



South Texas Age Group (STAGS) Championship—Long Course Meet Information



Posted xx/xx/16

Meet: 2016 South Texas Age Group (STAGS) Championship—Long Course
Hosted by Longhorn Aquatics (TXLA)
Held under the sanction of USA Swimming.

Dates: July 14-17, 2016

**Sanction
Number:** STA-16-38

Venue: The University of Texas at Austin
Lee and Joe Jamail Texas Swimming Center
1900 Red River Street
Austin TX 78712

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.

Eligibility: This meet is open to all swimmers through age 18 who are currently registered with South Texas Swimming, and who have achieved the qualifying time standards (2013 – 2016 USA Swimming National Motivational A times or faster; see pages 11-16).

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. A Daktronics Timing System and Hy-Tek Meet Manager Software will be utilized. Seating is available for over 1700 people. Dressing and locker rooms are available on-site.

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.

The competition course has been certified in accordance with 104.2.2.C. (3) & (4). The minimum water depth, measured in accordance with Article 103.2.3, is 9 feet 0 inches at the start end and the turn end is 9 feet 0 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.

Liability: In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), Longhorn Aquatics (TXLA), The University of Texas, the Lee and Joe Jamail Swimming Center, and all meet 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.

Sanction: This meet is sanctioned by South Texas Swimming and current USA Swimming Rules and Regulations and any relevant portions of the STSI Policies & Procedures Manual will apply. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming. All swimmers must be registered for 2016 with USA Swimming and South Texas Swimming by the meet start date. Athletes who fail to meet this requirement will not be allowed to compete.

Format: Championship Format: preliminaries and finals. A and B finals for all individual events except as noted:
Timed finals only for the 12-14 400 IM, 10 & Under 400 Free, 800 Free, and 1500 Free.
“A” final only for the 400 Free (11-12, 13-14, and 15-18) and the 400 IM (15-18).
All relays will be timed finals and will swim in the preliminary sessions only.

Preliminary events will be seeded by time and gender according to the Order of Events on pages 9-10 except as noted. Positive check-in is required for all distance events (400 meters and longer). Age groups of identical events *may* be combined in the preliminary sessions at the discretion of the Meet Referee. All preliminary events will be swum fastest to slowest, except as noted. The three fastest heats of each preliminary event, except for timed finals events, will be championship seeded. All finals events will be contested in the specified age groups in the finals sessions.

The 12-14 400 IM, 10 & Under 400 Free, 800 Free, and 1500 Free events will be contested as timed finals only, age combined, alternating female and male heats, and will swim fastest to slowest.

Swimmers in the 1500 Free can request an 800 split time. Swimmers must notify the Meet Referee in advance to request an 800 split and they must complete the 1500 Free distance. In addition, swimmers must provide one backup timer if they are requesting an 800 split time. Swimmers must provide their own backup timer and lap counter for the 800 Free and 1500 Free events. Swimmers in the 400 IM and 400 Free events must provide their own backup timer.

There will be a 10-minute break after the relay events.

The meet administration reserves the right to alter meet operations after the entries have been received. Announcements regarding how the meet will be run will be communicated to entry contacts and during the coach meetings, if necessary.

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 (or a coach may present the club's official, watermarked roster from the USA Swimming club portal) 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.

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. All unaccompanied swimmers will be temporarily assigned to a registered USA Swimming coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule 202.5.2.

Qualifying

Times: The qualifying time standards for all individual events are the traditional dual-age group 2013 – 2016 USA Swimming National Motivational A or faster times. The qualifying time standard for the 15-18 events will be the 15-16 standard for each gender. Qualifying times must be achieved prior to the entry deadline. There are no qualifying times for relay events.

If entering with a non-conforming time (SCY or SCM), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted. Seeding for preliminary heats shall

be in the following order: long course meters, short course meters, short course yards (LSY). Swimmers with short course meters or short course yards times will be seeded last.

Proof of

Time:

Proof of time must be submitted with the entries. All entry times must be verifiable using the USA-S SWIMS database. In cases where a claimed time does not appear in SWIMS due to a clerical or posting error, a copy of the official meet results, signed by the Meet Referee, will be an acceptable proof of time. Times used to enter a meet must have been achieved in a USA-S Sanctioned, Approved, or Observed meet. All proofs of times are the responsibility of the entering teams, not the meet host. Entries without an acceptable proof of time will not be accepted.

Age up Date:

The age of the swimmer will be his/her age on July 14, 2016.

Entry

Restrictions:

An individual swimmer may enter a maximum of three individual events and one relay event per day.

Time Trials:

Time trials will be conducted on Friday and Saturday (time permitting). Time Trials will start no later than 30 minutes after the conclusion of the last event. The time trial deadline will be posted at the clerk of course.

Time trial entrants who are not already entered in the meet must present their current USA Swimming registration card (or a coach may present the club's official, watermarked roster from the USA Swimming club portal) to enter into events. Swimmers may enter up to three time trial events per day if they are not already entered into the meet. The meet host will schedule time trials in the most efficient way possible without consideration of how many time trial events a single swimmer enters.

Swimmers must be registered with South Texas Swimming to participate in time trials. Participation in a time trial event counts as one of the daily total events allowed for swimmers already entered in the meet. A qualifying time earned during time trials will NOT qualify a swimmer to swim that event at this meet.

Time trial event results will be published with the final meet results.

Time trial entry fees: Individual events \$20.00; Relay events \$40.00

Relay

Entries:

All relays are timed finals and will be contested only in the preliminary sessions. There are no qualifying times for relay events. Relay team entry times may be determined by the sum of the individual team member's times for the like strokes/distances or the actual time of that relay team achieved in sanctioned competition.

Relay team members must be eligible to swim in the same age group. Swimmers cannot "age up" for relay events. Unlimited number of relays per event per club (A, B, C, etc.) but only two relays per event per club will score. It is recommended that relay swimmer names be included with entries to help enter the relays efficiently at the start of the session.

Relay cards must be turned in to the Admin Official or designee with final relay swimmers by 9:00 AM on Friday and by 6:30 PM on Friday and Saturday night (for Saturday and Sunday's relays respectively). If a relay card is not turned in, the relay will be scratched. The order of swimmers on the relay team will be strictly enforced in accordance with 102.3.7 of the 2016 USA-S Rules and Regulations.

Relay-only swimmers are not permitted. All relay swimmers must be entered in at least one individual event to be eligible to swim on any relay. Being entered in only a time trial event does not qualify a swimmer to participate in a relay event.

Entry

Deadlines: There is one entry deadline for this meet. The entry deadline is **Monday, July 11, 2016, by noon**. This deadline is for all individual and all relay entries. By this deadline all times will need to be verified in the SWIMS database. Teams will need to make sure all times are updated by this final deadline. No updates to times will be taken after this entry deadline.

Entry

Requirements: All entries will be done through USA Swimming's online meet entry (OME) at www.usaswimming/OME. OME saves your entries and you can complete your entries in more than one sitting, but once you check out, you cannot delete an entry (you can add additional entries until the entry deadline). If you have trouble using OME, please contact Jamie Lewis with USA Swimming at jlewis@usaswimming.org. If you have an entry question, please contact the Entries Chair, Bridgette Laitala (bridgette.rhoades@austin.utexas.edu).

Entries will open in OME **on June 1, 2016**. A PDF copy of the entry file with proof of times (by swimmer) shall be sent via email to the entries chair as well as the name, email address, and phone number of the person preparing the entries in case clarification is needed. If the entry time is not available in SWIMS, proof of time requires all of the following:

- Name and date of meet
- Website address where the results are posted OR a hard copy of the results signed by the meet referee
- Page number where the results may be found

A Hy-Tek entry file will be available on South Texas Swimming website (www.stswim.org) for planning purposes only. All entries must be done through OME.

Teams with exceptions will be e-mailed notice of same. Teams and entrants are responsible to check the exception report when notified.

Entry

Procedures: \$10.00 per individual event and \$20.00 per relay 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. Checks made payable to The University of Texas at Austin and sent to:

Longhorn Aquatics
LC STAGS
The University of Texas at Austin
1900 Red River Street, D4050
Austin, TX 78712-0364

Entry fees must be postmarked by Tuesday, July 12, 2016. If payment is not received on time the affected swimmers will be scratched from the meet. Please include the meet entry fee report with your check. Once the entry fees are accepted, they will not be refunded for any reason, even if a swimmer should fail to compete. No paper, phone, or fax entries will be accepted. If you don't receive an e-mail confirmation, your entries were not received.

Deck (late)

Entries: Deck entries will be accepted at \$20.00 per individual event and \$40.00 per relay event. Swimmers may deck enter for the current session beginning at the start of warm-ups. Deck entries will close 45 minutes prior to the start of each session. Swimmers may deck enter for subsequent sessions after deck entries close for the current session. No new heats will be created. Swimmers not previously entered in the meet must present their 2016 USA Swimming registration card (or a coach may present the club's official, watermarked roster from the USA Swimming club portal) to the Clerk of Course to deck enter. No exceptions. In addition, the swimmer must present proof-of-time before a deck entry will be accepted.

Warm-up

Procedures: The South Texas Swimming Safety Guidelines and Warm-up Procedures on page 17 will be in effect at this meet. The diving well will be available throughout the meet for continuous warm-up and cool-down. The competition pool will be cleared 10 minutes prior to the start of the meet. Warm-up times and lane assignments for each team will be posted on the STSI website along with the psych sheet. Warm-up times and lane assignments for each team will be posted at the facility, on the South Texas Swimming website at www.stswim.org, and e-mailed to entry chairs. Warm-ups must be under the direct supervision of a coach at all times.

Scratch

Rules: There is no penalty for failing to scratch from a *pre-seeded* preliminary event.

The top 16 qualifiers in each preliminary event will be announced and posted shortly after the final heat. **ALL qualified swimmers in the event, including those swimmers not announced as being in the top 16 or alternates, have 30 minutes in which to scratch if they do not desire to compete in the finals. As top qualifiers scratch, swimmers finishing lower than 16th place will be moved into finals even if their name was not announced as a qualifier or an alternate. It is the swimmer's responsibility to determine whether he or she has been moved into finals.** If you do NOT want to swim in finals, you must scratch your name on the list with the Administrative Official no matter how far down the list your name appears. Even if you finish in an event in last place, you still need to scratch if you do not wish to compete in finals. It is possible for athletes to be moved from last place into finals as other swimmers scratch. Swimmers are not notified if they are moved into finals. Please check with the Administrative Official at the end of the scratch period to determine the swimmers seeded in finals for each event. The athletes swimming in finals will be posted as soon as possible after the 30-minute scratch period.

Scratches may be accomplished by a coach, swimmer, or parent, but they must use the STSI Scratch from Finals form and **it must be signed by the swimmer's coach**. No verbal scratches or scratches made without the official Scratch form and the signature of the swimmer's coach will be accepted. Scratch forms received after the 30-minute scratch deadline will not be accepted.

Swimmers who qualify for finals and swimmers who did not qualify for finals and elect NOT to compete in finals should they be advanced into finals as other swimmers scratch, must scratch or declare INTENT to scratch with the Administrative Official within 30 minutes of the announcement. Swimmers who declare an intent to scratch will then have 15 minutes after the completion of their last individual event of the session to confirm the scratch. Following the 15-minute deadline, if scratch confirmation is not received it will be assumed the swimmer will compete in the finals event.

Swimmers who fail to compete in a positive check-in event after positive check-in or any swimmer who qualifies for a final and does not scratch and then fails to compete in the finals heat will be disqualified from further participation on that day for any new events. Swimmers impacted by this rule can pay a fine of \$50, payable to South Texas Swimming and billed to the swimmer's team, to compete in subsequent days of the meet and must positively check in for the remainder of the meet with meet administration. In the event the swimmer has no additional events in the meet or the missed event occurs on Sunday, the swimmer will be fined \$100. Illness and injury may be excused by the Meet Referee and this penalty does not apply to the alternates printed on the finals heat sheet.

A swimmer who fails to compete in a finals event on Sunday will also be barred from competition in subsequent South Texas Swimming sanctioned meets until any such fines are paid to South Texas Swimming.

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.

**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 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 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. Adaptive swimmers who would like their events to be seeded in the lane next to the starter should notify the entry chair by the entry deadline.

Awards:

Awards will be given by gender in the following age groups: 10 & Under, 11-12, 13-14, and 15-18

*Note: The 400 IM will be awarded as follows: 12-14 and 15-18

Individual events: first through third place: Medals

Individual events: fourth through eighth place Ribbons

Relay Events: first through third place Ribbons

Team Awards: first through third place Banners

Note: Banners will be provided **upon request by the club** (please email the meet director if you would like your banner and it will be shipped to your club).

There will be no awards presentation. Clubs must pick-up awards during the meet from the awards desk area.

Scoring:

A Finals Place ⇒	1	2	3	4	5	6	7	8
Ind. event points	20	17	16	15	14	13	12	11
B Finals Place ⇒	9	10	11	12	13	14	15	16
Ind. event points	9	7	6	5	4	3	2	1

All individual events have A & B finals, with the following exceptions. The 800 Free, 1500 Free, 10 & Under 400 Free, and 12-14 400 IM are timed finals only. There are A & B finals for each individual event, except for the 400 IM (15-18) and the 400 Free (11-12, 13-14, and 15-18), which will have an A final only.

Relay Place ⇒	1	2	3	4	5	6	7	8
Relay points	40	34	32	30	28	26	24	22
Relay Place ⇒	9	10	11	12	13	14	15	16
Relay points	18	14	12	10	8	6	4	2

All relay events will swim in the prelims sessions only and will be conducted as timed finals. Only two relay teams per event per club will score.

Meet Management:

Meet Referee:	Jessica Evans	jessicaevans@utexas.edu
Admin. Official:	Rick Allenstein	rallenstein@hotmail.com
Head Coach:	Mike Laitala	mike.laitala@austin.utexas.edu
Meet Director & Entry Chair:	Bridgette Laitala	bridgette.rhoades@austin.utexas.edu

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 local LSC for 2016 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Please email the Meet Referee (Jessica Evans, jessicaevans@utexas.edu) with your certification level and availability so she can plan accordingly. The uniform will be white polo shirts over khaki pants, skirts, or shorts for prelims and for the Thursday session, and navy blue shirts/blouses over khaki pants or skirts for the finals sessions on Friday, Saturday, and Sunday. Please report to the Meet Referee at least one hour 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.

This meet will be a National Qualifying Meet for Officials. Officials who are interested in being evaluated need to submit a completed application to the Meet Referee (Jessica Evans) by **July 2, 2016**. Applications for evaluation and a list of the eligible positions for evaluation can be obtained from the South Texas Swimming website.

Daily Schedule:

Thursday, timed-finals:

Warm-ups begin	4:00 PM
Clear competition pool	5:20 PM
Coaches meeting	5:20 PM
Sessions begin	5:30 PM

Check-in time for the 800 Free, 1500 Free, 10 & Under 400 Free, and 12-14 400 IM is Thursday by 4:45 PM.

Preliminaries:

Warm-ups begin between 6:30 and 7:00 AM	
Clear competition pool	8:15 AM
Coaches' meeting (FRI only)	8:20 AM
Sessions begin	8:30 AM

***Finals: (Friday and Saturday):**

Warm-ups begin	4:00 PM
Clear competition pool	4:45 PM
National Anthem	4:57 PM
Sessions begin	5:00 PM

***Finals on Sunday will start one hour earlier.**

Check-in times for distance events (400 IM, 500 Free, and 1650 Free) is by 9:30 AM on the morning of the event. If additional coach meetings are required, the meet host and meet referee will announce the meeting times.

***The Finals session on Sunday will begin one hour earlier UNLESS the number of entries does not permit the earlier start time.**

Alternates: Swimmers who qualify as alternates for final events and wish to compete should no shows occur, must be within an area previously designated by the Meet Referee and be immediately available. "Immediately" is defined as being in the alternates area, properly attired, and ready to swim when called.

Timers: Each participating team is required to provide back-up timers in proportion to the number of swimmers entered in the meet. Swimmers competing in the 400 Free and 400 IM events must provide their own back-up timers. Swimmers competing in the 1500 Free event also must provide their own lap counters.

Meet Updates/

Results: When provided by the meet host, the estimated starting and ending times for each session, the psych sheet, and other meet information will be posted to the South Texas Swimming website (www.stswim.org) approximately two days prior to the meet's start date. Meet results, when provided by the meet host, will be linked to the South Texas Swimming website.

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.



2016 STSI Long Course STAGS Championship Order of Events



Women's Event #	Thursday July 14, 2016	Men's Event#
1	12-14 400 IM * +	2
3	10 & Under 400 Free *	4
5	11-18 800 Free *	6
7	11-18 1500 Free * ++	8

* The 12-14 400 IM, 10 & Under 400 Free, 800 Free, and 1500 Free events will be contested as timed finals, age combined, alternating male and female and swum *fastest to slowest*. These events require positive check-in and will be deck seeded.

* Check-in time for all events on Thursday is 4:45 PM.

+The qualifying time standard for the 12-14 400 IM is 13-14 time standard for each gender.

++ Swimmers in the 1500 Free can request an 800 split time. Swimmers must notify the Meet Referee in advance to request an 800 split and they must complete the 1500 Free distance. In addition, swimmers must provide **one** backup timer if they are requesting an 800 split time.

Women's Event #	Friday July 15, 2016	Men's Event #	Women's Event #	Saturday July 16, 2017	Men's Event #
9	10 & Under 200 Free Relay	10	47	10 & Under 200 Medley Relay	48
11	11-12 200 Free Relay	12	49	11-12 200 Medley Relay	50
13	13-14 400 Medley Relay	14	51	13-14 400 Free Relay	52
15	15-18 400 Medley Relay	16	53	15-18 400 Free Relay	54
10-minute break			10-minute break		
17	11-12 50 Fly	18	55	11-12 50 Breaststroke	56
19	10 & Under 50 Fly	20	57	10 & Under 50 Breaststroke	58
21	15-18 100 Free	22	59	15-18 200 Free	60
23	13-14 100 Free	24	61	13-14 200 Free	62
25	11-12 100 Free	26	63	11-12 200 Free	64
27	10 & Under 100 Free	28	65	10 & Under 200 Free	66
29	15-18 200 Backstroke	30	67	15-18 100 Backstroke	68
31	13-14 200 Backstroke	32	69	13-14 100 Backstroke	70
33	11-12 200 Backstroke	34	71	11-12 100 Backstroke	72
35	15-18 100 Breaststroke	36	73	10 & Under 100 Backstroke	74
37	13-14 100 Breaststroke	38	75	15-18 200 Fly	76
39	11-12 100 Breaststroke	40	77	13-14 200 Fly	78
41	10 & Under 100 Breaststroke	42	79	11-12 200 Fly	80
43	15-18 400 IM *	44	81	15-18 400 Free *	82
45	11-12 400 Free *	46	83	13-14 400 Free *	84

--There will be a 10-minute break after the relay events.

--Relay events will be conducted as timed finals only in the preliminary sessions.

--There are A & B finals for each individual event, except for the 400 IM (15-18) and the 400 Free (11-12, 13-14, and 15-18), which will have an A final only.

--The time standard for 15-18 events is the 15-16 time standard for each gender.

* Swimmers in the 400 IM and the 400 Free events must provide their own backup timer.

* The 400 IM and 400 Free events on Friday require positive check-in by 9:30 AM on Friday and will be deck seeded.

* The 400 Free events on Saturday require positive check-in by 9:30 AM on Saturday and will be deck seeded.



2016 STSI Long Course STAGS Championship



Women's Event #	Sunday July 17, 2016	Men's Event #
85	10 & Under 400 Free Relay	86
87	11-12 400 Free Relay	88
89	13-14 200 Free Relay	90
91	15-18 200 Free Relay	92
10-minute break		
93	11-12 50 Backstroke	94
95	10 & Under 50 Backstroke	96
97	15-18 100 Fly	98
99	13-14 100 Fly	100
101	11-12 100 Fly	102
103	10 & Under 100 Fly	104
105	15-18 200 Breaststroke	106
107	13-14 200 Breaststroke	108
109	11-12 200 Breaststroke	110
111	15-18 50 Free	112
113	13-14 50 Free	114
115	11-12 50 Free	116
117	10 & Under 50 Free	118
119	15-18 200 IM	120
121	13-14 200 IM	122
123	11-12 200 IM	124
125	10 & Under 200 IM	126

- Relay events will be conducted as timed finals only in the preliminary sessions.
- There will be a 10-minute break after the relay events.
- The time standard for 15-18 events is the 15-16 time standard for each gender.

2013 – 2016 National Motivational Time Standards

Long Course Meters

10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
44.99	40.69	36.29	50 Free	35.69	39.69	43.79
1:43.09	1:32.19	1:21.19	100 Free	1:20.39	1:30.89	1:41.29
3:48.49	3:23.39	2:58.39	200 Free	2:51.89	3:13.29	3:34.79
7:37.29	6:51.59	6:05.89	400 Free	5:59.59	6:44.59	7:29.49
55.69	49.59	43.49	50 Back	43.29	49.49	55.69
2:01.89	1:48.39	1:34.79	100 Back	1:31.69	1:43.89	1:56.09
1:01.29	54.69	48.09	50 Breast	48.19	54.69	1:01.19
2:16.89	2:01.69	1:46.49	100 Breast	1:44.69	1:58.39	2:11.99
54.39	47.89	41.49	50 Fly	40.89	46.79	52.79
2:11.19	1:53.99	1:36.79	100 Fly	1:36.09	1:52.79	2:09.39
4:10.09	3:43.89	3:17.59	200 IM	3:16.89	3:42.49	4:08.09
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
38.69	35.99	33.39	50 Free	32.49	35.09	37.79
1:24.99	1:18.99	1:12.89	100 Free	1:10.49	1:16.29	1:22.19
3:03.79	2:50.69	2:37.59	200 Free	2:33.39	2:46.19	2:58.99
6:23.89	5:56.49	5:29.09	400 Free	5:21.89	5:48.69	6:15.49
25:45.79	23:55.39	22:04.99	1500 Free	21:46.39	23:35.29	25:24.09
44.89	41.69	38.49	50 Back	37.99	41.49	44.89
1:38.89	1:31.09	1:23.29	100 Back	1:22.39	1:30.09	1:37.79
3:27.69	3:12.89	2:57.99	200 Back	2:53.79	3:08.29	3:22.79
49.09	45.59	42.09	50 Breast	41.99	45.99	49.89
1:49.99	1:41.89	1:33.79	100 Breast	1:31.69	1:39.99	1:48.29
3:54.59	3:37.89	3:21.09	200 Breast	3:17.09	3:33.59	3:49.99
41.79	38.79	35.79	50 Fly	35.89	39.29	42.69
1:37.49	1:29.69	1:21.89	100 Fly	1:20.39	1:28.29	1:36.19
3:29.09	3:14.19	2:59.29	200 Fly	2:53.59	3:08.09	3:22.49
3:28.39	3:13.49	2:58.59	200 IM	2:55.89	3:11.39	3:26.99
7:00.49*	6:30.39*	6:00.39	400 IM	5:40.39*	6:08.79*	6:37.09*

* The 12-year-old time standard for the 400 IM for **championship meets** is the 13-14 time standard.

2013 – 2016 National Motivational Time Standards

Long Course Meters

13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.59	34.89	32.19	50 Free	29.49	31.99	34.39
1:21.29	1:15.49	1:09.69	100 Free	1:05.29	1:10.79	1:16.19
2:55.19	2:42.69	2:30.19	200 Free	2:21.99	2:33.79	2:45.69
6:07.39	5:41.19	5:14.89	400 Free	5:02.69	5:27.89	5:53.19
24:06.39	22:23.09	20:39.79	1500 Free	19:55.69	21:35.29	23:14.99
1:30.09	1:23.69	1:17.19	100 Back	1:12.89	1:18.99	1:24.99
3:13.19	2:59.39	2:45.59	200 Back	2:36.79	2:49.89	3:02.99
1:42.89	1:35.49	1:28.19	100 Breast	1:21.29	1:28.09	1:34.89
3:42.59	3:26.69	3:10.79	200 Breast	2:59.49	3:14.49	3:29.49
1:28.09	1:21.79	1:15.49	100 Fly	1:10.39	1:16.29	1:22.19
3:13.29	2:59.49	2:45.69	200 Fly	2:36.59	2:49.59	3:02.59
3:19.49	3:05.29	2:50.99	200 IM	2:40.39	2:53.69	3:07.09
7:00.49	6:30.39	6:00.39	400 IM	5:40.39	6:08.79	6:37.09

15 - 18 Girls			Event	15 - 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
36.99	34.29	31.69	50 Free	27.89	30.19	32.59
1:19.79	1:14.09	1:08.39	100 Free	1:02.19	1:07.39	1:12.59
2:51.79	2:39.49	2:27.19	200 Free	2:16.49	2:27.89	2:39.19
6:00.39	5:34.69	5:08.89	400 Free	4:48.69	5:12.79	5:36.79
23:51.99	22:09.69	20:27.39	1500 Free	19:07.79	20:43.39	22:18.99
1:28.69	1:22.29	1:15.99	100 Back	1:09.69	1:15.49	1:21.29
3:09.29	2:55.79	2:42.29	200 Back	2:28.89	2:41.39	2:53.79
1:41.09	1:33.89	1:26.69	100 Breast	1:18.89	1:25.49	1:31.99
3:36.59	3:21.19	3:05.69	200 Breast	2:49.99	3:04.09	3:18.29
1:26.09	1:19.99	1:13.89	100 Fly	1:07.09	1:12.69	1:18.19
3:09.39	2:55.89	2:42.29	200 Fly	2:29.09	2:41.49	2:53.89
3:14.19	3:00.29	2:46.39	200 IM	2:32.79	2:45.49	2:58.19
6:47.89	6:18.79	5:49.69	400 IM	5:24.49	5:51.59	6:18.59

Revised 12/4/12

Time standards current from USA Swimming Web site document dated 9/18/12.

2013 – 2016 National Motivational Time Standards

Short Course Yards

10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
39.49	35.69	31.89	50 Free	31.39	34.99	38.49
1:30.69	1:21.09	1:11.39	100 Free	1:10.19	1:19.39	1:28.49
3:20.19	2:58.29	2:36.39	200 Free	2:31.29	2:50.19	3:09.09
8:30.49	7:39.49	6:48.39	500 Free	6:42.29	7:32.59	8:22.79
48.59	43.29	37.99	50 Back	37.79	43.19	48.59
1:45.09	1:33.49	1:21.79	100 Back	1:20.09	1:30.79	1:41.39
53.59	47.79	41.99	50 Breast	41.89	47.49	53.19
1:58.79	1:45.59	1:32.39	100 Breast	1:30.19	1:41.99	1:53.69
47.99	42.39	36.69	50 Fly	36.19	41.39	46.69
1:55.49	1:40.39	1:25.29	100 Fly	1:24.79	1:39.39	1:54.09
1:43.39	1:32.39	1:21.39	100 IM	1:20.39	1:30.39	1:40.39
3:40.39	3:17.29	2:54.19	200 IM	2:53.69	3:16.29	3:38.89
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
34.09	31.69	29.39	50 Free	28.39	30.69	33.09
1:13.59	1:08.29	1:03.09	100 Free	1:01.89	1:06.99	1:12.19
2:41.19	2:29.69	2:18.19	200 Free	2:14.79	2:25.99	2:37.19
7:09.29	6:38.59	6:07.99	500 Free	6:02.59	6:32.79	7:02.99
25:01.49	23:14.19	21:26.99	1650 Free	21:11.79	22:57.79	24:43.79
38.79	36.09	33.29	50 Back	33.09	36.09	38.99
1:26.29	1:19.49	1:12.69	100 Back	1:10.79	1:17.49	1:24.09
2:59.49	2:46.69	2:33.79	200 Back	2:30.29	2:42.79	2:55.29
43.69	40.59	37.49	50 Breast	36.89	40.29	43.79
1:35.79	1:28.69	1:21.69	100 Breast	1:19.29	1:26.49	1:33.59
3:25.79	3:11.09	2:56.39	200 Breast	2:49.39	3:03.49	3:17.69
37.29	34.59	31.89	50 Fly	31.69	34.69	37.69
1:26.29	1:19.39	1:12.49	100 Fly	1:10.59	1:17.59	1:24.49
3:02.39	2:49.39	2:36.39	200 Fly	2:32.69	2:45.39	2:58.09
1:25.29	1:19.19	1:13.09	100 IM	1:11.09	1:17.19	1:23.19
3:02.49	2:49.49	2:36.39	200 IM	2:33.79	2:47.39	3:00.99
6:08.49*	5:42.19*	5:15.89*	400 IM	4:55.69*	5:20.29*	5:44.99*

* The 12-year-old time standard for the 400 IM for **championship meets** is the 13-14 time standard.

NOTE: If entering with a non-conforming time (SCM or SCY), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted.

2013 – 2016 National Motivational Time Standards

Short Course Yards

13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
32.89	30.49	28.19	50 Free	25.99	28.19	30.39
1:11.39	1:06.29	1:01.19	100 Free	56.89	1:01.59	1:06.29
2:33.89	2:22.89	2:11.99	200 Free	2:03.89	2:14.19	2:24.49
6:51.79	6:22.39	5:52.99	500 Free	5:33.89	6:01.69	6:29.49
23:34.19	21:53.19	20:12.19	1650 Free	19:15.69	20:51.99	22:28.29
1:18.29	1:12.69	1:07.09	100 Back	1:03.09	1:08.29	1:13.59
2:48.39	2:36.29	2:24.29	200 Back	2:15.79	2:27.09	2:38.39
1:29.39	1:22.99	1:16.59	100 Breast	1:10.79	1:16.69	1:22.59
3:13.99	3:00.19	2:46.29	200 Breast	2:34.69	2:47.59	3:00.49
1:17.69	1:12.19	1:06.59	100 Fly	1:01.89	1:07.09	1:12.19
2:52.39	2:40.09	2:27.79	200 Fly	2:17.49	2:28.89	2:40.39
2:53.19	2:40.79	2:28.49	200 IM	2:18.79	2:30.29	2:41.89
6:08.49	5:42.19	5:15.89	400 IM	4:55.69	5:20.29	5:44.99

15 - 18 Girls			Event	15 - 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
32.39	29.99	27.69	50 Free	24.79	26.89	28.99
1:09.99	1:04.99	59.99	100 Free	54.19	58.69	1:03.29
2:30.79	2:19.99	2:09.29	200 Free	1:58.59	2:08.39	2:18.29
6:41.29	6:12.69	5:43.99	500 Free	5:21.19	5:47.89	6:14.69
23:06.29	21:27.19	19:48.19	1650 Free	18:39.99	20:13.29	21:46.69
1:16.29	1:10.79	1:05.39	100 Back	59.79	1:04.69	1:09.69
2:44.79	2:32.99	2:21.19	200 Back	2:09.89	2:20.69	2:31.59
1:28.29	1:21.99	1:15.69	100 Breast	1:07.89	1:13.59	1:19.19
3:09.99	2:56.39	2:42.79	200 Breast	2:28.09	2:40.49	2:52.79
1:16.19	1:10.69	1:05.29	100 Fly	58.99	1:03.89	1:08.79
2:46.79	2:34.89	2:22.99	200 Fly	2:11.39	2:22.29	2:33.29
2:48.89	2:36.79	2:24.79	200 IM	2:12.29	2:23.29	2:34.29
5:58.49	5:32.89	5:07.29	400 IM	4:43.99	5:07.69	5:31.39

Revised 11/8/12

Time standards current from USA Swimming Web site document dated 9/18/12.

NOTE: If entering with a non-conforming time (SCM or SCY), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted.

2013 – 2016 National Motivational Time Standards

Short Course Meters

10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
43.59	39.39	35.19	50 Free	34.69	38.59	42.59
1:40.29	1:29.59	1:18.89	100 Free	1:17.59	1:27.69	1:37.79
3:41.19	3:16.99	2:52.79	200 Free	2:47.19	3:08.09	3:28.89
7:26.79	6:42.09	5:57.39	400 Free	5:52.09	6:36.09	7:20.09
53.69	47.79	41.99	50 Back	41.79	47.79	53.69
1:56.19	1:43.29	1:30.39	100 Back	1:28.59	1:40.29	1:51.99
59.19	52.79	46.49	50 Breast	46.29	52.49	58.79
2:11.29	1:56.69	1:42.09	100 Breast	1:39.69	1:52.69	2:05.69
53.09	46.79	40.49	50 Fly	39.99	45.79	51.59
2:07.69	1:50.89	1:34.19	100 Fly	1:33.69	1:49.89	2:06.09
1:54.19	1:42.09	1:29.89	100 IM	1:28.79	1:39.89	1:50.99
4:03.49	3:37.99	3:12.39	200 IM	3:11.99	3:36.99	4:01.89
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.69	35.09	32.49	50 Free	31.29	33.99	36.59
1:21.29	1:15.49	1:09.69	100 Free	1:08.39	1:14.09	1:19.79
2:58.09	2:45.39	2:32.69	200 Free	2:28.89	2:41.29	2:53.69
6:15.69	5:48.89	5:21.99	400 Free	5:17.39	5:43.79	6:10.19
24:52.69	23:06.09	21:19.49	1500 Free	21:04.39	22:49.79	24:35.09
42.89	39.79	36.79	50 Back	36.59	39.79	43.09
1:35.29	1:27.79	1:20.29	100 Back	1:18.29	1:25.59	1:32.89
3:18.29	3:04.19	2:49.99	200 Back	2:46.09	2:59.89	3:13.69
48.29	44.79	41.39	50 Breast	40.79	44.59	48.39
1:45.89	1:37.99	1:30.19	100 Breast	1:27.69	1:35.59	1:43.49
3:47.39	3:31.19	3:14.99	200 Breast	3:07.19	3:22.79	3:38.39
41.19	38.19	35.29	50 Fly	34.99	38.39	41.69
1:35.29	1:27.69	1:20.09	100 Fly	1:17.99	1:25.69	1:33.39
3:21.49	3:07.19	2:52.79	200 Fly	2:48.69	3:02.69	3:16.79
1:34.19	1:27.49	1:20.79	100 IM	1:18.59	1:25.19	1:31.89
3:21.69	3:07.29	2:52.89	200 IM	2:49.89	3:04.99	3:19.99
6:47.19*	6:18.09*	5:48.99*	400 IM	5:26.69*	5:53.99*	6:21.19*

* The 12-year-old time standard for the 400 IM for **championship meets** is the 13-14 time standard.

NOTE: If entering with a non-conforming time (SCM or SCY), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted.

2013 – 2016 National Motivational Time Standards

Short Course Meters

13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
36.29	33.69	31.09	50 Free	28.79	31.19	33.49
1:18.89	1:13.29	1:07.59	100 Free	1:02.79	1:08.09	1:13.29
2:50.09	2:37.99	2:25.79	200 Free	2:16.89	2:28.29	2:39.69
6:00.39	5:34.59	5:08.89	400 Free	4:52.19	5:16.49	5:40.89
23:25.99	21:45.59	20:05.09	1500 Free	19:08.99	20:44.69	22:20.49
1:26.49	1:20.39	1:14.19	100 Back	1:09.69	1:15.49	1:21.29
3:05.99	2:52.79	2:39.49	200 Back	2:29.99	2:42.49	2:54.99
1:38.79	1:31.69	1:24.69	100 Breast	1:18.29	1:24.79	1:31.29
3:34.39	3:19.09	3:03.79	200 Breast	2:50.99	3:05.19	3:19.39
1:25.89	1:19.79	1:13.59	100 Fly	1:08.39	1:14.09	1:19.79
3:10.49	2:56.89	2:43.29	200 Fly	2:31.89	2:44.49	2:57.19
3:11.39	2:57.69	2:43.99	200 IM	2:33.29	2:46.09	2:58.89
6:47.19	6:18.09	5:48.99	400 IM	5:26.69	5:53.99	6:21.19

15 - 18 Girls			Event	15 - 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
35.69	33.19	30.59	50 Free	27.39	29.69	31.99
1:17.29	1:11.79	1:06.29	100 Free	59.89	1:04.89	1:09.89
2:46.59	2:34.69	2:22.79	200 Free	2:10.99	2:21.89	2:32.79
5:51.19	5:26.19	5:01.09	400 Free	4:41.09	5:04.49	5:27.89
22:58.19	21:19.79	19:41.29	1500 Free	18:33.49	20:06.29	21:39.09
1:24.29	1:18.29	1:12.19	100 Back	1:05.99	1:11.49	1:16.99
3:02.09	2:49.09	2:36.09	200 Back	2:23.59	2:35.49	2:47.49
1:37.59	1:30.59	1:23.59	100 Breast	1:14.99	1:21.29	1:27.49
3:29.89	3:14.89	2:59.89	200 Breast	2:43.69	2:57.29	3:10.89
1:24.19	1:18.19	1:12.09	100 Fly	1:05.09	1:10.59	1:15.99
3:04.29	2:51.09	2:37.99	200 Fly	2:25.19	2:37.29	2:49.39
3:06.59	2:53.29	2:39.99	200 IM	2:26.19	2:38.29	2:50.49
6:36.09	6:07.89	5:39.59	400 IM	5:13.79	5:39.99	6:06.09

Revised 12/4/12

Time standards current from USA Swimming Web site document dated 9/18/12.

NOTE: If entering with a non-conforming time (SCM or SCY), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted.

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.

STSI Safety Guidelines and Warm-up Procedures last Revised 9/30/2013