



# Alamo Area Aquatic Association

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



## Meet Information

Held under sanction of USA Swimming

Sanction Number: STA-16-02

Posted: 12/01/15

- Meet**
- 2016 Alamo Area Post Regional Time Trials
  - “A” and faster competition for USA Swimming athletes
- Date:**
- Sunday, February 7, 2016
- Venue:**
- Josh Davis Natatorium
  - Blossom Athletic Center (Also known as North East Stadium)
  - Jones-Maltsberger Road at Starcrest and Bitters
  - San Antonio, TX 78217
  - 210-356-6925.
- Facility:**
- 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 measured at one and five meters from either end
  - 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
- 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 events will conform in every respect to all technical and administrative rules of USA Swimming
  - All swimmers must be registered as athletes for 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 they can present their 2016 USA Swimming Registration Card
    - Or a coach may present the Club’s official, watermarked roster from the USA Swimming Club Portal
  - South Texas Swimming does not allow on-deck USA Swimming Registration
- Format:**
- This competition is Sanctioned as a proof-of-time meet and all times, including those of deck entries, must be verified in the National SWIMS Database
  - The meet will run twice through
  - First: Long to short
  - Second: Short to long
  - At the discretion of the Meet Referee, events, heats, strokes and genders may be combined in the interest of time
    - Seeding will be fastest to slowest by time alone and lane separation between genders will not be guaranteed
  - Swimmers are permitted to enter one (1) event each round
  - Swimmers will be seeded by time if provided, otherwise by lot
  - Swimmers must provide their own backup timers and lap counters as necessary

- Deck Changing:** •Deck changes are prohibited
- USA Swimming Registration:**
- All swimmers, coaches, and officials participating in this competition must be currently (2016) registered with USA Swimming
  - No swimmer will be permitted to compete unless they are a member as provided in Article 302.
  - All swimmers 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.

- 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 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:**
- 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.

**Age up Date:** •February 7, 2016

**Scoring & Awards:** •None

**Entry Limits:** •Two (2) events - one per session

<b>Fees:</b>	•\$10.00 per <u>individual event via Commlink</u>	includes the \$1.25 STSI Splash Fee
	•\$25.00 per <u>individual event on deck</u>	includes the \$1.25 STSI Splash Fee
	•\$12.00 per <u>relay event via Commlink</u>	includes the \$1.25 STSI Splash Fee
	•\$25.00 per <u>relay event on deck</u>	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



- Special Needs:**
- Please notify the Josh Davis Natatorium (210-356-6925) in advance of this event with the name and age of any member on your team who needs assistance in entering the building.
  - The NEISD 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 by the end of warm-ups if they are to be considered to be judged under Article 105 and / or if any specialized equipment is required

- Entry**
- Deadline:**
- Entries submitted via Hy-Tek Commlink File or disk must be in the hands of the **Entries Chair** not later than 12-noon, Wednesday, January 27, 2016
  - Deck entries will open at 8:00 AM and close at 9:00 AM on the day of the meet

- Qualifying**
- Times:**
- Entering swimmers must at some time (lifetime best) achieved a time equal to or faster than the 2013 – 2016 National Motivational Short Course “**A**” Time for every event entered
  - Please see pages five (5) and six (6)

- Deck Entries:**
- Deck entries will be accepted according to the Schedule just below
  - Swimmers entering on deck must present their 2016 USA Swimming ID Card and be prepared to pay the entry fees
  - Alternatively, a coach may present the Club’s official, watermarked roster from the USA Swimming Club Portal
  - Deck entering swimmers **MUST** provide proof-of-time traceable to the National SWIMS Database for every event entered

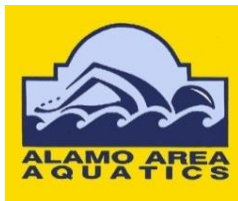
- Schedule:**
- |                          |          |  |
|--------------------------|----------|--|
| •Deck entries open at    | 8:00 AM  |  |
| •Deck entries close at   | 9:00 AM  |  |
| •Warm-ups begin at       | 9:00 AM  |  |
| •Pool cleared at         | 9:50 AM  |  |
| •First session begins at | 10:00 AM |  |

- Warm-ups:**
- Warm-ups will be conducted IAW the current STSI Safety Guidelines and Warm-up Procedures noted on page six (6)

- Meet**
- Management:**
- |                    |  |                            |                        |                          |
|--------------------|--|----------------------------|------------------------|--------------------------|
| •Meet Manager 6.0  | • <b>Co-Meet Director/Entries Chair:</b> | • <b>Co-Meet Director:</b> | • <b>Meet Referee:</b> | • <b>Admin Official:</b> |
| •David Johnson     | •David Johnson                           | •Bill Spurgeon             | •Rick Russell          | •Denny Ryther            |
| •210-356-6925      | •210-356-6925                            | •210-356-6929              | •210-834-7409          | •210-301-0631            |
| •FAX: 210-491-6133 | •FAX: 210-491-6133                       | •FAX: 210-491-6133         | •Rd.russ@yahoo.com     | •dryther13@hotmail.com   |
| •djohns1@neisd.net | •wsurg@neisd.net                         |                            |                        |                          |

- Timers and Lap**
- Counters:**
- Competitors must provide their own backup timers and lap counters as necessary

- Officials:**
- All currently (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, jeans 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 in the deck level classroom at 9:15 AM to receive assignments



<b>Order of Events</b>			
<b>Distances are in yards!</b>			
<b>Round One</b>		<b>Round Two</b>	
<b>Event Number</b>	<b>Distance &amp; Stroke</b>	<b>Event Number</b>	<b>Distance &amp; Stroke</b>
1	500 Free	17	50 Fly
2	400 I-M	18	50 Breast
3	200 Free	19	50 Back
4	200 Back	20	50 Free
5	200 Breast	21	100 I-M
6	200 Fly	22	100 Fly
7	200 I-M	23	100 Breast
8	100 Free	24	100 Back
9	100 Back	25	100 Free
10	100 Breast	26	200 I-M
11	100 Fly	27	200 Fly
12	100 I-M	28	200 Breast
13	50 Free	29	200 Back
14	50 Back	30	200 Free
15	50 Breast	31	400 I-M
16	50 Fly	32	500 Free
<b>10 Minute Break</b>			



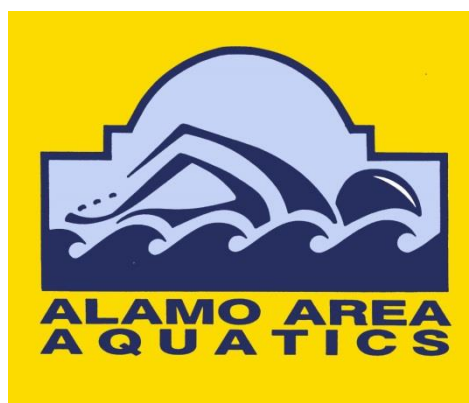
## 2013 – 2016 National Motivational “A” Time Standards

Distances are in yards

Girl's <i>Minimum</i> Times: Equal to or Faster Than:	Age Group	Distance & Stroke	Boy's <i>Minimum</i> Times: Equal to or Faster Than:
0:36.69	10 & U	50 Fly	0:36.19
0:31.89	11 & 12		0:31.69
0:41.99	10 & U	50 Breast	0:41.89
0:37.49	11 & 12		0:36.89
0:37.99	10 & U	50 Back	0:37.79
0:33.29	11 & 12		0:33.09
0:31.89	10 & U	50 Free	0:31.39
0:29.39	11 & 12		0:28.39
0:28:19	13 & O		0:25.99
0:27.69	15 & 16		0:24.79
0:27.49	17 & 18		0:24.29
1:21.39	10 & U	100 I-M	1:20.39
1:13.09	11 & 12		1:11.09
1:25.29	10 & U	100 Fly	1:24.79
1:12.49	11 & 12		1:10.59
1:06.59	13 & 14		1:01.89
1:05.29	15 & 16		0:58.99
1:04.29	17 & 18		0:57.69
1:32.39	10 & U	100 Breast	1:30.19
1:21.69	11 & 12		1:19.29
1:16.59	13 & 14		1:10.79
1:15.69	15 & 16		1:07.89
1:13.59	17 & 18		1:06.29
1:21.79	10 & U	100 Back	1:20.09
1:12.69	11 & 12		1:10.79
1:07.09	13 & 14		1:03.09
1:05.39	15 & 16		0:59.79
1:04.59	17 & 18		0:59.09
1:11.39	10 & U	100 Free	1:10.19
1:03.09	11 & 12		1:01.89
1:01.19	13 & 14		0:56.89
0:59.99	15 & 16		0:54.19
0:59.49	17 & 18		0:53.19



<b>Girl's <i>Minimum</i> Times: Equal to or Faster Than:</b>	<b>Age Group</b>	<b>Distance &amp; Stroke</b>	<b>Boy's <i>Minimum</i> Times: Equal to or Faster Than:</b>
2:54.19	10 & U	<b>200 I-M</b>	2:53.69
2:36.39	11 & 12		2:33.79
2:28.49	13 & 14		2:18.79
2:24.79	15 & 16		2:12.29
2:23.39	17 & 18		2:09.09
2:36.39	11 & 12	<b>200 Fly</b>	2:32.69
2:27.79	13 & 14		2:17.49
2:22.99	15 & 16		2:11.39
2:21.09	17 & 18		2:08.69
2:56.39	11 & 12	<b>200 Breast</b>	2:49.39
2:46.29	13 & 14		2:34.69
2:42.79	15 & 16		2:28.09
2:40.19	17 & 18		2:23.29
2:33.79	11 & 12	<b>200 Back</b>	2:30.29
2:24.29	13 & 14		2:15.79
2:21.19	15 & 16		2:09.89
2:19.39	17 & 18		2:06.29
2:36.39	10 & U	<b>200 Free</b>	2:31.29
2:18.19	11 & 12		2:14.79
2:11.99	13 & 14		2:03.89
2:09.29	15 & 16		1:58.59
2:07.89	17 & 18		1:56.59
5:33.09	11 & 12	<b>400 I-M</b>	5:25.79
5:15.89	13 & 14		4:55.69
5:07.29	15 & 16		4:43.99
5:04.99	17 & 18		4:37.29
6:48.39	10 & U	<b>500 Free</b>	6:42.29
6:07.99	11 & 12		6:02.59
5:52.99	13 & 14		5:33.89
5:43.99	15 & 16		5:21.19
5:42.29	17 & 18		5:15.69



# 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 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 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 09/30/2013