

*The University of Texas at Austin and*



**LONGHORN AQUATICS  
11 & Over Long Course Kick Off  
April 22-24, 2016**

Held under the sanction of USA Swimming

**Important Meet Facts**

**Entries Open:** Entries will open on Tuesday, April 5 at 2PM for South Texas teams and on Wednesday, April 6th at 2 PM for all other teams.

**Entries Close:** Tuesday, April 11<sup>th</sup> or sooner if sessions become full

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

**Qualifying times:** In effort to improve the accuracy of our Unclassified Long Course meets timelines we are making the following changes to our entry process:

- ALL entries for our long course unclassified meets will be seeded with the fastest SCY times.
- NT's will not be accepted.
- There are "B" qualifying times-SCY OR LCM- for all 200 meter events.

**Age Restrictions:** Athletes 10 years of age and younger are not permitted to swim in this meet. 11-12's are only permitted in the AM sessions, with the exception of Friday. 13 & overs are only permitted in the PM sessions.

**New Deck Entry/Scratch Rule:** No deck entries will be accepted for any of Friday's events. Deck entries for Saturday will be accepted before the Scratch Deadline on Friday. Deck entries for Sunday will be accepted before the scratch deadline on Saturday. Deck entries for Saturday & Sunday will only be accepted for open lanes. No new heats will be created. No deck entries will be accepted the day of an event. ALL DECK ENTRIES for events 200M or longer REQUIRE PROOF OF TIME.

**Deck Entry Fees:** \$20.00 per event

**Deck Entry/Scratch Deadlines:**

Saturday Deck Entry/Scratch deadline- Friday, April 22, 1 hour prior to end of meet

Sunday Deck Entry/Scratch deadline- Saturday, April 23, 1 hour prior to end of meet

**Parking Info:** Please visit <http://www.utexas.edu/longhornaquatics/meets/upcoming-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:** 12 & Under warm up times & lanes may be assigned. Assignments will be posted on the Longhorn Aquatics Upcoming Meets page no later than April 22<sup>nd</sup>, 2016. 13 & Over will have general warm ups.

**Heat Sheets:** Heat Sheets will be posted online for **free** at: <http://www.utexas.edu/longhornaquatics/meets/upcoming-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 11 & Over Long Course Kick Off Meet. This meet is open to all USA Swimming registered swimmers and will be conducted in one 50 meter pool, 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 April 2016 meet the competition course *has* 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 10 years of age and younger are not permitted to swim in this meet. 11-12's are only permitted in the AM sessions, with the exception of Friday. 13 & overs are only permitted in the PM Sessions.

**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.

**USA Swimming Registration:** All swimmers, coaches, and officials participating in this competition must be currently (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:** Saturday and Sunday the meet will be split into morning and afternoon sessions based on age. The morning sessions each day are planned for swimmers 11-12 and the afternoon sessions for swimmers 13 & over. However, we reserve the right to split the sessions differently or to combine sessions based on the entries received. Warm-ups may be split if a large number of swimmers enter the meet. The diving well may be available throughout the meet for continuous warm-up and cool-down.

Friday	All Swimmers	Warm Up:	5:15 PM	Start:	6:00 PM
Saturday	12 & Under	Warm Up:	9:00 AM	Start:	10:00 AM
	13 & Over	Warm Up:	**	Start:	**
Sunday	12 & Under	Warm Up:	8:00 AM	Start:	9:00 AM
	13 & Over	Warm Up:	**	Start:	**

\*\* The warm-up for the afternoon session will begin immediately after the morning session. The estimated time will be posted on the Longhorn Aquatics' website no later than April 22.

**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:** In effort to improve the accuracy of our Unclassified Long Course meets timelines we are making the following changes to our entry process:

- ALL entries for our long course unclassified meets will be done with the fastest SCY times. This will help more accurately seed the athletes together fastest to slowest and improve accuracy of timelines.
- Entries will be seeded using SCY times but results will be reported as LCM times.
- NT's will not be accepted. All events must have a SCY time or a coach guestimate. This will help the meet stay on timelines and help with the intention of getting more kids in the meet.
- There are "B" qualifying times-SCY OR LCM- for all 200 meter events. The qualifying times are from USA Swimming's 2013-2016 National Age Group Motivational Times. The age groups are based on 10&U, 11-12, 13-14, 15-16, and 17-18+. Athletes who do not finish an event within the qualifying time will be required to prove their entry time. The entry time must be in the USA Swimming database. Swimmers that cannot prove their entry time will be fined \$50 payable to the University of Texas. These swimmers will be barred from competition (at this and/or subsequent meets at the swim center) until the fines are paid.

**Meet Format:** All events are timed finals, swum in one long course meter pool, seeded only by time and gender. Age groups will be combined. All events will swim fastest to slowest. Depending on the number of swimmers, chase starts and/or flyover starts may be used. If there are enough swimmers to run both ends of the pool, then even heats will finish at the Flag end of the pool and odd heats will finish at the Non-Flag end of the pool. All 50's will start at the Non-Flag end of the pool.

Friday's 11-12 200 IM will be pre-seeded. The 11 & over 400 Freestyle, and 13 & Over 400IM will require positive check-in. We are requesting courtesy scratches for all other sessions (see Scratch section below).

All 400 Freestyle, 400 IM, and 800 Freestyles will swim alternating girl/boy, swimming fastest to slowest heats. Swimmers in the 800 must also provide their own counters and timers. Girls will start at the Flag end of the pool, and boys will start at the Non-Flag end for these races only. The Meet Director and Meet Referee reserve the right to modify the operations of the meet, depending upon the number of entries.

**We reserve the right to cap the number of swimmers entered in order to stay within the four hour rule. Friday evening's session will be capped at 3 hours.** Swimmers will be entered in the order entries are received.

**Scratches:** We are asking swimmers to scratch events they will not swim the next day. By 1 hour prior to the end of the session on Friday, swimmers should scratch any events they will not swim on Saturday.

For any event you will not swim on Sunday, scratches are due 1 hour prior to the end of the Saturday PM session. There is no penalty for failing to scratch an event, BUT our experience with this courtesy scratch during long course season will shape our decision about positive check-in for all events in the future. Please help us eliminate empty lanes and allow the greatest number of swimmers to participate.

**Check-in:** Positive check-in is required for 11 & Over 400 meter freestyle, 13 & Over 800 meter Freestyle, and 13 & Over 400 meter IM. Check-in sheets for the 13 & Over 400 IM and 11 & Over 400 Freestyle will be available as the swimmers enter the pool for warm-up and will close at 5:45 PM on Friday. Check in for all other positive check-in events will be available at the start of warm-up for the session and due approximately one hour before the event is scheduled to swim. Exact times will be posted at Clerk of Course on the day of the event.

Swimmers that **check-in for an event and fail to swim will be fined \$50** payable to the University of Texas. These swimmers will be barred from competition (at this or subsequent TXLA meets at the Swim Center) until the fines are paid.

The meet director and meet referee reserve the right to separate or combine entries as they see fit.

**Deck Entry/Scratch Rule:** No deck entries will be accepted for any of Friday's events. Deck entries for Saturday will be accepted before the Scratch Deadline on Friday. Deck entries for Sunday will be accepted before the scratch deadline on Saturday. Deck entries for Saturday & Sunday will only be accepted for open lanes. No new heats will be created. No deck entries will be accepted the day of an event. **Swimmers not previously entered in the meet must present their 2016 USA Swimming registration card** at Clerk of Course to be able to deck enter. A coach may also present the club's official, watermarked roster from the USA Swimming club portal.

**Deck Entry Fees:** \$20.00 per event

**Deck Entry/Scratch Deadlines:**

Saturday Deck Entry/Scratch deadline- Friday, April 22, 1 hour prior to end of meet

Sunday Deck Entry/Scratch deadline-Saturday, April 23, 1 hour prior to end of afternoon session

**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 on Tuesday, April 5 at 2PM for South Texas teams and on Wednesday, April 6 at 2 PM for all other teams. 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) Tuesday, April 11th or
- b) When the session reaches an estimated 4 hours in length. If the meet closes, this will be posted on our website: <http://www.utexas.edu/longhornaquatics/meets/>

**Entries:** Swimmers may enter a **maximum of 3** individual events for the session. The age of the swimmer will be his/her age on April 22, 2016.

The meet director and meet referee reserve the right to separate or combine entries as they see fit.

All teams with four 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 Laitala 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 three 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 Tuesday, April 18, 2016.** 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  
11 & Over Long Course Kick Off  
The University of Texas at Austin  
1900 Red River Street, D4050  
Austin, TX 78712-0364

**Awards:** No awards will be given out for this meet.

<b>Meet Referee:</b>	Trey Prinz	<a href="mailto:t.prinz.a@gmail.com">t.prinz.a@gmail.com</a>
<b>Admin. Official:</b>	Heather Bleasdel	<a href="mailto:hbleasdel@hotmail.com">hbleasdel@hotmail.com</a>
<b>Head Coach:</b>	Mike Laitala	<a href="mailto:mike.laitala@austin.utexas.edu">mike.laitala@austin.utexas.edu</a>
<b>Meet Director &amp; Entry Chair:</b>	Bridgette Laitala	<a href="mailto:bridgette.rhoades@austin.utexas.edu">bridgette.rhoades@austin.utexas.edu</a>

**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 2016 and have a current Background Check acknowledged by USA Swimming. Please email the Meet Referee, Trey Prinz at [t.prinz.a@gmail.com](mailto:t.prinz.a@gmail.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:** Deck changes are prohibited.

## Order of Events

All Events will be swam in LCM

**Friday Evening, April 22, 2016**

**SESSION 1 – All Ages**

Girls Event #	Event	Boys Event #
1	400 IM (13 & Over)!	2
3	200 IM (11-12)	4
5	400 Free (11 & Over)!*	6

**(!) Positive check-in required**

**(\*) Swimmers must provide their own timers**

**Saturday Morning, April 23, 2016**  
**SESSION 2 – 11-12**

Girls Event #	Event	Boys Event #
7	100 Free	8
9	200 Fly	10
11	50 Back	12
13	100 Breast	14
15	50 Free	16
17	200 Back	18

**Saturday Afternoon, April 23, 2016**  
**SESSION 3 - 13 & Over**

Girls Event #	Event	Boys Event #
19	100 Free	20
21	200 Fly	22
23	100 Breast	24
25	200 Back	26
27	200 IM	28

**Sunday Morning, April 24, 2016**  
**SESSION 4 – 11-12**

Girls Event #	Event	Boys Event #
29	200 Free	30
31	50 Fly	32
33	200 Breast	34
35	100 Back	36
37	100 Fly	38
39	50 Breast	40

**Sunday Afternoon, April 24, 2016**  
**SESSION 5 - 13 & Over**

Girls Event #	Event	Boys Event #
41	200 Free	42
43	200 Breast	44
45	100 Back	46
47	100 Fly	48
49	50 Free	50
51	800 Free ! *	52

- (!) Positive Check-in required AND Swimmers must provide their own timers.  
 (\*) Swimmers must provide their own counters.

## 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