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| **AAAA-A** | **Alamo Area Aquatic Association****www.aaaa-sa.org****Meet Information****Held under sanction of USA Swimming****Sanction Number: STA-16-01 Posted: 07/13/15** | **ARENA_Crop** |

**Meet: ■2016 ST AAAA B+ Short Course Progressive Series IV**

 ■“**B**” and faster open competition

**Date: ■**Saturday, January 16, and Sunday, January 17, 2016

**Venues: ■**Josh Davis Natatorium

**■**Blossom Athletic Center (Also known as North East Stadium)

**■**Jones-Maltsberger Road at Starcrest and Bitters

**■**San Antonio, TX 78216

**■**210-356-6925

**Facility: ■**Josh Davis Natatorium

**■**Eight FINA-width (2.75-meters) lanes

 **■**The course has been professionally certified IAW 104.2.2(C) and the data are on file with USA Swimming

**■**0.75-meter buffers outside lanes one and eight

 **■**The competitive course has an overall minimum depth of 2.25-meters (7.5 feet), therefore the minimum water depth, measured in accordance with Article 103.2.3, is 2.25 meters at the start end and 2.25 meters (7.5 feet) at the turn end as measured one and five meters from both end walls.

**■**DAKTRONICS automatic starting and timing

**■**Full scoreboard with heat and event display

**■**Heat and event board operates in the adjacent Walker 16-lane warm-up / cool down pool

**■**Off-deck seating for 1500 spectators

**■**Concessions and swim shop in the lobby

**■**Spectators and non-participating athletes are not allowed on deck at any time for any reason

**Liability:** ■In granting a Sanction, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the North East Independent School District, and all meet officials shall be free and held harmless 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 swimmers’ 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

**Rules: ■**The 2015 USA Swimming Rules and any relevant sections of the STSI Policies and Procedures Manual will apply

**Entry**

**Restrictions:** ■This meet is open to *all* currently (2016) registered USA Swimming and FINA athletes

■Swimmers are requested to enter with a seed time in short course yards (SCY)

■Swimmers who nevertheless choose to enter with non-conforming (LCM or SCM) times will be seeded last by lot

■Entries received with No Time (NT) will not be accepted and any entry fees will not be refunded

■Swimmers may enter a *maximum* of five (5) events each day

**Format:** ■Timed finals in short course yards (SCY)

 ■All events except the 1650 Freestyle will be pre-seeded and there is no penalty for scratching from a pre-seeded event

 ■The 1650 Freestyle will require a positive check-in by 8:30 AM on Sunday, be gender mixed and seeded on deck by time alone.

■All events will be *swum fastest to slowest*

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

■Swimmers must be *currently (2016)* registered with USA Swimming or FINA by the Entry Deadline.

■Entries received without a valid and accurate 2016 USA Swimming Identification Number will not be accepted and any entry fees will not be refunded

■No time trials

■No pre-proof of time required

■However, entry times may be challenged and swimmers entering with times proven by SWIMS to be slower than the minimum specified will be disqualified from further competition

**Unaccompanied**

**Swimmers:** ■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

**Age up Date:** ■January 16, 2016

**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, changing areas or anywhere behind the starting blocks 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 prohibited from the area immediately behind the starting blocks.

**USA**

**Swimming**

**Registration:** ■All entering swimmers must be registered for 2016 with USA Swimming or FINA by the entry deadline

■South Texas Swimming does not allow on-deck USA Swimming registrations

 **■**All coaches and officials participating in this competition must also be *currently* (2016) 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)** chose to enter time trials, if offered, **2)** late enter when possible, or **3)** need to be late entered because of clerical errors by the entering team and / or the meet host; will be required to present their 2016 USA Swimming ID Card

**■**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: ■**Entering swimmers must, at some time (lifetime best), have achieved at least the 2013 – 2016 National Motivational “**B**” time for every event entered – please see page five (5)

■Please note, the times are specified in short course yards (SCY)

**■**Swimmers who nevertheless choose to enter with non-conforming times (LCM or SCM), will be seeded last by lot

■Converted times are acceptable, but only with appropriate notations

■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**

**Deadline:** ■12-noon, Tuesday, January 5, 2016

**Entry**

**Procedures** ■The *only* acceptable mode of entry is via Hy-Tek Commlink File sent by e-mail or hand delivered

■A hard copy and Entry Fee Report must be included with your entry

■If you have questions on this procedure contact Bill Spurgeon 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 mostly pre-seeded meet and any entry fees *will not* be refunded

■Please be certain to confirm your acceptance into this meet prior to making air and / or hotel reservations

**E-Mail**

**Entries:** ■Entries in Commlink Format only, *MUST* be submitted to: **djohns1@neisd.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

Scratch Rules: ■There is no penalty for scratching from a pre-seeded event

**Entry Fee:** ■$6.50 per event, which includes the $1.25 STSI Splash Fee

**Checks**

**payable to:** ■**NEAT** and mailed to:

 ■David L. Johnson

 ■NEISD Aquatic Coordinator

 ■12002 Jones-Maltsberger Road

 ■San Antonio, TX 78216

**Late/Deck**

**Entries?** ■None accepted

**Meet**

**Management:** ■Meet Manager 5.0

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| ■**Co-Meet Director and Entries Chair:** | ■**Co-Meet Director:** |
| ■David Johnson | ■Bill Spurgeon |
| ■210-356-6925 | ■210-356-6929 |
| ■FAX: 210-491-6133 | ■FAX: 210-491-6133 |
| ■djohns1@neisd.net | ■wspurg@neisd.net |
|  |  |
| ■**Administrative Official:** | ■**Meet Referee:** |
| ■Denny Ryther | ■Rick Russell |
| ■210-301-0631 | ■210-834.7409 |
| ■dryther13@hotmail.com | ■rd.russ@yahoo.com |

**Schedule:** ■Coaches’ meeting Saturday at 7:30 AM Heat sheets will be available at sign-in

 ■General warm-ups begin at 7:50 AM

 ■Officials meet at 8:00 AM

 ■Timers meet in the weight room at 8:15 AM

 ■Sprint / Pace lanes open at 8:20 AM One-way sprints lanes 2 – 7 / Pace lanes 1 and 8

 ■Clear pool at 8:35 AM

 ■Competition begins at 8:45 AM

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

**Special**

**Needs:** ■Please notify the North East Aquatic Center (210-356-6925) in advance of this meet 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 each session begins if any swimmer requires specialized equipment and / or is to be considered for judging under Article 105

**Awards:** ■Ribbons places one through eight, 10 and under and 11 and 12

■No awards for 13 and over

**Officials**

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

 ■Please go to the deck-level weight room at 8:00 AM for the briefing

■All *currently* (2016)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: 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

■The use of Smart Phones, Tablets, iPads, etc. anywhere behind the starting blocks is expressly forbidden

**2016 ST AAAA Short Course Progressive Series IV**

**Order of Events and *MINIMUM* Qualifying Times**

**2013 – 2016 National Motivational Long Course “B” Times**

**Distances are in Short Course YARDS!**

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| --- |
| **Saturday, January 16th – 8:45 AM** |
| **Girl’s****Number** | **Equal to or****Faster Than** | **Age****Group** | **Distance****& Stroke** | **Equal to or****Faster Than** | **Boy’s****Number** |
| **1** | 6:28.59 | 11 & 12 | 400 I-M | 6:20.09 | **2** |
| 6:08.49 | 13 & O | 5:44.99 |
| **3** | 8:30.49 | 10 & U | 500 FR | 8:22.79 | **4** |
| 7:09.29 | 11 & 12 | 7:02.99 |
| 6:51.79 | 13 & O | 6:29.49 |
| **5** | 3:40.39 | 10 & U | 200 I-M | 3:38.89 | **6** |
| 3:02.49 | 11 & 12 | 3:00.99 |
| 2:53.19 | 13 & O | 2:41.89 |
| **Sunday, January 17th – 8:45 AM** |
| **7** | 25:01.49 | 11 & 12 | 1650 FR | 24:43.79 | **7** |
| 23:34.19 | 13 & O | 22:28.29 |

**The 1650 Freestyle will require a positive check-in by 8:30 AM on Sunday then be gender mixed and seeded on deck by time alone.**



**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

**LANE USE**

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| --- | --- | --- | --- |
| **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 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 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 kick boards 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 09/30/2013**