



Alamo Area Aquatic Association

www.aaaa-sa.org

Meet Information

Sanction Number: STA-15-64 / Second revision posted 07/01/15



- Meet:** ■AAAA / Nadadores Summer Short Course Time Trials
- Dates:** ■Sunday, July 26, 2015
- Sanction:** ■This competition is sanctioned by South Texas Swimming, Inc., acting on behalf of USA Swimming
- Venue:** ■San Antonio Natatorium
■1430 West Cesar Chavez Blvd.
■San Antonio, Texas 78207
■210-207-3299
- Facility:** ■Eight 25-yard lanes
■Depth: 5.5 feet at start and 4.5 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 competition is sanctioned by South Texas Swimming, Inc., acting on behalf of USA Swimming
■In granting the 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:**
- The meet will run twice through – sessions two and four will immediately follow sessions one and three respectively
 - No relay events
 - First and third sessions: Long to short
 - Second and fourth sessions: Short to long
 - 12 and Unders will compete in the AM only
 - 13 and Overs will compete in the PM only
 - 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 session.
 - Swimmers will be seeded by time in the following order, SCY, SCM then LCM. NT will not be accepted.
 - 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 and 2:00 PM

Qualifying Times:

- None for swimmers who are 15 years of age or older on July 26, 2016
- Swimmers who are 14 years of age and younger on July 26, 2015 may participate in this competition ONLY if they have lifetime best times slower than TAGS

Proof of Time:

- ONLY for swimmers who are 14 years of age or younger on July 26, 2015
 - Such participants may not have ever achieved TAGS Times in their respective Age Group as determined by the SWIMS Database

Entry

Restrictions:

- All competitors must be currently (2015) registered with either USA Swimming OR FINA
- Age as of July 26, 2015 will determine a swimmer's age for the entire meet
- Do not enter with converted, times.
- Swimmers may enter a maximum of two (2) events per session
 - Total of four (4) per day
- Entries will be capped at 300 athletes for each 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
- Swimmers who late enter or, need to be late entered because of clerical errors by the entering team and/ or the meet host; will be required to present their 2015 USA Swimming ID Card.
- National and LSC Regulations do not allow for any exceptions to these policies
- A coach may also present the Club's Official, Watermarked Roster from the USA Swimming Club Portal

Entry

Deadline:

- 12-noon, Wednesday July 15, 2015
- Full payment must be received by Friday, July 24th

Late/Deck

Entries

Yes

- Swimmers not already entered in the meet must present their 2015 USA Swimming Registration – OR – a coach may present the Club's Official, Watermarked Roster from the USA Swimming Club Portal. Proof of Time is required for all Late/Deck Entries.

Entry Fees

Includes

Splash Fee

\$1.25:

- \$8.00 per Individual event

Deck Entries:

- \$16.00 per Individual event



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 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:

- There is no penalty for scratching from an event.

Checks

payable to:

■San Antonio Nadadores

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

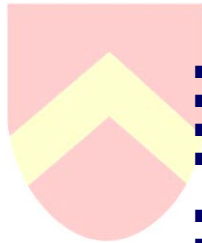
Meet

Management:

- Meet Manager 5.0
- Meet Director:**
- Rusty Ives
- 210-843-7375
- rustyives@hotmail.com

■Entries Chair:

Don Walker
210-861-0789
dmw15479@aol.com



■Meet Referee:

- Tom Schultz
- 210-857-4950
- tschultz@gvvc.com

■Administrative Official

- Angella Woodard
- 210-479-0881
- whitewateraquatics@sbcglobal.net

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures page six (6)
- The shallow (south) pool will be available for constant warm-up and cool-down

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:

- None

Results:

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



- Schedule:**
- AM Deck entries will open at 8:00 AM
 - AM Deck entries will close at 8:45 AM
 - AM warm-ups begin at 9:00 AM
 - AM competition begins at 10:00 AM
 - PM Deck Entries will open at 1:00 PM
 - PM Deck entries will close at 1:45 PM
 - PM warm-ups begin at 2:00 PM
 - PM competition begins at 3:00 PM

- Officials:**
- Please contact the Meet Referee, address and phone noted above, if you will 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, skorts, 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

- Lap Counters and Timers:**
- Participating swimmers must provide their own backup timers and lap counters as necessary

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

Order of Events			
Distances are in YARDS			
Session One and Three		Session Two and Four	
Event Number	Distance & Stroke	Event Number	Distance & Stroke
1	500 Free	17	50 Fly
2	400 I-M	18	50 Breast
3	200 Free	19	50 Back
4	200 Back	20	50 Free
5	200 Breast	21	100 I-M
6	200 Fly	22	100 Fly
7	200 I-M	23	100 Breast
8	100 Free	24	100 Back
9	100 Back	25	100 Free
10	100 Breast	26	200 I-M
11	100 Fly	27	200 Fly
12	100 I-M	28	200 Breast
13	50 Free	29	200 Back
14	50 Back	30	200 Free
15	50 Breast	31	400 I-M
16	50 Fly	32	500 Free

2015 TAGS TIME STANDARDS - SHORT COURSE YARDS

10 & U	Girls			Boys		10 & U
	11-12	13-14		13-14	11-12	
29.59	26.59 -	25.39	50 Free	23.29 -	25.79 -	29.59
1:04.99	57.39 -	54.69	100 Free	50.69 -	56.59 -	1:04.69 -
2:20.99	2:03.99	1:58.19 -	200 Free	1:49.39 -	2:03.69	2:21.79 -
6:13.89	5:30.39	5:14.89 -	500 Free	4:56.49 -	5:27.89	6:09.79 -
		10:46.89	1000 Free	10:12.59 -		
		18:13.59 -	1650 Free	17:29.39		
34.59	30.79		50 Back		30.69	34.59 -
1:14.09	1:05.39	1:01.19	100 Back	57.19 -	1:04.99 -	1:14.79
	2:19.99	2:11.89 -	200 Back	2:03.09 -	2:19.39 -	
38.99	34.69 -		50 Breast		34.19	39.49 -
1:24.89	1:14.69	1:10.49	100 Breast	1:05.29	1:13.69 -	1:24.99 -
	2:41.19	2:32.49	200 Breast	2:21.69	2:39.99 -	
33.09	28.99		50 Fly		28.69 -	33.09
1:14.79	1:04.79 -	1:00.29 -	100 Fly	55.79 -	1:04.59 -	1:14.39
	2:23.99	2:14.69 -	200 Fly	2:05.79 -	2:25.19 -	
1:15.19	1:06.39		100 IM		1:04.89 -	1:14.59 -
2:40.59	2:21.59	2:14.39 -	200 IM	2:04.89 -	2:20.39	2:39.89
		4:43.59 -	400 IM	4:24.69 -		
2:04.49 -	1:50.29 -	1:44.19 -	200 Fr Rel	1:36.39	1:48.29 -	2:03.79
4:36.69	3:59.59 -	3:45.09 -	400 Fr Rel	3:31.89 -	3:59.59 -	4:39.59 -
		8:05.79 -	800 Fr Rel	7:45.89		
2:21.29	2:02.69	1:55.09	200 Med Rel	1:47.29	2:02.49 -	2:23.19
	4:29.19	4:11.59 -	400 Med Rel	3:56.99	4:29.29	

2015 TAGS TIME STANDARDS - LONG COURSE METERS

10 & U	Girls			Boys		10 & U
	11-12	13-14		13-14	11-12	
33.09 -	30.19	28.89	50 Free	26.59 -	29.69	33.09
1:12.79 -	1:05.29	1:01.99 -	100 Free	57.49 -	1:04.89	1:12.69 -
2:38.49	2:21.69	2:13.59 -	200 Free	2:05.79 -	2:19.59	2:38.19 -
5:31.49	4:56.19	4:41.09 -	400 Free	4:29.09 -	4:57.29	5:33.79
		9:39.49 -	800 Free	9:18.09		
		18:39.89	1500 Free	18:00.79 -		
39.39 -	35.19		50 Back		34.69 -	39.39 -
1:25.19	1:15.19	1:11.09	100 Back	1:06.49 -	1:14.59 -	1:24.59
	2:40.19	2:31.89 -	200 Back	2:23.69 -	2:39.39 -	
44.69 -	38.89 -		50 Breast		38.59	45.09 -
1:37.89	1:26.59	1:21.39	100 Breast	1:15.49	1:24.69 -	1:39.39 -
	3:04.39 -	2:55.69	200 Breast	2:45.29	3:03.29 -	
36.79	32.69		50 Fly		32.49 -	36.49 -
1:25.69 -	1:12.69	1:08.49 -	100 Fly	1:04.19 -	1:12.79 -	1:24.39
	2:45.49	2:32.29 -	200 Fly	2:24.79 -	2:43.89 -	
			100 IM			
3:01.19 -	2:41.19	2:31.29 -	200 IM	2:22.19 -	2:39.39 -	3:00.99
		5:21.19 -	400 IM	5:05.79 -		
2:20.39	2:02.99 -	1:57.79 -	200 Fr Rel	1:49.39 -	2:04.29 -	2:21.29 -
5:13.59	4:35.29 -	4:17.29 -	400 Fr Rel	4:02.39 -	4:34.19 -	5:19.79 -
		9:15.69 -	800 Fr Rel	8:59.29 -		
2:43.19 -	2:21.39	2:13.79 -	200 Med Rel	2:04.49 -	2:21.29 -	2:42.29 -
	5:09.89	4:49.49 -	400 Med Rel	4:32.69 -	5:07.59 -	

10/06/2014



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.