

*The University of Texas at Austin and*



**LONGHORN AQUATICS**  
**10 & Under Fall Kick Off**  
**Sunday, October 18, 2015**  
Held under the sanction of USA Swimming

**Important Meet Facts**

**Meet Date:** Sunday, October 18, 2015

**Entries Open:** For ALL teams- noon, Monday, October 5, 2015

**Entries Close:** Thursday, October 8, 2015 at noon or sooner if session becomes full

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

**Age Restrictions:** Athletes 5 years of age and younger are not permitted to swim in this meet.

**Qualifying times:** None.

**Deck Entry/Scratch Rule:** Deck Entry/Scratch Rule: No deck entries will be taken for this meet.

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

**Address:** 1900 Red River Street, Austin TX 78712

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

**Warm Up Assignments:** 10 & Under warm up times & lanes will be assigned if needed. Assignments will be posted on the Longhorn Aquatics Upcoming Meets page no later than October 17, 2015.

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

**All meet information & updates can be found at:**  
<http://www.utexas.edu/longhornaquatics/meets/upcoming-meets/>

**Welcome:** Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in our 10 & Under 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 5 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:** This meet is one session only. Warm-ups may be split if a large number of swimmers enter the meet. The diving well may or may not be available throughout the meet for continuous warm-up and cool-down. The South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet.

Sunday      10 & Under      Warm Up:      8:00 AM      Start:      9:00 AM

**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 for this event.

**Meet Format:** All events are timed finals and will swim in one or two short course yard pools, seeded only by time and gender. Age groups will be combined. All events may be swum in one pool. If the meet is large enough, 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. Swimmers will be entered in the order entries are received. The meet director and meet referee reserve the right to separate or combine entries as they see fit.

**Check-in:** There are no positive check-in events for this meet.

**Deck Entry/Scratch Rule:** No deck entries will be taken for this meet.

**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 ALL teams at noon on Monday, October 5<sup>th</sup>.

Entries will not be accepted before these times. **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) Thursday, October 8<sup>th</sup> at noon or

b) When the session reaches an estimated 4 hours in length. If the meet this will be posted on our website: <http://www.utexas.edu/longhornaquatics/meets/>

**Entries:** Swimmers may enter a maximum of 4 individual events for the session. The age of the swimmer will be his/her age on October 18, 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](mailto: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 Friday, October 16<sup>th</sup>.** 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  
10 & U Fall Kick Off  
The University of Texas at Austin  
**1900 Red River Street, D4050**  
Austin, TX 78712-0364

**Awards:** Ribbons, first through eighth place will be awarded according to the following age groupings: boys and girls 8 and under, 9 – 10. No other awards will be given. Coaches are responsible for picking up their teams ribbons at the end of the meet. Ribbons will not be mailed out.

**Meet Referee:** Charles Yang 512-992-6200 [hellaheat@yahoo.com](mailto:hellaheat@yahoo.com)

**Admin Referee:** Brian Albright 512-658-6799 [brianmalbright@yahoo.com](mailto:brianmalbright@yahoo.com)

**Head Coach:** Mike Laitala 512-507-8969 [mike.laitala@austin.utexas.edu](mailto:mike.laitala@austin.utexas.edu)

**Meet Director & Entry Chair:** Bridgette Rhoades 814-602-8254 [bridgette.rhoades@austin.utexas.edu](mailto: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 Referee, Charles Yang at [hellaheat@yahoo.com](mailto:hellaheat@yahoo.com) with your certification level and availability so he 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.

## 10 & Under Fall Kick Off

### Order of Events

All events will be swam in SCY

Sunday, October 18<sup>th</sup>, 2015

#### 10 & Under

Girls Event #	Event	Boys Event #
1	100 IM	2
3	50 Free	4
5	100 Fly	6
7	50 Breast	8
9	100 Back	10
11	200 Free	12
13	100 Breast	14
15	50 Back	16
17	100 Free	18
19	50 Fly	20
21	200 IM	22

## 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.**

STSI Safety Guidelines and Warm-up Procedures last Revised 29-SEP-03