



Alamo Area Aquatic Association Meet Information

www.aaaa-sa.org

Posted 04/20/15



- Meet Name:** •2015 ST AAAA LCM Senior Series III
•Unclassified competition for 13 and Over swimmers
- Sanction Number:** •STA-15-47
- Meet Date(s):** •June 19, 20 and 21, 2015
- Venue:** •**Northside Aquatic Complex**
•8400 North Loop 1604 West.
•San Antonio, Texas 78249
•210-397-8985
- Facility:** •Eight-lane indoor, 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.
•Folding chairs are not permitted on the pool deck or in the pool area.
- Water Depth** •The pool measured from the start end is 6 feet 7 inches and from the turn end is 6 feet 7 inches both measured at one and five-meters from either end wall 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 or 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
- Sanction:** •Held under the sanction of USA Swimming and South Texas Swimming
•The 2015 USA Swimming Rules and any relevant sections of the current South Texas Policies and 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 entry 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, watermarked roster from the USA Swimming club portal).
•South Texas Swimming does not allow on-deck USA Swimming registrations.
- Start Certification** •Any 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.
- 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

- 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.

Deck

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

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

- Meet Format:**
- Entering swimmers **must be 13 years of age or older as of June 19, 2015**
 - The 400 Free / 400 IM / 800 Free / 1500 Free require positive check-in by 9:00 AM the day of the scheduled event.
 - All events will be swum *fastest to slowest*.
 - This meet will be seeded in the following order: LCM, SCM, SCY, "NT" – No time
 - Event sequence matches events for Senior Circuit.
 - Events will be swum as listed in the Order of Events on page five (5).
 - The events missing from the Order of Events (112, 113, 123 and 124) are Senior Circuit Relay Events, which are not contested in this meet.
 - Timed finals
 - No relays
 - Time trials will not be offered
 - Flyover starts may be used
 - Chase starts may be used

Entry

- Restrictions:**
- Maximum of five (5) individual events per day
 - Swimmers swimming in both the Senior Circuit and Senior Series meet are limited to 3 individual events per day.
 - Meet administrators will ensure there are no exceptions to this rule.
 - Entries with No Times (NT) will be accepted
 - This meet will be capped at 400 athletes

Qualifying Times:

- There are no qualifying times for this meet.

Entry

- Deadline:**
- 6:00 PM, Monday, June 8, 2015



Entry Fee
Includes \$1.25

- Splash Fee:**
- \$6.50 per Individual event
 - Late entries \$13.00 per event
 - Checks payable to: **N.I.S.D. Aquatics**
 - Mail entries to the entries chair – **address below**

Late/Deck

- Entries:**
- Late entering athletes must be prepared to prove their current USA Swimming Registration.
 - Late entries will be accepted up to the meet cap of 400.
 - Please refer to the Scratch Rules on page three (3) for restrictions and limitations

Entry

- Procedures:**
- The **only** acceptable mode of entry is via Hy-Tek Commlink File
 - Hard copy **MUST** accompany
 - An HYV File for Team Manager is available on the Meet Calendar Page under AAAA Club Swimming at www.aaaa-sa.org
 - Mail or hand deliver entries to the Meet Director as noted below
 - Entries may also be submitted via email

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 (hard copy) is received as an attachment to the e-mail, via FAX (210-561-5280), or hand-delivered
 - Athletes **WILL NOT** be entered into the meet until entry fee payment has been received by the Meet Director or designee

- FAX Entries:**
- Under no circumstances will entries be accepted via FAX
 - Entry Reports **WILL** be accepted via FAX

Meet

- Management:**
- HY-TEK Meet Manager 5.0

•Meet Director

- Terry Vettters
- 210-397-8985
- terry.vettters@nisd.net

•Meet Referee

- Larry Benson
- 210-687-2513
- lbenson@sbcglobal.net

•Entries Chair

- B J Allenstein
- 210-397-7516
- brandon.allenstein@nisd.net

•Administrative Official

- Regina Prewitt-Campbell
- 210-913-1357
- reginapc2003@hotmail.com

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page six (6)
- There will be one General Warm-up Session on Friday, Saturday and Sunday.
- All lanes will be general warm-up and posted with the Psych Sheet at www.aaaa-sa.org
- Please also review the daily schedule below

Scratch

- Rules:**
- The 400 Free / 400 I-M / 800 Free / 1500 Free events will be deck seeded.
 - All swimmers intending to compete in the above mentioned list will be required to positively check-in with the Clerk of Course no later than 9:00 am on the day of the event.
 - Swimmers who fail to check in by the established deadline will be added to open lanes after seeding has been accomplished on a first-come-first-served basis and NO new heats will be created

Awards:

- 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 Complex (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 Natatorium 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

Timers:

- The host team will attempt to provide backup timers for this meet
- Volunteers will be needed and appreciated.

Officials:

- All currently (2015) certified and in training USA Swimming officials are cordially invited to participate.
- All deck officials must be registered with USA Swimming for 2015 and have a current Background Check acknowledged by USA Swimming.
- 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

Daily

Schedule:

	Friday (6/19)	Saturday (6/20)	Sunday (6/21)
Coaches' meeting	7:00 AM	None	None
Warm-ups:	7:30 AM	7:30 AM	7:30 AM
One way starts and pace lanes	8:15 AM	8:15 AM	8:15 AM
Clear Competition Pool	8:45 AM	8:45 AM	8:45 AM
Meet begins	9:00 AM	9:00 AM	9:00 AM
Positive Check-in (Distance)	9:00 AM	9:00 AM	9:00 AM



Order of Events

Distances are in Long Course Meters

Friday, June 19, 2015 Warm-ups begin @ 7:30 AM Meet begins @ 9:00 AM			
Women	Distance	Stroke	Men
101	50	Fly	102
103	200	Back	104
105	100	Free	106
107	200	Breast	108
109*	400	Free	110*
Saturday, June 20, 2015 Warm-ups begin @ 7:30 AM Meet begins @ 9:00 AM			
113	100	Fly	114
115	100	Breast	116
117	200	Free	118
119	50	Back	120
121*	400*	I-M*	122*
Sunday, June 21, 2015 Warm-ups begin @ 7:30 AM Meet begins @ 9:00 AM			
125	50	Breast	126
127	200	Fly	128
129	100	Back	130
133	200	I-M	134
137	50	Free	138
131**	800**	Free**	No Event
No Event	1500**	Free**	136
*400 Free and 400 I-M require positive check-in by 9:00 AM on the day of the event.			
**800/1500 Freestyle will require positive check-in by 9:00 AM on the day of the event. The 800 / 1500 will alternate Women 800 / Men 1500 fastest to slowest.			
With the exception of the relays, which will NOT be contested in this meet, the Order of Events matches that of Senior Circuit Preliminaries and will be swum in the order noted.			



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 one-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 a 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 backstroke 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.

