



Alamo Area Aquatic Association Meet Information



www.aaaa-sa.org

Posted: 04/19/16

- Meet Name:** •2016 ST AAAA Northside Alamo LCM Unclassified Number Three
- Meet Date(s):** •June 3, 4, and 5, 2016
- Entries Open:** •12:00-noon, Monday, May 16th, 2016 for AAAA,
•5:00 PM, Monday, May 16th for all other teams.
- Entry
Deadline:** •12:00-noon, Monday, May 23rd, 2016
- Sanction
Number:** •STA-16-48
- Venue:** •NISD Swim Center – Outdoor Pool
•8400 N Loop 1604 West
•San Antonio, Texas 78249
•210-397-7525
- Facility:** •Eight (8)-lane outdoor, 50-meter competition course
•Colorado automatic starting and timing
•Spectrum Backstroke Start Devices may be used
•The pool has been certified in accordance with USA Swimming Rule 104.2.2 (C) and a copy is on file with USA Swimming
•Outdoor diving well lanes may be available for warm-up and cool-down as well as the indoor 22-lane natatorium.
- Water Depth** •The pool was measured from the start end at six feet seven inches and from the turn end at six feet seven inches, both measured at one and five-meters from either end wall in accordance with Article 103.2.3.
- Meet Format:** •Timed Finals
•Events may be swum using chase starts.
•Should the Meet Host elect to use chase starts the format will be:
 •Odd Heats will finish at the South end (Street side)
 •Even Heats will finish at the North end (Scoreboard side).
 •All 50's will finish at the South end (Street side)
•The meet will be seeded LCM, SCM, SCY
•**Events 400-meters and longer will be DECK SEEDED**, fastest to slowest, by time regardless of **age and gender** and require a Positive Check-in 30 minutes prior to the start of each session.
•Events 200-meters and less will be pre-seeded, fastest to slowest by time regardless of age.
•Entering swimmers must enter with a time as No Time (NT's) will not be accepted.
•Fly-over Starts may be used
•No relays
•No time trials
•The Meet Host reserves the right to split the meet on Saturday and Sunday.
 •The meet will be split once the estimated timelines exceed four hours swum using chase starts.
 •The meet will be split with the "Open" age events in the morning and "12 and Under" events in the afternoon.
 •If the meet is split into sessions, the event numbers in the 100's will be swum in the afternoon.
 •If the meet is not split into sessions, the like events will be combined
 •The afternoon sessions will start one hour and fifteen minutes after the conclusion of the morning session.
 •This estimated time lines will be posted by 6:00 PM, Monday, May 30th
•Please be aware of what event and age group you are entering the swimmers in, either "12 and Under" or "Open" as the meet maybe split due to the size.
- Qualifying
Times:** •There are no qualifying times, i.e., this meet is unclassified
- Awards:** •No awards.

- Entry Fees:**
- \$6.50 per Individual event / No refunds! (includes the STSI \$1.25 Splash Fee)
 - Late entries \$15.00 per event
 - Checks payable to: **NISD Aquatics**
 - No personal checks will be accepted
 - Please send payment to:
 - Brandon Allenstein**
 - c/o NISD Aquatics**
 - 8400 N Loop 1604 W**
 - San Antonio, TX 78249**

Late/Deck

- Entries:**
- All late / deck entries will be to fill open lanes only.
 - All late / deck entries close when the Positive Check-in closes, 30 minutes before the start of the session.

Entry

- Restrictions:**
- This Meet is open to all 2016 Registered USA Swimming athletes or FINA
 - Age as of June 3, 2016 determines age for the entire meet
 - Maximum of five (5) events per day
 - All entries must include a seed time
 - Entries received without a seed time (NT) will not be accepted and no refunds will be made
 - Entries will be processed in the order received
 - Entries will close after splitting the meet then when any session exceeds an estimated four (4) hours in length.
 - Swimmers qualifying with a “non-conforming” time (SCY or SCM) should enter that event using the non-conforming time.
 - Please be aware of what event and age group you are entering the swimmers in, either “12 and Under” or “Open” as the meet maybe split due to the size.

Entry

- Procedures:**
- The **only** acceptable mode of entry is via Hy-Tek Commlink File
 - Hard copy (PDF) **MUST** accompany entry file
 - Entries received without a seed time will not be entered into the meet and fees will not be refunded
 - Please e-mail entries to the Entry Chair noted below
 - An HYV File for importing events and time standards into Team Manager is available on the AAAA Web Site (www.aaaa-sa.org), the Competitive Team Tab of the, Northside Aquatics Web Site (www.teamunify.com/stnisd) and STSI (www.stswim.org)

E-Mail

- Entries:**
- Entries in Commlink Format only, MUST be submitted to: brandon.allenstein@nisd.net
 - E-mail submissions to any other address cannot be accepted.
 - The Commlink File must be renamed to clearly identify the entering team, the shorter the better
 - Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded
 - Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (pdf) and Meet Entry Fees Report (PDF) is received as an attachment to the e-mail, or hand-delivered.

Meet

- Management:**
- Hy-Tek Meet Manager 6.0
- | | | | |
|--|--|--|--|
| • Meet Director: | • Meet Referee: | • Entries Chair: | • Admin Official: |
| •Terry Vettters | •Larry Benson | •Brandon Allenstein | •Karen Hennessey |
| •210-397-8985 | •210-687-2513 | •210-397-7516 | •210-275-6478 |
| • terry.vettters@nisd.net | • lbenson@sbcglobal.net | • brandon.allenstein@nisd.net | • jkhenn@yahoo.com |

- Timers:**
- Volunteer timers will be needed – AAAA will attempt to cover the spots but additional help may be needed.
 - Competitors in the 800 / 1500 freestyle must provide their own backup timers and lap counters
 - Competitors in the 400 I-M must provide their own backup timers

Scratch

- Rules:**
- There is no penalty for scratching from a pre-seeded event
 - If swimmers positively check-in for an event and subsequently do not appear for competition, they will be disqualified from their next event.

Liability:

•In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the Northside Independent School District, and all meet officials shall be free from any liabilities or 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 swimmer's club, if attached, to be held accountable for repairs.

- Sanction:**
- This meet is sanctioned by South Texas Swimming and the current USA Swimming rules and any relevant sections of the current South Texas Policies and Procedures Manual will apply.
 - All swimmers must be registered for 2016 with USA Swimming by the 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
 - A coach may also present the club's official, water-marked 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.

Cell Phone

- Restrictions:**
- The presence and / 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, rest rooms, or changing areas is strictly and specifically prohibited at all times.
 - There are no exceptions to this prohibition.
 - Violators are subject to disqualification from the meet, disbarment from the facility and arrest

- Deck Changing:** •Deck changing is prohibited

Photographs And Videos:

- No team or parent photographers will be allowed on deck.
- In the event such personnel from the media 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 must stay out of the area immediately behind the starting blocks, and are specifically prohibited from making shots during the start phase of any race

Unaccompanied

- Swimmers:**
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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.

USA Swimming

- Registration:**
- All swimmers, coaches, and officials participating in this competition must be *currently* (2016) registered with USA Swimming or FINA 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) are not entered and** choose to enter time trials when offered, **2) late enter** when possible or **3) need to be entered** because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID Card
 - A coach may also present the club's official, watermarked roster from USA Swimming club portal
 - National and LSC Regulations do not allow for any exceptions to these policies. (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.

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 Northside Natatorium (210-397-8985) in advance of this meet with the name and age of any member on your team who needs assistance to enter the building.
 - The Aquatics Staff will make reasonable accommodations for swimmers, coaches, or spectators who wish to enter and use the 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 Host and the Meet Referee before the competition begins, and preferable at the time entries are submitted, if any specialized equipment is required and / or if they are to be considered for judging under Article 105.

Officials:

- All 2016 STSI certified and in training USA Swimming registered officials are cordially invited to participate
- The uniform is: White polo shirts or blouses over khaki trousers, Bermuda-length shorts or Capris.
- PLEASE: No short shorts, jeans, cut-offs or flip-flops – EVER!
- Please report to the Meet Referee at least 30 minutes prior to the scheduled start time of the session to receive your assignments
- The wearing of name tags is strongly encouraged

Daily**Schedule:**

	•Friday	•Saturday and Sunday
•Doors Open		6:30 AM
•Coaches' Meeting	20 minutes prior to the start of all warm-up times	
•Warm-ups	3:30 PM	7:00 AM
•Dive / Sprints / Pace	4:30 PM	8:00 AM
•Positive Check-ins	4:30 PM	8:00 AM
•Clear Pool	4:50 PM	8:20 AM
•Session begins	5:00 PM	8:30 AM
•PM Session begins	One hour and fifteen minutes after the conclusion of the morning session (if split)	

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page six(6)
- Warm-up lanes will not be assigned. All lanes will be general warm-up lanes for the first one (1) hour followed by 20 minutes of dive sprints in lanes two(2), three(3), six(6) and seven(7) and push pace in lanes one(1) and eight(8).
- Please also review the daily schedule below

Order of the Events / Distances in Meters

Friday, June 3, 2016			
Girl's Event #	Age	Event	Boy's Event #
1*	Open	400 Free	1*
2*	Open	400 IM	2*

Saturday, June 4, 2016			
Girl's Event #	Age	Event	Boy's Events #
3	Open	200 Free	4
103	12 & Under	200 Free	104
5	Open	50 Breast	6
105	12 & Under	50 Breast	106
7	Open	200 Fly	8
107	12 & Under	200 Fly	108
9	Open	100 Back	10
109	12 & Under	100 Back	110
11	Open	200 Breast	12
111	12 & Under	200 Breast	112
13	Open	50 Fly	14
113	12 & Under	50 Fly	114
15*	Open	800 Free	15*
115*	12 & Under	800 Free	115*



Sunday, June 5, 2016			
Girl's Event #	Age	Event	Boy's Event #
17	Open	200 IM	18
117	12 & Under	200 IM	118
19	Open	50 Back	20
119	12 & Under	50 Back	120
21	Open	100 Breast	22
121	12 & Under	100 Breast	122
23	Open	50 Free	24
123	12 & Under	50 Free	124
25	Open	100 Fly	26
125	12 & Under	100 Fly	126
27	Open	200 Backstroke	28
127	12 & Under	200 Backstroke	128
29	Open	100 Free	30
129	12 & Under	100 Free	130
31*	Open	1500 Free	31*
131*	12 & Under	1500 Free	131*

*All Distance events 400 meters and longer require positive check-in 30 minutes prior to the start of the session.

*The 800 and 1500 Free swimmers must provide their own lap counter and timer.

**The 400 IM swimmers must provide their own timer.

If the meet is split into sessions, the events in the 100's will be swum in the afternoon.

If the meet is not split into sessions, the like events will be combined



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 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 backstroke 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.