



Alamo Area Aquatic Association

www.aaaa-sa.org

Meet Information

Posted 03/10/15



- Meet:** ■ **13th Annual Cinco de Mayo International Invitational (Long Course Meters)**
■ This competition is Sanctioned by USA Swimming
- Dates:** ■ Friday, Saturday and Sunday, May 1st, 2nd and 3rd, 2015
- Sanction Number:** ■ STA-15-31
- Venue:** ■ San Antonio Natatorium
■ 1430 West Cesar Chavez Blvd.
■ San Antonio, Texas 78207
■ 210-207-3299
- Facility:** ■ Eight 50-meter lanes
■ Depth: 5.5 feet at start and 4.0 feet at turn end as measured one and five meters from either end wall
■ The competition course has not been certified IAW with 104.2.2C(4)
■ All automatic DAKTRONICS starting and timing
■ Limited deck seating (500) / bring lawn chairs
■ Concessions available
- Liability:** ■ This meet will be conducted under Sanction by USA Swimming
■ 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 San Antonio Independent School District (SAISD), and all meet officials shall be free from any liabilities for claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.
- Rules:** ■ The current USA Swimming Rules and any relevant elements of the STSI Policies and Procedures Manual will apply.
- 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 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.
- 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:** ■ 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Deck Changing:** ■ Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited



- Format:**
- Pre-seeded
 - Timed finals in Long Course Meters
 - No events longer than 200-meters
 - Fly-over starts will be in use for all events except backstroke
 - All events will be seeded by time and gender without regard to age
 - All events will be swum *fastest to slowest*
 - Swimmers must be *currently (2015)* registered with USA Swimming or FINA
 - USA Swimming entries received without a valid and accurate 2015 USA Swimming Registration Number will not be accepted
 - Meet Manager SD Files will be utilized to verify registration
 - No time trials
 - No proof of time required
 - There may be athletes competing who are not members of USA Swimming, but the USA Swimming Technical Rules will be observed and all deck officials will be USA Swimming Certified Officials
 - Foreign athletes must notify the Meet Director for FINA approval before the entry deadline. Only times from properly registered USA Swimming athletes will be loaded into the SWIMS database

Entry

- Restrictions:**
- All competitors must be currently (2015) registered with either USA Swimming OR FINA
 - Age as of May 1, 2015 will determine a swimmers age for the entire meet
 - Entry times must be in long course meters
 - Swimmers may enter a maximum of five (5) events per day
 - If entering with a non-confirming time (SCM or SCY), swimmers must enter at the LCM qualifying time for that age group
 - Entries will be capped at 350 athletes per session

USA

Swimming

- Registration:**
- All swimmers, coaches, and officials participating in this competition must be *currently (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
 - A coach may also present the Club's Official Watermarked Roster from the USA Swimming Club Portal
 - National and LSC Regulations do not allow for any exceptions to these policies

Qualifying

- Times:**
- The qualifying times for this meet are equal to or faster than the 2013 – 2016 National Motivational Top-16 Based "B" long course meter (LCM) times — Please see pages five (5) and six (6)
 - Those time standards are also available on the USA Swimming Web Site (www.usa-swimming.org)
 - Entries received with seed times slower than the National "B" Standard will not be accepted and any submitted entry fees will not be refunded
 - There are no qualifying times for eight and under swimmers, however, they must nevertheless be entered with a seed time, i.e. No Time (NT) entries WILL NOT be accepted

Entry

- Deadline:**
- 6:00 PM, Monday, April 20, 2015
 - Full payment must be received by Friday, May 1st

Late/Deck Entries?

- Only to fill empty lanes
- No new heats will be created and standbys will not be permitted

Entry

- Procedures**
- The **only** acceptable mode of entry is via Hy-Tek Commlink File
 - A hard copy and Entry Fee Report must be included with your entry
 - If you have questions on this procedure contact Don Walker at the e-mail address noted below
 - An "HYV" File for Team Manager is available on the Club Meet Calendar Page of the AAAA Web Site (www.aaaa-sa.org)
 - Entries received without a seedtime (NT) **will not** be entered into this pre-seeded meet and any submitted entry fees will not be refunded
 - Please be certain to confirm your acceptance into this meet prior to making your air and hotel reservations.



E-Mail

Entries:

- Entries in Commlink Format only, ***MUST*** be sent to: dmw15479@aol.com
- 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 (hard copy) is received as an attachment to the e-mail or hand-delivered to the meet director

FAX Entries:

- Under no circumstances will entries be accepted via FAX

Scratch

Rules:

- All events will be pre-seeded and there is no penalty for scratching from an event.

Entry Fees

Includes

Splash Fee:

- \$7.00 per Individual event

Late Entries:

- \$14.00 per Individual event

Checks

payable to:

■ San Antonio Nadadores

- Mail checks:
 - Dr. Don Walker
 - 18419 Crossprairie Drive
 - San Antonio, TX 78258

Meet

Management:

- | | | |
|---|------------------------|------------------------------------|
| ■ Meet Manager 5.0 | ■ Meet Referee: | ■ Administrative Official |
| ■ Entries Chair & Meet Director: | ■ Didi Byerly | ■ Angella Woodard |
| ■ Don Walker | ■ 361-994-9179 | ■ 210-479-0881 |
| ■ 210-861-0789 | ■ didibyerly@aol.com | ■ whitewateraquatics@sbcglobal.net |
| ■ dmw15479@aol.com | | |

Warm-ups:

- Warm-up information will be posted by Tuesday, April 28th
- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures page seven (7)
- The diving well will be available for constant warm-up and cool-down
- Lane assignments will be made
 - Specific lanes and times will be posted with the Psych Sheet at www.aaaa-sa.org no later than Tuesday, April 28th
 - Those assignments will be determined by the number of entrants and distances traveled

Special

Needs:

- Please notify the San Antonio Natatorium (210-207-3299) 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 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 before the event begins if they are to be considered to be judged under Article 105

Awards:

- Custom medals will be awarded for places one through three
- Custom ribbons from will be awarded to places four through eight
- High Point Awards for each category
- Age Groups may be combined in the interest of time but will be scored separately for high point awards
- A swimmer may only score points for high points in a Nationally recognized event for her / his age group
- An exception will be made for the 8 and under Divisions

Age-Groups:

- 8 and under, 9, 10, 11, 12, 13, 14, 15 and 16 and Up (Girls and Boys)

Results:

- Daily and Final Results plus the Commlink File will be available at www.aaaa-sa.org



- Schedule:**
- Friday PM: Warm-ups begin at 4:00 PM Meet begins at 5:30 PM (all age groups)
 - Saturday AM: Warm-ups begin at 9:00 AM Meet begins at 10:30 AM (12 and under)
 - Saturday PM: Warm-ups begin at 2:30 PM Meet begins at 4:00 PM (13 and over)
 - Sunday AM: Warm-ups begin at 7:30 AM Meet begins at 9:00 AM (12 and under)
 - Sunday PM: Warm-ups begin at 1:30 PM Meet begins at 2:30 PM (13 and over)

Please Note: ■The Meet Host reserves the right to combine sessions should the number of entries make it necessary

- Officials:**
- Please contact Tim Byerly if you can help with this meet
 - All currently (2015) certified / registered and in-training USA Swimming officials are cordially invited to assist in the conduct of this meet
 - All deck officials must have a current USA Swimming Background Check and Athlete Training Program, verifiable in SWIMS
 - Uniform for officials is white polo shirts over khaki trousers, skirts, capris or Bermuda-length shorts
 - Please: No short shorts, cut-offs, jeans or flip-flops
 - 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 30 minutes prior to the scheduled start time of any session to receive assignments

- Timers:**
- Entering teams will be expected to provide a number of backup timers in proportion to their entries
 - Volunteers will also be needed and greatly appreciated

Contact: ■Don Walker: dmw15479@aol.com / 210-861-0789

- Foreign Competitors**
- It is strongly recommended that Visa and travel arrangements be made as early as possible
 - Entries will be capped at 350 for all sessions

Order of Events – Distances are in LCM

Friday, May 1st, 5:30 PM			Saturday, May 2nd, 10:30 AM			Sunday, May 3rd, 9:00 AM		
Girls No.	Age / Event	Boys No.	Girls No.	Age / Event	Boys No.	Girls No.	Age / Event	Boys No.
1	12 and Under 50 Free	2	9	9 - 12 200 Free	10	29	12 & Under 100 Free	30
3	13 and Over 200 I-M	4	11	12 & Under 50 Back	12	31	10 - 12 200 Breast	32
5	12 and Under 200 I-M	6	13	9 - 12 100 Breast	14	33	12 & Under 50 Fly	34
7	13 and Over 50 Free	8	15	10 - 12 200 Back	16	35	9 - 12 100 Back	36
			17	9 - 12 100 Fly	18	37	10-12 200 Fly	38
			19	12 & Under 50 Breast	20			
Saturday, May 2nd, 4:00 PM			Sunday, May 3rd, 2:30 PM					
21	13 & Over 200 Free	22	39	13 & Over 200 Fly	40			
23	13 & Over 100 Breast	24	41	13 & Over 100 Free	42			
25	13 & Over 200 Back	26	43	13 & Over 200 Breast	44			
27	13 & Over 100 Fly	28	45	13 & Over 100 Back	46			



2013 – 2016 National Motivational Time Standards						
Long Course Meters						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
44.99	40.69	36.29	50 Free	35.69	39.69	43.79
1:43.09	1:32.19	1:21.19	100 Free	1:20.39	1:30.89	1:41.29
3:48.49	2:23.39	2:58.39	200 Free	2:51.89	3:13.29	3:34.79
7:37.29	6:51.59	6:05.89	400 Free	6:00.49	6:45.49	7:30.59
55.69	49.59	43.49	50 Back	43.29	49.49	55.69
2:02.39	1:48.79	1:35.19	100 Back	1:31.69	1:43.89	1:56.09
1:01.29	54.69	48.09	50 Breast	48.19	54.69	1:01.19
2:16.89	2:01.69	1:46.49	100 Breast	1:45.79	1:59.59	2:13.39
54.39	47.89	41.49	50 Fly	40.89	46.79	52.79
2:11.59	1:54.39	1:37.09	100 Fly	1:36.39	1:52.99	2:09.69
4:11.19	3:44.89	3:18.49	200 I-M	3:17.49	3:43.19	4:08.89
2013 - 2016 National Motivational Time Standards						
Long Course Meters						
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
38.69	35.99	33.39	50 Free	32.49	35.09	37.79
1:25.59	1:19.49	1:13.39	100 Free	1:10.49	1:16.29	1:22.19
3:03.79	2:50.69	2:37.59	200 Free	2:33.69	2:46.49	2:59.29
6:23.89	5:56.49	5:29.09	400 Free	5:21.89	5:48.6	6:15.49
13:27.89	12:30.19	11:32.49	11:22.99	12:29.09	12:19.89	13:16.79
25:45.79	23:55.39	22:04.99	1500 Free	21:47.29	23:36.19	25:25.19
44.89	41.69	38.49	50 Back	37.99	41.49	44.89
1:38.89	1:31.09	1:23.29	100 Back	1:22.49	1:30.19	1:37.89
3:27.69	3:12.89	2:57.99	200 Back	2:54.29	3:08.79	3:23.29
49.09	45.59	42.09	50 Breast	41.99	45.99	49.89
1:49.99	1:41.89	1:33.79	100 Breast	1:31.69	1:39.99	1:48.29
3:55.89	3:38.99	3:22.19	200 Breast	3:17.09	3:33.59	3:49.99
41.79	38.79	35.79	50 Fly	35.89	39.29	42.69
1:37.49	1:29.69	1:21.89	100 Fly	1:20.99	1:28.99	1:36.99
3:29.09	3:14.19	2:59.29	200 Fly	2:54.49	3:08.99	3:23.59
3:28.69	3:13.79	2:58.89	200 I-M	2:56.59	3:12.19	3:27.79
7:23.89	6:52.19	6:20.49	400 I-M	6:12.59	6:43.59	7:14.59



2013 – 2016 National Motivational Time Standards						
Long Course Meters						
13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.59	34.89	32.19	50 Free	29.49	31.99	34.39
1:21.19	1:15.49	1:09.69	100 Free	1:05.29	1:10.79	1:16.19
2:55.19	2:42.69	2:30.19	200 Free	2:21.99	2:33.79	2:45.69
6:07.39	5:41.19	5:14.89	400 Free	5:02.69	5:27.89	5:53.19
12:35.99	11:41.99	10:47.99	800 Free	10:29.19	11:21.69	12:14.09
24:06.39	22:23.09	20:39.79	1500 Free	19:55.69	21:35.29	23:14.99
1:30.09	1:23.69	1:17.19	100 Back	1:13.59	1:19.69	1:25.89
3:13.29	2:59.49	2:45.69	200 Back	2:37.69	2:50.79	3:03.89
1:42.89	1:35.49	1:28.19	100 Breast	1:21.29	1:28.09	1:34.89
3:42.69	3:26.79	3:10.89	200 Breast	3:00.19	3:15.19	3:30.29
1:28.29	1:21.99	1:15.69	100 Fly	1:10.39	1:16.29	1:22.19
3:13.29	2:59.49	2:45.69	200 Fly	2:36.59	2:49.59	3:02.59
3:19.49	3:05.29	2:50.99	200 I-M	2:40.99	2:54.39	3:07.79
7:00.49	6:30.39	6:00.39	400 I-M	5:41.29	6:09.69	6:38.19

2013 - 2016 National Motivational Time Standards						
Long Course Meters						
15 - 18 Girls			Event	15 - 18 Girls		
B Min	BB Min	A Min		A Min	BB Min	B Min
36.99	34.29	31.69	50 Free	27.89	30.19	32.59
1:19.79	1:14.09	1:08.39	100 Free	1:02.19	1:07.39	1:12.59
2:51.79	2:39.49	2:27.19	200 Free	2:16.49	2:27.89	2:39.19
6:00.39	5:34.69	5:08.89	400 Free	4:48.69	5:12.79	5:36.79
23:51.99	22:09.69	20:27.39	1500 Free	19:07.79	20:43.39	22:18.99
1:28.69	1:22.29	1:15.99	100 Back	1:09.69	1:15.49	1:21.29
3:09.29	2:55.79	2:42.29	200 Back	2:28.89	2:41.39	2:53.79
1:41.09	1:33.89	1:26.69	100 Breast	1:18.89	1:25.49	1:31.99
3:36.59	3:21.19	3:05.69	200 Breast	2:49.99	3:04.09	3:18.29
1:26.09	1:19.99	1:13.89	100 Fly	1:07.09	1:12.69	1:18.19
3:09.39	2:55.89	2:42.29	200 Fly	2:29.09	2:41.49	2:53.89
3:14.19	3:00.29	2:46.39	200 IM	2:32.79	2:45.49	2:58.19
6:47.89	6:18.79	5:49.69	400 IM	5:24.49	5:51.59	6:18.59



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 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.

