

The University of Texas at Austin and



LONGHORN AQUATICS

11 & Over Fall Kickoff

October 2-4, 2015

Held under the sanction of USA Swimming

Important Meet Facts

Meet Date: October 2-4, 2015

Entries Open: For South Texas Teams- noon, Monday, September 21, 2015

For ALL teams outside South Texas- 4:00pm, Tuesday, September 22, 2015

Entries Close: Tuesday, September 22, 2015

Entry Fees: \$9.00 per event. A \$2.00 per swimmer facility surcharge will be charged.

Qualifying times: There are no qualifying times required for this meet.

New Deck Entry/Scratch Rule: No deck entries will be accepted for any of Friday's events. Deck entries for Saturday will be accepted before the Scratch Deadline on Friday. Deck entries for Sunday will be accepted before the scratch deadline on Saturday. Deck entries for Saturday & Sunday will only be accepted for open lanes. No new heats will be created. No deck entries will be accepted the day of an event.

Deck Entry Fees: \$20.00 per event

Deck Entry/Scratch Deadlines:

Saturday Deck Entry/Scratch deadline- Friday, October 2nd, 1 hour prior to end of meet

Sunday Deck Entry/Scratch deadline- Saturday, October 3rd, 1 hour prior to end of meet

Positive Check in Deadlines: Positive check-in will be available as athletes enter the pool deck and will close approximately 1 hour before the event. Swimmers that check-in for an event and fail to swim will be fined \$30 payable to the University of Texas.

Parking Info: Please visit: <http://www.utexas.edu/longhornaquatics/meets/> as we get closer to the meet for more information.

Address: 1900 Red River Street, Austin TX 78712

Timer Rule: Teams should come prepared with volunteer timers if called upon.

Warm Up Assignments: 11-12 warm up times & lanes may be assigned. Assignments will be posted on the Longhorn Aquatics Meets page no later than October 2nd, 2015. 13 & Over will have general warm ups.

Heat Sheets: Heat Sheets will be posted online for **free** at: <http://www.utexas.edu/longhornaquatics/meets/> or will be available through Meet Mobile

Meet information & updates can be found at: <http://www.utexas.edu/longhornaquatics/meets/>

Welcome: Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in our 11 & Over Fall Kick Off Meet. This meet is open to all USA Swimming registered swimmers and will be conducted in two 25 yard courses, using Omega touch pads, Daktronics Timing System and Hy-Tek Meet Manager software.

Facility: The Lee and Joe Jamail Texas Swimming Center has an indoor 8 lane 50 meter competition pool. The pool is considered one of the fastest pools in the world due to its depth, gutter system, high filtration rate and lane width. There are two movable, power-operated bulkheads. For the October 2015 meet the competition course *has not* been certified in accordance with 104.2.2C(4).

The Swim Center is located on the University of Texas Campus, 1900 Red River Street, one block west of I-35 on the northwest corner of the intersection of Martin Luther King Boulevard and Red River Street.

Water Depths: The minimum water depth, measured in accordance with Article 103.2.3, is 9 feet at the start end and the turn end is 9 feet measured for a distance of 1.0 meter to 5.0 meters from both end walls.

Age Restrictions: Athletes 10 years of age and younger are not permitted to swim in this meet

Liability: In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), The University of Texas, the Lee and Joe Jamail Swimming Center, Longhorn Aquatics, and all meet staff and officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. 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.

TSC Rules: As guests of The University of Texas, all must adhere to the Texas Swim Center (TSC) rules. Coaches must supervise their swimmers. Chewing gum and glass containers are not permitted in the building. Locks may not be left on lockers overnight. Wet swimmers cannot leave pool deck. Children must be supervised at all times. Spectators and athletes may not bring food or drink into the Texas Swim Center from outside sources. Teams ARE permitted to bring two (2) coolers on to the deck.

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.

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.

Sanction: Held under the sanction of USA Swimming. This meet has been sanctioned by South Texas Swimming and current USA Swimming rules and any relevant sections of the South Texas Policies & Procedures Manual will apply. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Rules: The current USA Swimming Rules & Regulations and any relevant sections of the STSI Handbook will apply.

USA Swimming Registration: All swimmers, coaches, and officials participating in this competition must be currently (2015 or 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) late enter when possible; 2) need to be late-entered because of clerical errors by the entering team or the Meet Host; or 3) are not entered in this meet and choose to deck enter, 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.

Schedule: Saturday and Sunday the meet will be split into morning and afternoon sessions based on age. The morning sessions each day are planned for swimmers 11-12 and the afternoon sessions for swimmers 13 & over. However, we reserve the right to split the sessions differently or to combine sessions based on the entries received. Warm-ups may be split if a large number of swimmers enter the meet. The diving well may will be available throughout the meet for warm-up and cool-down.

Friday	All Swimmers	Warm Up:	5:15PM	Start:	6:00PM
Saturday	11-12	Warm Up:	9:10AM	Start:	10:10AM
	13 & Over	Warm Up:	**	Start:	**
Sunday	11-12	Warm Up:	8:00AM	Start:	9:00AM
	13 & Over	Warm Up:	**	Start:	**

** The warm-up for the afternoon session will begin immediately after the morning session. The timeline will be posted on the Longhorn Aquatics' website no later than October 2nd.

Coaches Meeting: If the meet director and meet referee find it necessary to have a coaches meeting an announcement will be made stating the time and meeting place during warm-ups.

Qualifying Times: There are no qualifying times.

Meet Format: All events are timed finals and will swim in two short course yard pools seeded only by time and gender. Depending upon the size of the meet, events may swim in one pool. Age groups will be combined. Even heats will swim at the flag end of the pool, odd heats at the non-flag end of the pool. All events will swim fastest to slowest. The meet administration reserves the right to use flyover starts once the entries have been received. This decision will be communicated in the coaches meeting. We reserve the right to cap the number of swimmers entered in order to stay within the four hour rule. Friday evening, we will cap the meet at about 3 hours. Swimmers will be entered in the order entries are received.

Check-in: Positive check-in is required for the 500 free, 400 IM, and 1000 free. Positive check-in will be available as athletes enter the pool deck and will close approximately 1 hour before the event is scheduled to swim. Exact times will be posted at Clerk of Course on the day of the event. Swimmers that check-in for an event and fail to swim will be fined \$30 payable to The University of Texas. These swimmers, *and their team*, will be barred from competition at the Swim Center until the fines are paid. Swimmers in these events must provide their own timer (and counter for the 500 and 1000). For the 500, 400 IM, and 1000 events, we will swim girls at the flag end of the pool and boys at the non-flag end of the pool. If we run out of boys heats, the girls will swim at both ends -- even heats at the flag end and odd heats at the non-flag end. The meet director and meet referee reserve the right to separate or combine entries as they see fit.

Deck Entry/Scratch Rule: We are asking swimmers to scratch events they will not swim the next day. No deck entries will be accepted for any of Friday's events. Deck entries for Saturday will be accepted before the Scratch Deadline on Friday. Deck entries for Sunday will be accepted before the scratch deadline on Saturday. Deck entries for Saturday & Sunday will only be accepted for open lanes. No new heats will be created. No deck entries will be accepted the day of an event. There is not a penalty for failing to scratch a prelim event; this is a courtesy to the other swimmers by eliminating an empty lane.

Deadlines: Saturday Deck Entry/Scratch deadline: Friday, October 2nd 1 hour prior to end of meet
Sunday Deck Entry/Scratch deadline: Saturday, October 3rd 1 hour prior to end of meet

The deck entry fee is \$20.00 per event. **Swimmers not previously entered in the meet must present their 2015 or 2016 USA Swimming registration card** at Clerk of Course to be able to deck enter. A coach may also present the club's official, watermarked roster from the USA Swimming club portal.

Racing Start Proficiency: (Unaccompanied Swimmers) Any swimmer entered in the 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.

Entry Dates: Entries will open for South Texas teams at noon on Monday, September 21st. Entries for teams outside the South Texas LSC will open at 4 PM on Monday, September 21st. Entries will not be accepted before these times. South Texas teams will not have a priority after 4 PM. **You should not make nonrefundable travel arrangements before you know your entries are accepted – entries will be processed in the order received.** Entries will close the earlier of:

- a) Tuesday, September 22, 2015 at 4 PM or
- b) When a session reaches an estimated 4 hours in length. Individual sessions may close before the entire meet closes. If we have to close a session early, this will be posted on our website (<http://www.utexas.edu/longhornaquatics/meets/upcoming-meets/>). Friday evening, we will cap the meet at about 3 hours.

Entries: Swimmers may enter a maximum of 3 individual events per day, and 7 maximum events for the meet. The age of the swimmer will be his/her age on October 2, 2015. Enter all events with previous best times achieved in short course yards.

All teams with five or more swimmers entered in the meet must submit their entries using the latest version of Hy-Tek Team Manager or Team Unify software.

Email entries to Bridgette Rhoades at bridgette.rhoades@austin.utexas.edu. When you email the entries, also attach a report of the entries by swimmer. Entries/emails with only a zip file (i.e. without the entry report) will not be accepted. If you don't receive an email confirmation, your entries were not received. Teams with fewer than five swimmers may send an email including the team, team abbreviation, LSC, the swimmers full name (as registered with USA Swimming), USA ID, event numbers, event description, and entry times for each swimmer.

Entry fees must be postmarked by Monday, September 28th. Please include the meet entry fees report with your check. Please do NOT send a copy of the entries you emailed earlier.

No paper, phone or fax entries will be accepted. Entries received without accurate USA Swimming registration numbers will **NOT** be accepted or processed.

Entry Fees: \$9.00 per individual event. A \$2.00 per swimmer facility surcharge will be charged. This includes the South Texas Swimming splash fee of \$1.25 per splash. Please send only one check per team location please. Refunds will not be given for any reason.

Make checks payable to: The University of Texas at Austin

Mail to: Longhorn Aquatics
2015 11 & Over Fall Kick Off
The University of Texas at Austin
1900 Red River Street, D4050
Austin, TX 78712-0364

Awards: No awards will be given out at this meet.

Meet Referee: Jessica Evans 512-771-0439 jessicaevans@utexas.edu

Admin Referee: Heather Bleasdel 281-242-1334 hbleasdel@hotmail.com

Head Coach: Mike Laitala 512-507-8969 mike.laitala@austin.utexas.edu

**Meet Director
& Entry Chair:** Bridgette Rhoades 814-602-8254 bridgette.rhoades@austin.utexas.edu

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 Texas Swimming Center at 512-471-7703 in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The Texas Swimming Center 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 Referee before the event begins if they are to be considered to be judged under Article 105.

Officials: All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and their respective LSCs for 2015 or 2016 and have a current Background Check acknowledged by USA Swimming. Please email the Meet Referees, Jessica Evans & Trey Prinz at jessicaevans@utexas.edu & Trey.Prinz@netapp.com with your certification level and availability so they can plan accordingly. The uniform will be white polo shirts over khaki pants, skirts or shorts. Please report to the Meet Referee at least 45 minutes prior to the scheduled start time of the session for the officials' briefing and to receive your assignments. The wearing of name tags is strongly encouraged.

Deck Access: Only currently registered coaches and officials will be allowed access beyond the front desk of the Texas Swimming Center. Coaches and officials will be required to show their current USA Swimming registration card at the front desk in order to be on deck. Volunteers will be given a pass to access the deck and help for that specific purpose.

Please be aware that swimmers will not be allowed on the deck until one of their team coaches has checked in and is on deck. Any non-registered individuals not respecting these rules will be removed from that area or from the facility at the discretion of the Meet Director, Longhorn Aquatics Program Director or Texas Swimming Center staff.

Parking: The University of Texas requires a UT permit for parking along Trinity and San Jacinto. Please go to our website, <http://www.utexas.edu/longhornaquatics> as we get closer to the meet for more information on parking.

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

11 & Over Fall Kick Off: Order of Events

All events will be swam in SCY

Friday PM, October 2, 2015

All Ages

Girls Event #	Event	Boys Event #
1	200 IM	2
3	50 Free	4
5	500 Free**	6

*Positive check-in required.

**Swimmers must provide their own counter and timer.

Saturday, October 3, 2015

11-12 AM

Girls Event #	Event	Boys Event #
7	200 Free	8
9	100 Breast	10
11	50 Back	12
13	200 Fly	14
15	100 Back	16
17	400 IM*	18

*Positive check in required. Swimmers must provide own timers.

13 & Over PM

Girls Event #	Event	Boys Event #
19	200 Free	20
21	100 Breast	22
23	200 Fly	24
25	100 Back	26
27	400 IM*	28

*Positive check in required. Swimmers must provide own timers.

Sunday, October 4, 2015

11-12 AM

Girls Event #	Event	Boys Event #
29	200 Back	30
31	100 Free	32
33	50 Fly	34
35	200 Breast	36
37	100 Fly	38
39	50 Breast	40
41	100 IM	42

13 & Over PM

Girls Event #	Event	Boys Event #
43	200 Back	44
45	100 Free	46
47	200 Breast	48
49	100 Fly	50
51	1000 Free**	52

*Positive check-in required.

**Swimmers must provide own counter & timer.

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). 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.
 - 2. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 - 3. 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."
 - 4. 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.
 - 5. 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. Coaches will ensure that backstrokers 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.