



# Alamo Area Aquatic Association Meet Information



[www.aaaa-sa.org](http://www.aaaa-sa.org)

Sanctioned by USA Swimming

Sanction Number: STA-15-101

Posted: 11/09/15

- Name:** •2015 San Antonio AAAA / Nadadores Slower than "BB"
- Dates:** •Saturday and Sunday, December 12th and 13th, 2015
- Venue:** •San Antonio Natatorium  
•1430 West Cesar Chavez Blvd.  
•San Antonio, Texas 78207  
•210-207-3299
- Facility:** •Eight 25-yard lanes  
•The minimum water depth, measured in accordance with Article 103.2.3, is five feet six inches at the start end and four feet six inches at the turn end as measured one and five meters from either 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
- 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 Natatorium, 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 swimmers' club if attached, to be held accountable for repairs
- Deck Changing:** ■Deck changing is prohibited.
- 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 and Procedures Manual will apply.  
•All swimmers must be registered as athletes for 2015 or 2016 with USA Swimming by the meet start date. Athletes who register with USA Swimming after the meet entry deadline may deck enter the meet only if the present 2015-2016 USA Swimming registration card (or a coach may present the club's official watermarked roster from the USA Swimming club portal. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.  
•South Texas Swimming does not allow on-deck USA Swimming registrations
- 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 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 and are specifically prohibited from making shots during the start phase of any race

## Unaccompanied

### Swimmers

- Every 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

### Format:

- Individual events only – no relays
- Timed finals
- Fly-over starts will be employed for all events EXCEPT the 500-yard freestyle, the 400-yard individual medley and all backstroke events.
- All events will be seeded by time and gender without regard to age and swum slowest to fastest
- The 400-yard I-M and 500-yard freestyle will require positive check-ins by 9:45 AM on the day of the event, be gender combined and swum fastest to slowest
  - Each of these events will be limited to 80 swimmers (10 heats)
  - Swimmers will be required to provide their own backup timers and / or lap counters.

### Age up Date:

- December 12, 2015

### Entry

#### Restrictions:

- This meet is open to any swimmer currently (2015 / 2016) registered with USA Swimming
- Age as of December 12, 2015 determines age for the entire meet
- Entries received with No Time (NT) will not be accepted and any entry fees will not be refunded
- Entries received without a valid and accurate 2015 or 2016 USA Swimming Identification Number will not be accepted and any entry fees will not be refunded
- Maximum of five (5) individual events per day
- Swimmers may not enter any event for which they have previously swum at or faster than the 2013 – 2016 National Motivational "BB" time
- Entries will be capped at 350 athletes

### Qualifying

#### Times:

- The qualifying times for this meet are slower than the 2013 – 2016 National Motivational Top-16-based "BB" times
- Swimmers who have achieved lifetime best times equal to or faster than these times may NOT enter their "Faster Than" events in this meet

### Entry

#### Deadline:

- 12-noon, Tuesday, December 1, 2015

#### Proof of Time:

- None

### Late/Deck

#### Entries:

- Yes
- However, entries received after the entry deadline will be treated as LATE entries and accepted at twice the normal entry fee
- Late entering swimmers not previously registered for the meet must present their 2015/2016 USA Swimming registration card or a coach may present the club's official, watermarked roster from the USA Swimming club portal.*

### 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
- Please format any disks before utilizing for entries
- An "HYV" File for Team Manager is available on the 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 pre-seeded meet and any entry fees **will not** be refunded
- E-mail or hand-deliver entries to the Entries Chair noted below
- 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.

**Entry Fees:**

(Includes \$1.25 Splash Fee)

•Normal: \$ 6.50 per event

•Late: \$13.00 per event

•Checks payable to:

•Mail to:

•San Antonio Nadadores

•Don Walker

•18419 Crossprairie

•San Antonio, TX 78258

**Meet**

**Management:**

- Meet Manager 6.0

•**Meet Director / Entries Chair:**

•Don Walker

•210-207-3299

•dmw14479@aol.com

•**Meet Referee:**

•JR Rightmyer

•210-857-4950

•john.rightmyer@gmail.com

• **Administrative Official Saturday:**

• Karen Kliewer

•210-842-7997

•karenskhorus@aol.com

•**Administrative Official Sunday:**

•Bill Spurgeon

•210-356-6929

•wspurg@neisd.net

**Warm-ups:**

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page six (6)

**Saturday:**

•AAAA will warm-up from

4:05 PM - 4:40 PM

•All other teams will warm up from

4:40 PM - 5:15 PM

**Sunday:**

•AAAA will warm-up from

9:05 AM - 9:40 AM

•All other teams will warm up from

9:40 AM - 10:15 AM

**Time Trials:**

- None

**Scratch Rules:**

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

**Scoring:**

- None

**Awards:**

- Ribbons places one through eight
- Eight and Under, nine and ten, 11 and 12
- No awards for 13 and Over swimmers

**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 for judging under Article 105



**Daily  
Schedule:**

**Saturday**

- |  |                  |                   |
|--|------------------|-------------------|
| •Warm-up Session one                                   | Competition Pool | 4:05 PM - 4:40 PM |
| •Warm-up Session two                                   | Competition Pool | 4:40 PM - 5:15 PM |
| •South Pool available for constant warm-up / cool down |                  |                   |
| •Coaches' meeting                                      |                  | 5:15 PM           |
| •Competition begins                                    |                  | 5:30 PM           |

**Sunday**

- |  |                  |                    |
|--|------------------|--------------------|
| •Warm-up Session one                                   | Competition Pool | 9:05 AM - 9:40 AM  |
| •Warm-up Session two                                   | Competition Pool | 9:40 AM - 10:15 AM |
| •South Pool available for constant warm-up / cool down |                  |                    |
| •Coaches' meeting                                      |                  | 10:15 AM           |
| •Competition begins                                    |                  | 10:30 AM           |

**Timers:**

- Teams will be required to provide timers in proportion to their entries
- Volunteer timers will be needed
- Competitors in the 500-yard freestyle and 400-yard I-M will be required to provide their own backup timers and lap counters

**Officials:**

- All currently (2015 or 2016) certified / registered and in-training USA Swimming officials are cordially invited to assist in the conduct of this meet
- The uniform for officials is white polo shirts over khaki trousers, Bermuda-length shorts / skirts or capris
  - No short shorts, cut-offs or flip-flops please
- 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 the sessions to receive assignments



# Order of Events and Maximum Qualifying Times (SCY)

2013 – 2016 National “BB” Times

Distances are in yards

| Saturday, December 12th at 5:30 PM   |                         |                               |             |                        | Sunday, December 13th at 10:30 AM |                         |                               |             |                              |           |  |           |
|--|-------------------------|-------------------------------|-------------|------------------------|-----------------------------------|-------------------------|-------------------------------|-------------|------------------------------|-----------|--|-----------|
| Girls No.  | Slower Than             | Age Group Distance and Stroke | Slower Than | Boys No.               | Girls No.                         | Slower Than:            | Age Group Distance and Stroke | Slower Than | Boys No.                     |           |  |           |
| <b>1</b>   | <b>100 Breaststroke</b> |                               |             | <b>2</b>               | <b>13</b>                         | <b>200 Butterfly</b>    |                               |             | <b>14</b>                    |           |  |           |
|  | 1:45.59                 | 10 and Under                  | 1:41.99     |                        |                                   | 2:49.39                 | 11 and 12                     | 4:45.39     |                              |           |  |           |
|  | 1:28.69                 | 11 and 12                     | 1:26.49     |                        |                                   | 2:40.09                 | 13 and 14                     | 2:28.89     |                              |           |  |           |
|  | 1:22.99                 | 13 and 14                     | 1:16.69     |                        |                                   | 2:34.89                 | 15 and Over                   | 2:22.29     |                              |           |  |           |
| 1:21.99  | 15 and Over             | 1:13.59                       | <b>15</b>   | <b>50 Breaststroke</b> |                                   |                         | <b>16</b>                     |             |                              |           |  |           |
| <b>100 Butterfly</b>   |                         |                               |             | 0:47.79                | 10 and Under                      | 0:47.49                 |                               |             |                              |           |  |           |
| 1:40.39  | 10 and Under            | 1:39.39                       |             | 0:40.59                | 11 and 12                         | 0:40.29                 |                               |             |                              |           |  |           |
| 1:19.39  | 11 and 12               | 1:17.59                       |             | <b>100 Backstroke</b>  |                                   |                         |                               | <b>18</b>   |                              |           |  |           |
| 1:12.19  | 13 and 14               | 1:07.09                       | 1:33.49     | 10 and Under           | 1:30.79                           |                         |                               |             |                              |           |  |           |
| 1:10.69  | 15 and Over             | 1:03.89                       | 1:19.49     | 11 and 12              | 1:17.49                           |                         |                               |             |                              |           |  |           |
| <b>200 Backstroke</b>  |                         |                               | 1:12.69     | 13 and 14              | 1:08.29                           |                         |                               |             |                              |           |  |           |
| <b>5</b>   | 2:46.69                 | 11 and 12                     | 2:42.79     | <b>17</b>              | 1:10.79                           | 15 and Over             | 1:04.69                       | <b>19</b>   | <b>200 Individual Medley</b> |           |  | <b>20</b> |
|  | 2:36.29                 | 13 and 14                     | 2:27.09     |                        | 3:17.29                           | 10 and Under            | 3:16.29                       |             |                              |           |  |           |
|  | 2:32.99                 | 15 and Over                   | 2:20.69     |                        | 2:49.49                           | 11 and 12               | 2:47.39                       |             |                              |           |  |           |
| <b>50 Freestyle</b>  |                         |                               | 0:35.69     | 10 and Under           | 0:34.99                           | <b>21</b>               | <b>50 Butterfly</b>           |             |                              | <b>22</b> |  |           |
| <b>7</b>   | 0:31.69                 | 11 and 12                     | 0:30.69     | 0:42.39                | 10 and Under                      |                         | 0:41.39                       |             |                              |           |  |           |
|  | 0:30.49                 | 13 and 14                     | 0:28.19     | 0:34.59                | 11 and 12                         |                         | 0:34.69                       |             |                              |           |  |           |
|  | 0:29.99                 | 15 and Over                   | 0:26.89     | <b>100 Freestyle</b>   |                                   |                         | <b>23</b>                     |             |                              |           |  |           |
|  | <b>50 Backstroke</b>    |                               |             | 1:21.09                | 10 and Under                      | 1:19.39                 |                               |             |                              |           |  |           |
| <b>9</b>   | 0:43.29                 | 10 and Under                  | 0:43.19     | 1:08.29                | 11 and 12                         | 1:06.99                 |                               |             |                              |           |  |           |
|  | 0:36.09                 | 11 and 12                     | 0:36.09     | 1:04.99                | 13 and 14                         | 1:01.59                 |                               |             |                              |           |  |           |
|  | <b>200 Freestyle</b>    |                               |             | 1:06.29                | 15 and Over                       | 0:58.69                 |                               |             |                              |           |  |           |
| <b>11</b>  | 2:58.29                 | 10 and Under                  | 2:50.19     | <b>25</b>              | <b>400 Ind. Medley</b>            |                         |                               | <b>25</b>   |                              |           |  |           |
|  | 2:29.69                 | 11 and 12                     | 2:25.99     |                        | 6:00.89                           | 11 and 12               | 5:52.99                       |             |                              |           |  |           |
|  | 2:22.89                 | 13 and 14                     | 2:14.19     |                        | 5:42.19                           | 13 and 14               | 5:20.29                       |             |                              |           |  |           |
|  | 2:19.99                 | 15 and Over                   | 2:08.39     | 5:32.89                | 15 and Over                       | 5:07.69                 |                               |             |                              |           |  |           |
| <b>Events 25 and 29 will require positive check-ins on the day of the event by 9:45 AM, be age and gender combined and swum <u>FASTEST</u> to <u>SLOWEST</u></b> |                         |                               |             |                        | <b>27</b>                         | <b>200 Breaststroke</b> |                               |             | <b>28</b>                    |           |  |           |
|  |                         |                               |             |                        |                                   | 3:11.09                 | 11 and 12                     | 3:03.49     |                              |           |  |           |
|  |                         |                               |             |                        |                                   | 3:00.19                 | 13 and 14                     | 2:47.59     |                              |           |  |           |
|  |                         |                               |             |                        | 2:56.39                           | 15 and Over             | 2:40.49                       | <b>29</b>   | <b>500 Free</b>              |           |  | <b>29</b> |
|  |                         |                               |             |                        | 7:39.49                           | 10 and Under            | 7:32.59                       |             |                              |           |  |           |
|  |                         |                               |             |                        | 6:38.59                           | 11 and 12               | 6:32.79                       |             |                              |           |  |           |
|  |                         |                               |             |                        | 6:22.39                           | 13 and 14               | 6:01.69                       |             |                              |           |  |           |
|  |                         |                               |             |                        | 6:12.69                           | 15 and Over             | 5:47.89                       |             |                              |           |  |           |



# 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 (**Finals**)

### 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.**

