

Alamo Area Aquatic Association

Meet Information

www.aaaa-sa.org

Held under Sanction of USA Swimming

Sanction Number: STA-15-86

Posted 09/12/15



- Name:** ■2015 San Antonio Nadadores B Plus Meet
- Dates:** ■Saturday and Sunday, November 7th and 8th, 2015
- 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 / 4.5 feet at turn end measured for a distance of one meter to five meters from each end wall
 ■The course has not been professionally certified IAW 104.2.2(C)
 ■Eight-lane adjacent pool available for warm-ups / cool downs
 ■All automatic DAKTRONICS starting and timing
 ■Limited deck seating (<500) / bring lawn chairs
 ■Concessions available
- Sanction:** •This meet will be held under the Sanction of USA Swimming
 •It has also been sanctioned by South Texas Swimming and current USA Swimming rules and any relevant sections of the South Texas Policies and Procedures Manual will apply. Conduct of the sanctioned event shall conform to every respect to all technical and administrative rules of USA Swimming.
 •Conduct of the sanctioned events will conform in every respect to all technical and administrative rules of USA Swimming
- 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
- 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 San Antonio Independent School District, 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. 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.
- Deck Changing:** ■Except where venue facilities require otherwise, 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 or 2016) 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; 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 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.

- 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 are 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.
- 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:**

- November 7, 2015

Format:

- Timed finals.
- Flyover starts will be employed for all events except backstroke
- All events will be seeded by time and gender without regard to age
- All events will be swum fastest to slowest
- Swimmers must be currently (2015 or 2016) registered with USA Swimming
- Entries received without a valid and accurate 2015 or 2016 USA Swimming Identification Number will not be accepted
- No time trials
- No proof of time required
- The 500-yard freestyle and the 400-yard I-M will require a positive check-in by 10:00 AM the day of the event and be gender combined
- Entries for both events will be limited to 80 athletes, i.e., 10 heats



Entry

- Restrictions:**
- This meet is open to any swimmer currently (2015 or 2016) registered with USA Swimming
 - Age as of November 7, 2015 determines age for the entire meet
 - Maximum of five individual events per day
 - Swimmers must have achieved at least the 2013 – 2016 National Motivational “B” time for every event they wish to enter. Those without a “B” time will be removed from meet.
 - Times must be provable via SWIMS
 - Entries will be capped at 350 athletes

Qualifying

- Times:**
- The qualifying times for this meet are **equal to or faster** than the 2013 – 2016 National Motivational Top-16-based “B” times

Entry

- Deadline:**
- 8:00 PM, Tuesday, October 27, 2015

**Proof
of Time:**

- Entry times must be provable via SWIMS and are subject to challenge

Late/Deck

- Entries:**
- To fill empty lanes only
 - No new heats will be create
 - Unless already entered in the meet, late entering swimmers will be required to prove their current USA Swimming membership. South Texas Swimming does not allow on-deck USA Swimming registrations.

Entry

- Procedures**
- The **only** acceptable mode of entry is via Hy-Tek Commlink or File or disk

- 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 USA Swimming Page of the AAAA Web Site (www.aaaa-sa.org)
- Entries received without a seedtime (NT) **will not** be entered into this pre-seeded meet and any entry fees **will not** be refunded
- Mail or hand-deliver entries to the Entries Chair noted below
- Entries may also be submitted via e-mail
- 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 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.

Entry Fees:

(Includes \$1.25
Splash Fee)

- **Normal** \$ 6.50 per event
- **Late** \$13.00 per event

■ Checks payable to:

- San Antonio Nadadores
- c/o Don Walker
- 18419 Crossprairie
- San Antonio, TX 78258

Meet

Management:

- HY-TEK Meet Manager 6.0
- **Entries Chair & Meet Director:**
- Don Walker
- 210-861-0789
- dmw15479@aol.com

■ Administrative Official

- Mindy Donofrio
- 210-479-0881
- admin@stswim.org

■ Meet Referee:

- Rudy Chapa
- 210-386-4070
- rchatx@gmail.com



Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page **five**
- AAAA will warm up from 7:30-8:05 am
- All other teams will warm up from 8:05-8:40 am (both days)

Time

Trials:

- None

Scratch

Rules:

- There are no penalties for scratching from a pre-seeded, timed final meet
- However, known scratches will allow for additional late / deck entries.

Scoring:

- Not scored

Awards:

- Ribbons places one through eight
- 8 and Under — 9 and 10 — 11 and 12 (no awards for 13 and over)

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 San Antonio 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.
- 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.

Daily

Schedule:

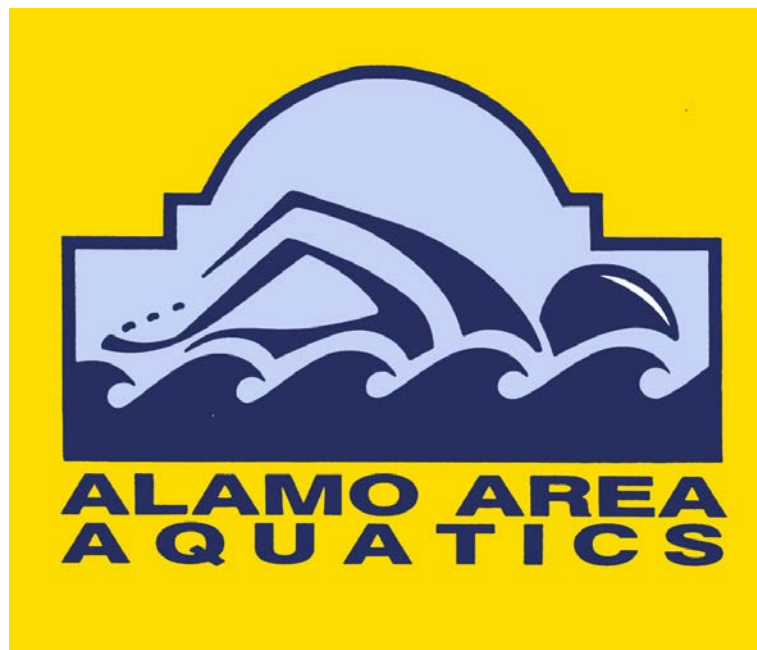
- Warm Up Session One Competition Pool- 7:30-8:05 AM AAAA only
- Warm Up Session Two Competition Pool- 8:05-8:40 AM All other teams
- South Pool available for constant warm-up / cool down
- Coaches' meeting 8:45 AM
- Sessions begin 9:00 AM

Timers:

- Teams will be required to provide timers proportionate to their entries
- Competitors in the 500 free will be required to provide their own backup timers and lap counters
- Competitors in the 400 I-M will be required to provide their own backup timers
- Swimmers or a Coach must positively check in for these two events by 10:00 AM on the day of the event.

Officials:

- All currently (2015 or 2016) certified and in training USA Swimming officials are cordially invited to participate.
- Please report to the Meet Referee at least 30 minutes prior to the scheduled start times to receive your assignments
- Uniform is white polo shirts over khaki trousers, skirts or Bermuda-length shorts or capris
- PLEASE: No short shorts, short skirts, jeans, cut-offs or flip-flops
- The wearing of name tags is strongly encouraged



Order of Events and Minimum Qualifying Times (SCY)

2013 – 2016 National “B” Times – Distances are in yards

Saturday, November 7th at 9:00 AM					Sunday, November 8th at 9:00 AM					
Girls No.	Equal to or Faster Than	Age Group Distance and Stroke	Equal to or Faster Than	Boys No.	Girls No.	Equal to or Faster Than	Age Group Distance and Stroke	Equal to or Faster Than	Boys No.	
1	100 Breaststroke			2	15	200 Butterfly			16	
	1:58.79	10 and Under	1:53.69			3:02.39	11 and 12	2:58.09		
	1:35.79	11 and 12	1:33.59			2:52.39	13 and 14	2:40.39		
	1:29.39	13 and 14	1:22.59			2:46.79	15 and Over	2:33.29		
	1:28.29	15 and Over	1:19.19			50 Breaststroke				
3	100 Butterfly			4	17	0:53.59	10 and Under	0:53.19	18	
	1:55.49	10 and Under	1:54.09			0:43.69	11 and 12	0:43.79		
	1:26.29	11 and 12	1:24.49		19	100 Backstroke			20	
	1:17.69	13 and 14	1:12.19			1:45.09	10 and Under	1:41.39		
	1:16.19	15 and Over	1:08.79			1:26.29	11 and 12	1:24.09		
5	200 Backstroke			6	21	1:18.29	13 and 14	1:13.59	22	
	2:59.49	11 and 12	2:55.29			1:16.29	15 and Over	1:09.69		
	2:48.39	13 and 14	2:39.39			200 Individual Medley				
	2:44.79	15 and Over	2:31.59			3:40.39	10 and Under	3:38.89		
7	50 Freestyle			8	23	3:02.49	11 and 12	3:00.99	24	
	0:39.49	10 and Under	0:38.49			0:47.99	10 and Under	0:46.69		
	0:34.09	11 and 12	0:33.09			0:37.29	11 and 12	0:37.69		
	0:32.89	13 and 14	0:30.39			100 Freestyle				
	0:32.29	15 and Over	0:28.99			1:30.69	10 and Under	1:28.49		
9	50 Backstroke			10	25	1:13.59	11 and 12	1:12.19	26	
	0:48.59	10 and Under	0:48.59			1:11.39	13 and 14	1:06.29		
11	200 Freestyle			12	27	1:09.99	15 and Over	1:03.29		28
	3:20.19	10 and Under	3:09.09			200 Breaststroke				
	2:41.19	11 and 12	2:37.19			3:25.79	11 and 12	3:17.69		
	2:33.89	13 and 14	2:24.49			3:13.99	13 and 14	3:00.49		
	2:30.79	15 and Over	2:18.209			3:09.99	15 and Over	2:52.79		
13	400 Ind. Medley			13	29	500 Free			29	
	6:28.59	11 and 12	6:20.09			8:30.49	10 and Under	8:22.79		
	6:08.49	13 and 14	5:44.99			7:09.29	11 and 12	7:02.99		
	5:58.49	15 and Over	5:31.39			6:51.79	13 and 14	6:29.49		
Events 13 and 29 will require positive check-ins on the day of the event by 10:00 AM, be age and gender combined and swum <u>FASTEST to SLOWEST.</u>					29	6:41.29	15 and Over	6:14.69	29	

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.