

# *The San Antonio WAVE*

is pleased to host the:



***WAVE INTO '15 Unclassified***  
***Held under the sanction of USA Swimming***  
***At the***  
***Palo Alto College Natatorium***  
***January 3, 2015***  
***Sanction # STA-15-02***

***Entry Deadline: Tuesday, December 23, 2014***

***Updated 11/14/2014 Meet Director***

***Updated 11/22/2014 with time standards for 500 free***

**Location:** 1400 W. Villaret Blvd, San Antonio, Texas 78224 (210) 486-3000.

**Facility:** All deep two, 8 lane, 25-yard competition pools with a separate warm-up/cool-down pool. A Daktronics timing system and a Hy-tek Meet Manager Software will be utilized. Seating is available for over 1000. Dressing and locker rooms are available on-site. The Natatorium is on Palo Alto College property. No tobacco or alcohol is allowed including the parking lot. A Concession Stand will be provided.

**Liability:** In granting the sanction, it is understood and agreed that USA Swimming, Inc., South Texas Swimming (STSI), the Palo Alto College and its employees, the San Antonio WAVE 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 Policies and Procedures Manual will apply.

## **USA Swimming**

**Registration:** All swimmers, coaches, and officials participating in this competition must be currently 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 card. (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.

**Meet****Format:**

All events will be timed finals, swum in two short course yard pools (boys and girls), seeded only by time and gender. All events shall be swum fastest to slowest. There will be no time trials. Check-in is required for the 400 IM and 500 free. **There will be 4 heats of 500 free in the morning session and afternoon sessions in each pool. Minimum qualification time for the 500 free is 8:00.00 for the morning session and 7:30.00 for the afternoon session. Proof of time is required for the 500 free. The fastest 32 swimmers with proven times will be entered in these events. If more than 32 swimmers enter these events, the meet host will notify the coaches of the swimmers who will be removed from the events.** These events are deck-seeded events, and positive check-in with the Clerk of Course is required. The check-in time period will be announced. 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 the four hour rule during the sessions. Depending on the number of entries, the Meet Director and Referee reserve the right to modify meet operations as necessary to include running the meet in one, 8-lane pool and/or reducing the meet to one session.

**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 articles 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 article 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 in accordance with 103.2.3 from 1-meter to 5-meters from the start and turn ends of the course are as follows:

**Start End: 7 feet      Turn End: 9 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.**Deck**

**Changing:** Changing into or out of swim suits other than locker rooms or other designated areas is prohibited

**Entries:** Swimmers may enter a maximum of 5 individual events. The age of the swimmer will be his/her age on January 3, 2015. Enter all events with short course yards times. Team Manager should not 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. There are no qualifying times.

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.

**Relay Entries:** Relays will not be contested

**Entry Fees:** \$8.00 per individual event (Includes the LSC Splash Fee of \$1.25 per event.)

**Late/ Deck**

**Entry Fees:** Late/deck entry fees are \$16.00 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 45 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 or a coach may present the club's official watermarked roster from the USA Swimming club portal.

**Entry**

**Procedures:** E-mail entries to meetentries@outlook.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. Your team will NOT be allowed to compete until the entry fees are paid.

Make checks payable to: San Antonio WAVE

Entries must be received no later than Tuesday, December 23, 2014

Please mail entries and fees to: San Antonio Wave, PO Box 160566, San Antonio, TX 78280

**Awards:** Ribbons for places one through eight in individual events will be awarded according to the following age groups: 8 & under, 9-10. Awards will not be given for athletes 11 years of age or older or any 10 and under swimmers competing in the afternoon session.

**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 times and lane assignments for each team will be posted in the Natatorium, on the San Antonio WAVE website at [www.sawave.org](http://www.sawave.org) and e-mailed to the coaches no later than 6:00 PM Wednesday December 31, 2014.

**Meet Administration:**

Meet Referee:  
 Doug Donofrio  
 (210) 884 3860  
 doug311@sbcglobal.net

Admin Official:  
 Mindy Donofrio  
 (210) 391 2024  
 mindy311@sbcglobal.net

Head Coach:  
 Carol Rettele  
 (830) 708 1743  
 headcoach@sawave.org

Meet Director:  
 Chris Troyer  
 (210) 749-6268  
 meetdirector@outlook.com

**Officials:** All currently certified and training USA Swimming officials are cordially invited to participate. If you plan to officiate contact the Meet Referee. Uniform will be white over khaki.

**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. Athletes in the 400 IM must provide their own timers. The host team will ensure that the timers are well taken care of with food and drink.

Daily Schedule			
Saturday January 3, 2015			
Warm-up session:		07:00 AM	
Clear Pool:		08:10 AM	
Coach Meeting:		08:15 AM	
Sessions begins		08:30 AM	
Events – Saturday, January 3, 2015- Session 1 - 10 and Under			
Girls	Age Group	Event	Boys
1	10 and Under	100 Individual Medley	2
3	10	200 fly	4
5	10 and Under	100 Back	6
7	10 and Under	50 Breast	8
9	10 and Under	<b>**500 free Minimum time of 8:00.00 required</b>	10
11	10 and Under	50 Fly	12
13	10 and Under	200 IM	14
15	10	200 Back	16
17	10 and Under	100 Breast	18
19	10 and Under	50 Free	20
21	10 and Under	200 Free	22
23	10 and Under	100 Fly	24
25	10 and Under	50 Back	26
27	10	200 Breast	28
29	10 and Under	100 Free	30
Events – Saturday, January 3, 2015- Session 2 - Open			
Warm-up session:		TBA - Not expected before 12:30 PM	
Clear Pool:		TBA	
Coach Meeting:		TBA	
Sessions begins		TBA - Not expected before 1:30 PM	
Events – Saturday, January 3, 2015- Session 2 -			
Girls	Age Group	Event	Boys
31	12 and Under	100 Individual Medley	32
33	10 and Older	200 fly	34
35	Open	100 Back	36

37	12 and Under	50 Breast	38
39	Open	* 500 free-Minimum time of 7:30.00 required	40
41	12 and Under	50 Fly	42
43	Open	200 IM	44
45	10 and Older	200 Back	46
47	Open	100 Breast	48
49	Open	50 Free	50
51	Open	200 Free	52
53	Open	100 Fly	54
55	12 and Under	50 Back	56
57	10 and Older	200 Breast	58
59	Open	100 Free	60
61	11-and Older	400 IM	62

\* **Check-In is required for the 500 free and 400 IM.** For these deck seeded events, positive check-in with the Clerk of Course is required. The time period will be announced for positive check-in by the swimmers. Swimmers must furnish one timer for the 400 IM. Swimmers provide their own counters for the 500 free.

# 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.

POOL	LANE USE		
	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**