



AquaTex Swim Team Trained or Tapered 2

Saturday, January 2nd , 2016
12:00pm warmup 1:00pm start

Sanction #: STA-16-13

Bad weather days alternate

Sunday, January 3rd
12:00pm warmup 1:00pm start

Venue: Micki Krebsbach Pool, 301 Deepwood Dr. Round Rock, TX 78681

Eligibility: This meet is open to all swimmers who are currently (2016) registered with USA Swimming

Facility: Micki Krebsbach Pool is a 25 yard, 8 lane, outdoor facility (with starting blocks), using an semi-automatic Colorado Timing System and Hy-tek Meet Management system, in Round Rock, located next to Round Rock High School. There is an adjacent 20 yard, three lane warm-up pool that may be used during the meet for continuous warm-up, warm-down. Horseplay in the warm-up pool will NOT be tolerated. Swimmers violating this rule will be asked to leave the pool at once. Coaches, please supervise your swimmers.
NO ONE MAY ENTER THE RECREATIONAL POOL OR USE THE SLIDE AT ANY TIME.
We strongly suggest that you bring adequate provision for shade and seating. There is plenty of parking, and there are dressing rooms. Swimmers may bring coolers, however; no glass containers are permitted.

Directions: From I-35: Exit I-35 at Hwy 620. Head west on 620, and take a left on Deepwood Dr. Pool will be about ½ mile on your left.

From Mopac: Continue north on Burnet Rd. (1325) after Mopac ends. (Past Wells Branch Parkway and Shoreline Church.) Take a left on County Rd. 172. Take a right on McNeil Dr. Take a left (almost immediately) on Deepwood Dr. You will go through a neighborhood. Once you see playing fields and a softball complex, the pool is on your right.

From Hwy.183. turn east on Hwy. 620. Go past Round Rock Hospital, and at Deepwood Dr., turn right. The pool is about ½ mile on the left.

Water Depth: The minimum water depth, measured at both ends at 1 & 5 meters, in accordance with Article 103.2.3, is 6'6" feet inches at the start end and 5' at the turn end.

Course

Certification: The competition course has not been certified in accordance with 104.2.2C(4). If a swimmer expects to, or does break a record, please inform meet director or referee. In accordance to 104.2/2/C/4/C... Where a moveable Bulkhead is used, course measurement of the lane in which the record was set must be confirmed at the conclusion of the session during which the time was achieved.

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. 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 registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability: In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc.(STSI), the Aquatex Swim Team, the City of Round Rock, and all meet officials and volunteers 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.

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 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.

Meet Format: Timed finals - swum slowest to fastest. Flyover start will be used except for backstroke. We reserve the right to cap the number of swimmers entered in each session in order to stay within **four hour** timeline. Swimmers will be entered in the order entries are received. The Meet Referee reserves the right to combine heats and/or events by gender and/or stroke or distance. Any changes to the order of events will be communicated at the coaches' meeting.

Qualifying

Times: This meet is unclassified. There are no qualifying times. Please do not enter with NT's, Make your best prediction.

Age up Date: Swimmer's age on January 2, 2016 will determine his/her age group for this meet.

Entry

Restrictions: Swimmers may enter three (3) individual events for the session.

Entry

Deadline: 6pm, Friday, December 22 , 2015

No Time Trials

Entry Procedures:

Make entry fee check to "Round Rock Aquatics". Once accepted, no entry refunds will be given for any reason.

- Entries MUST be submitted by Hy-Tek Commlink either on disk or via e-mail.(See below.) *Hard copy must accompany *Please format disks before utilizing for entries. **DO NOT SEND ENTRIES BY EXPRESS, OVERNIGHT MAIL, ETC., WITHOUT A WAIVER OF SIGNATURE. E-mail Entries (preferred mode)
- Entries in Commlink Format only, may be sent to markparshall@yahoo.com
- E-mail submissions to any other address cannot (server dictated) and will not be accepted.
- The Commlink File must be renamed to clearly identify the entering team – shorter is better.
- Athletes included in improperly identified Commlink Files, e.g. CfileOX.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 if the Meet Entry Report (hard copy) is not received.
- The Entry Report may be attached to the e-mail message along with the Commlink File (recommended).
- Athletes WILL NOT be permitted to compete in the meet until satisfactory fee payment arrangements have been made with the Meet Entries Chair or designee.
- You will receive an e-mail reply that your entries have been received.

Entry Fees: Entry fee is \$7.00 per individual event, (including the STSI \$1.25 Splash fee/event)

Deck Entries: \$ 20.00/event, in open lanes only

Meet Director/Entries Chair:

Mark Parshall
 1103 Cedar Falls St
 Round Rock, TX 78681
 512.636.8577
 markparshall@yahoo.com

Admin Official:

Sue Anconetani
 512.576.9905
 sk.anconetani@gmail.com

Meet Referee:

Charles Yang
 512.992.6200
 hellaheat@yahoo.com

Heat sheets will be posted for downloading at: www.aquatexswimteam.com

Cell Phone

Restrictions: The presence or use of cell phones, smart phones, or any other devices capable of producing audio recordings and/or 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.

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.

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.

Deck

Changing: Deck changes are prohibited.

Special**Needs:**

Please notify Mark Parshall 512-636-8577 in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The facility 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.

Officials:

All currently 2016 certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2016 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Deck officials are required by rule to prominently display both their USA Swimming ID card and LSC credentials while on deck as an official. Please email the Meet Referee prior to the meet with your availability and current certifications. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments. The wearing of name tags is strongly encouraged.

Timers:

Timing assignments will be based on warm-up lane assignments. Each team will be required to provide two timers for each lane the team is assigned for warmups.

Awards:

None

Daily**Schedule:**

Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement. Open warm-up at 12:00pm, meet starts 1:00pm.

Order of Events

Distances are in SC yards

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	200 Free	2
3	100IM	4
5	200 Fly	6
7	50 Fly	8
9	100 Fly	10
11	200 Back	12
13	50 Back	14
15	100 Back	16
17	200 Breast	18
19	50 Breast	20
21	100 Breast	22
23	200 IM	24
25	50 Free	26
27	100 Free	28

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 must be members of USA Swimming.
 - 3. 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.
 - 4. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 - 5. 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."
 - 6. 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.
 - 7. 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 29-SEP-03