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| AAAA-A | **Alamo Area Aquatic Association****Meet Information****Summer LCM “C” Meet Number Three****www.aaaa-sa.org****Revised\* and Re-posted 05/12/15** | Arena_Main_logo_Color_Crop |

**\*Revision:** •200-meter unclassified stroke events added

**Meet:** •**2015 AAAA Long Course “C” Meet Number Three**

•Open competition

**Date:** •Sunday, June 14, 2015

**Sanction**

**Number:** •STA-15-44

**Venue: NISD Aquatic Complex**

•8400 N Loop 1604 West

•San Antonio, Texas 78249

•210-397-7525

**Facility:** •Eight-lane **outdoor**, 50 meter, competition course with constant warm-ups and cool-downs available in adjacent pools.

•Competition course has been certified in accordance with Article 104.2.2C(4)

•A copy of the certification is on file with USA Swimming

•Colorado automatic starting and timing

•Meet Management by HY-TEK Meet Manager 5.0

•Concessions and swim shop may be available

•Spectators are asked to sit in the bleachers; only coaches and athletes are allowed on deck - no folding chairs allowed on the pool deck or in the pool area.

**Water Depth** The pool measured from the start end is 6 feet 7 inches and the pool measured from the turn end is 6 feet 7 inches both ends measured at 1 and 5 meters in accordance with Article 103.2.3.

**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 for claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs

**Deck**

**Changing:** •Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**Sanction:** •Held under the sanction of USA Swimming this meet is sanctioned by South Texas Swimming and 2015 USA Swimming rules and any current relevant sections of the South Texas Policies & Procedures Manual will apply. All swimmers must be registered for 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 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 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.



**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:** •June 14, 2015

**Format:** •Timed finals

 •This meet will be run in one 50 meter long course pool

 •**All 50 meter events will finish at the South end (Flag side)**

•Flyover starts may be employed for all events except backstroke

 •All events will be seeded by time and gender without regard to age

 •Swimmers must be *currently* registered with USA Swimming

•Entries received without a valid and accurate 2015 USA Swimming Identification Number will not be accepted

•No time trials

•No proof of time required. Entry times may be challenged at any time

Swimmers proved by SWIMS to have entered with fraudulent a time be disqualified from the competition

**Entry**

**Restrictions:** •Entries will be accepted on a first come, first served basis; entries will be capped when the projected timeline reaches four (4) hours

•Swimmers must enter with a seed time in long course meters (LCM)

•Coaches can make up times as long as the entry times are slower than the time standards.

•Swimmers may enter no more than three (3) events

**USA**

**Swimming**

**Registration:** •All swimmers, coaches, and officials participating in this competition must be *currently* 2015 registered with USA Swimming. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. 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, or 2**)** need to be late entered because of clerical errors by the entering team and/or the meet host 3) are not entered in this meet and choose to enter time trials, if offered 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.

•South Texas Swimming does not allow on-deck USA Swimming registrations.

**Maximum**

**Time**

**Standards:** •Swimmers entering any AAAA “C” Level competition must not have ever (lifetime) achieved a time equal to or faster than the 2013 – 2016 National Motivational “B” in any SCY, SCM or LCM as specified in the Order of Events on page four (4)

•Please note, the times are specified in *Long Course Meters (LCM)*

•There are NO Minimum Time Standards for the 200-meter Back, Breast or Fly

**Entry**

**Deadline:** •12:00 Noon, Tuesday, June 3, 2015

**Late/Deck**

**Entries:** •To fill empty lanes only

•No new heats will be created

 •Unless already entered in the meet, late entering swimmers will be required to prove their current USA Swimming membership



**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 concerning this procedure contact BJ Allenstein 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](http://www.aaaa-sa.org))

•Entries received without a seedtime (NT) *will not* be entered into this pre-seeded meet and any entry fees *will not* be refunded

**E-Mail**

**Entries:** •Entries in Commlink Format only, *MUST* be sent to: Brandon.allenstein@nisd.net

•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:** •This meet will be entirely pre-seeded and there is no penalty for scratching from a pre-seeded event

**Meet**

**Management:** •**Meet Director •Entries Chair Checks payable to:**

•Terry Vetters •BJ Allenstein •**NISD Aquatics**

 •210-397-8985 •210-397-7516 •c/o BJ Allenstein

 •terry.vetters@nisd.net •brandon.allenstein@nisd.net •8400 N Loop 1604 W

 •San Antonio, TX 78249

**•Meet Referee •Administrative Official**

•Mike Bertirotti •Rick Allenstein

•210-520-2050 •210-602-6418

•mbertiro@aol.com •rallenstein@hotmail.com

**Entry Fees**

**Includes $1.25**

**Splash Fee:** •$5.25 per Individual event (Payable to NISD Aquatics)

**Late Entries**: •$10.00 per Individual event

**Warm-ups:** •Warm-ups will be conducted in accordance with the current STSI Policies and Procedures page five (5)

**Special**

**Needs:** •Please notify the Northside Aquatics Complex (210-397-7525) 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 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 before the event begins if the swimmer(s) are to be judged under Article 105

**Awards:** •Ribbons for places one through eight

•Age Groups: 8 & Under, 9, 10, 11 & 12

**Age-Groups:** •8 and Under, 9 and 10, 11 and 12 and 13 and Over (Girls and Boys)

**Schedule:** •Coaches Meeting at 7:30 AM

•Warm-ups begin at 8:00 AM

•Meet begins at 9:00 AM



**Officials**

**and Timers:** •Volunteer timers will be needed

•All 2015 certified/registered and in-training USA Swimming officials are cordially invited to assist in the conduct of this meet

•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 the meet to receive assignments. Officials will wear white over khaki.









**Order of Events and MAXIMUM Qualifying Times**

**2015 AAAA Long Course Summer “C” Level Meets**

**2013 – 2016 National Motivational “B” Time Standards**

**Distances are in Long Course Meters**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Girl's** | **Slower** | **Age** | **Distance** | **Slower** | **Boy's** |
| **Number:** | **Than:** | **Group:** | **& Stroke** | **Than:** | **Number:** |
| **1** | 3:48.49 | 10 & U | 200 Free | 3:34.79 | **2** |
| 3:03.79 | 11 &12 | 2:58.99 |
| 2:55.19 | 13 & O | 2:45.69 |
| **3\*** | 0:44.99 | 10 & U | 50 Free | 0:43.79 | **4\*** |
| 0:38.69 | 11 &12 | 0:37.79 |
| 0:37.59 | 13 & O | 0:34.39 |
| **5** | --- | 11 & O | 200 Back | --- | **6** |
| **7** | 2:16.89 | 10 & U | 100 Breast | 2:11.99 | **8** |
| 1:49.99 | 11 & 12 | 100 Breast | 1:48.29 |
| 1:42.89 | 13 & O | 100 Breast | 1:34.89 |
| **9\*** | 0:55.69 | 10 & U | 50 Back | 0:55.69 | **10\*** |
| 0:44.89 | 11 & 12 | 50 Back | 0:44.89 |
| **11** | 2:11.19 | 10 & U | 100 Fly | 2:09.39 | **12** |
| 1:37.49 | 11 & 12 | 100 Fly | 1:36.19 |
| 1:28.09 | 13 & O | 100 Fly | 1:22.19 |
| **13** | --- |  | 200 Breast | --- | **14** |
| **15** | 1:43.09 | 10 & U | 100 Free | 1:41.29 | **16** |
| 1:24.99 | 11 & 12 | 100 Free | 1:22.19 |
| 1:21.29 | 13 & O | 100 Free | 1:16.19 |
| **17\*** | 1:01.29 | 10 & U | 50 Breast | 1:01.19 | **18\*** |
| 0:49.09 | 11 & 12 | 50 Breast | 0:49.89 |
| **19** | --- | 11 & O | 200 Fly | --- | **20** |
| **21** | 2:01.89 | 10 & U | 100 Back | 1:56.09 | **22** |
| 1:38.89 | 11 & 12 | 100 Back | 1:37.79 |
| 1:30.09 | 13 & O | 100 Back | 1:24.99 |
| **23\*** | 0:54.39 | 10 & U | 50 Fly | 0:52.79 | **24\*** |
| 0:41.79 | 11 & 12 | 50 Fly | 0:42.69 |
| **25** | 4:10.09 | 10 & U | 200 IM | 4:08.09 | **26** |
| 3:28.39 | 11 & 12 | 200 IM | 3:26.99 |
| 3:19.49 | 13 & O | 200 IM | 3:07.09 |

**\*All 50 meter events will finish at the South End (Flag Side)**





**SOUTH TEXAS SWIMMING, Inc.**

**Safety Guidelines and Warm-up Procedures**

A. WARM-UP PROCEDURES

I. Assigned Warm-up Procedures **(Prelims)**

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 **(Finals)**

**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.***



**STSI Safety Guidelines and Warm-up Procedures last Revised 9/30/2013**