and lap counters as necessary
- The pools will be available for warm-up beginning at 9:00 AM

Qualifying

Times: •There are minimum qualifying times for the 1000 and 1650-yard freestyles:

1000 free women:	14:08.89
1000 free men	13:25.19
1650 women:	23:34.19
1650 men:	22:28.29

•Times achieved in this meet by swimmers who fail to meet the minimum time standards for the 1000 and / or the 1650-yard freestyle, will not be uploaded into SWIMS.

Warm-ups: •Warm-ups will be conducted IAW the current STSI Safety Guidelines and Warm-up Procedures noted on page five (5)

Schedule:

- Deck entries open at 8:00 AM
- Deck entries close at 9:00 AM
- Warm-ups begin at 9:00 AM
- Pool cleared at 9:50 AM
- First session begins at 10:00 AM

Meet Management:

•Meet Manager 5.0

•Meet Director:

•René Rodriguez
•210-356-6928
•FAX: 210-491-6133
•drodri49@neisd.net

•Entries Chair:

•Bill Spurgeon
•210-356-6929
•FAX: 210-491-6133
•wspurg@neisd.net

•Meet Referee:

•Doug Donofrio
•210-884-3860
•doug311@sbcglobal.net

•Administrative Official:

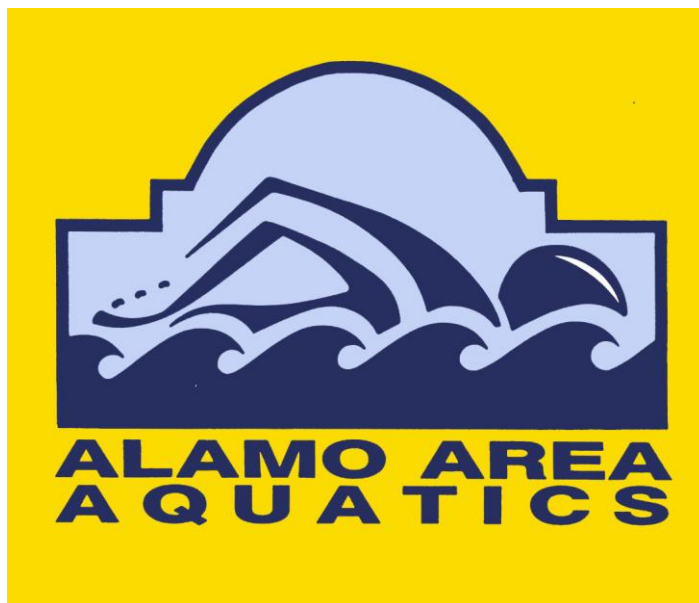
•Bill Spurgeon
•210-356-6929
•wspurge@neisd.net

Timers and Lap

Counters: •Competitors must provide their own backup timers and lap counters as necessary

Officials:

- All currently (2015) certified / registered and in-training USA Swimming officials are cordially invited to assist in the conduct of this meet
- The uniform for officials is white polo shirts over khaki trousers, Bermuda-length shorts, skirts or capris
 - No short shorts, jeans or flip-flops, please
- Officials must prominently display their South Texas and USA Swimming credentials while on deck
- Wearing of name tags is strongly encouraged
- Please report to the Meet Referee in the deck level classroom at 9:15 AM to receive assignments



Order of Events			
Round One		Round Two	
Event Number	Distance & Stroke	Event Number	Distance & Stroke
1	500 Free	22	50 Fly
2	400 I-M	23	50 Breast
3	200 Free	24	50 Back
4	200 Back	25	50 Free
5	200 Breast	26	100 I-M
6	200 Fly	27	100 Fly
7	200 I-M	28	100 Breast
8	100 Free	29	100 Back
9	100 Back	30	100 Free
10	100 Breast	31	200 I-M
11	100 Fly	32	200 Fly
12	100 I-M	33	200 Breast
13	50 Free	34	200 Back
14	50 Back	35	200 Free
15	50 Breast	36	400 I-M
16	50 Fly	37	500 Free
17	200 Medley Relay	38	1000 Free
18	200 Free Relay	39	1650 Free
19	400 Medley Relay		
20	400 Free Relay		
21	800 Free Relay		



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 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—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 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.