

*Coastal Bend All-Stars (CBA)
is pleased to host the:*

Schlotzsky's Summer Splash Long Course Unclassified

10-12 June 2016



*Meet Information, Hotel Info, Warm-Ups, Lane timer assignments,
Real Time Results at <http://www.cbasmwimming.com>*

- Sanction #:** STA-16-37
Held under the sanction of USA Swimming
- Venue:** Corpus Christi ISD Natatorium, 3202 Cabaniss Parkway, Corpus Christi, TX. 78415.
Pool Telephone numbers: (361) 878-2337, (361) 878-2334
- Directions:** From South I-37, take State Hwy 358 (SPID) toward Padre Island. Exit at the Kostoryz exit, turn right onto Kostoryz and proceed south to Saratoga Blvd. Turn right onto Saratoga, and take the first left, the pool is on your left in the Cabaniss Athletic Complex.
- From US 77 North, turn right on FM665 at Driscoll, TX. Proceed toward Corpus Christi. The road will change to FM43. Turn left onto Ayers Street (State Hwy 286). Go straight to Saratoga Blvd., turn right on Saratoga and proceed east toward the Cabaniss Field Athletic Complex. The pool will be on your right in the Cabaniss Field Athletic Complex.
- Facility:** All deep 8 lanes, 50-meter competition pool with a 4-lane 25-yard warm-up/cool-down pool. A Daktronics Timing System and Hy-Tek Meet Manager Software will be utilized. Seating is available for over 975. Dressing and locker rooms are available on-site. The Natatorium is on CCISD property. No tobacco or alcohol is allowed on CCISD property including the parking lot. A Concession Stand will be provided. Visitors are asked to secure all personal belongings in their vehicles.
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet at the start end and 14 feet, 6 inches at the turn end, measured for a distance of one (1) meter to five (5) meters from both end walls.
- Course Certification:** The competition course has been certified in accordance with 104.2.2.C.(4). The copy of such certification is on file with USA Swimming. The copy of such certification is on file with USA Swimming.
- 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 Corpus Christi Independent School District (CCISD) and its employees, Coastal Bend All Stars (CBA), 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. It may also result in **expulsion** from the meet.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently registered for 2016 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.

Meet Format: All events will be timed finals, swum in one long course meter pool, seeded only by time and gender.

For the 400 meter IM, 400 meter Freestyle, and 1500 meter Freestyle deck-seeded events, positive check-in with the Clerk of Course is required. The check-in time period will be announced for each session. Girls and boys will alternate heats swimming the 400 IM, 400 Freestyle and 1500 Freestyle. These events shall be swum fastest to slowest.

All other events shall be swum fastest to slowest in event order. The meet referee reserves the right to use chase starts or flyovers. If using a single course (no chase starts), all 50's will start at the dive well end of the pool and finish at the normal start end. The meet referee reserves the right to alter meet operations as necessary including the right to separate or combine events/heats.

We reserve the right to cap the number of swimmers entered in order to stay within the four-hour rule during the 12 and under sessions. Swimmers will be entered in the order entries are received. No refunds will be given.

Qualifying

Times: This meet is unclassified. There are no qualifying times.

Age up Date: The age of the swimmer will be his/her age on June 10, 2016.

Time Trials: Time trials will NOT be offered.

Entry

Restrictions: Swimmers may enter up to 5 individual events and one relay per day, not to exceed 12 individual events for the meet. Enter with long course meter times. Team Manager should **not** be used to convert yard and short course meter times to long course meter times for seeding purposes. If a time has been achieved in a like distance in a SCM or SCY course, enter with that time **do not convert**. Do not enter with no time **NT**, use your best judgement. Updated times may be submitted through 12:00 PM, June 6, 2016. The meet will be seeded using the submitted times, in the following order: LCM, SCM and SCY.

Entry

Procedures: Entries will open once the meet information is posted and will continue until the meet is full. You should **not** make nonrefundable travel arrangements before you know your entries are accepted – entries will be processed in the order received. The entry chair will acknowledge receipt of e-mail entries within 24 hours. If no reply is received within 24 hours, please contact the entry chair immediately. Please ensure we receive your check by June 6, 2016.

Entries will close the earlier of:
A) 6:00PM on Sunday, 29 May 2016

B) When a session reaches an estimated 4 hours in length. Individual sessions may close before the entire meet closes. If we have to close a session early, this will be posted on our website: <http://www.cbawimming.com/> and the South Texas Swimming website: <http://www.stswim.org>

All teams with five or more swimmers must submit entries using Hy-Tek Team Manager or its equivalent to the Entries Chair. Email is the preferred method of delivery; if you need to submit entries in another format, please contact the Entries Chair to make other arrangements.

Send 3 files (entries to import to Meet Manager, Meet Entry Report by Swimmer, Meet Entry Fee report). Please, rename the files to clearly identify the meet sanction number, **your club code**, and the file. Example:

STA-15-30_CBA_Entries.zip
STA-15-30_CBA_Meet_Entry_Report,
STA-15-30_CBA_Meet_Entry_Fee_Report

Teams with fewer than five swimmers may send an email to the Entries Chair with the team abbreviation, LSC, the swimmer's full name (as registered with USA Swimming), the swimmer's USA Swimming ID number, and the swimmer's events by number, description, and entry time.

When submitting files to the Entries Chair, please include the name, email address, and phone number of the person submitting the entries. If you do not receive an email confirmation within 24 hours, your entries were not received.

E-mail entries to: cbawentries@gmail.com.

Entry Fees: \$8.00 per individual event and \$16.00 per relay event (includes the STSI splash fee of \$1.25) Please include a Meet Entry Fee report with your payment. Entry fees must be received by June 6, 2016, or your entries will be removed from the meet. Refunds will not be given for any reason.

Make checks payable to: Coastal Bend All-Stars

Send checks to: 516 E Avenue C
Port Aransas, TX 78373

Deck Entries: The Late/Deck Entry fee is \$16.00 for individual events and \$32.00 for relays. Deck Entries will be accepted only for open lanes. No new heats will be created. You may Deck Enter the current or future session beginning at the start of warm-ups. Deck entries will close 45 minutes before the start of each session.

Swimmers not previously entered in the meet must present their 2016 USA Swimming ID card to deck enter (or a coach may present the club's official, watermarked roster from the USA Swimming club portal).

Meet Administration:

Entries Chair
Deana Erdner
361-244-7065
cbawentries@gmail.com

Meet Director:
Gabriel Lopez
301-247-3279
cbameetdirector@gmail.com

Meet Referee
Patrick Nelson
361-991-5687
patrick.a.nelson@sbcglobal.net

Admin Official
Tanya Norwood
612-840-3717
tmnorwood@grandecom.net

Cell Phone

Restrictions: Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms, or locker rooms. 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. All unaccompanied swimmers will be temporarily assigned a registered USA Coach for warm-ups, competition, and warm-down purposes in order to comply with USA Swimming Rule 202.5.3.

**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 Meet Director Gabriel Lopez 301-247-3279 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, Patrick Nelson, 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. Uniform will be white polo over khaki pants, shorts or skorts. The wearing of name tags is strongly encouraged.

Timers:

All swim teams are expected to participate in the swim meet by providing volunteer timers. Lane timers will be assigned by lane, based on the number of entries from each team, by the Meet Host. This information will be posted at the Natatorium each day of the meet. Athletes in the 400 meter Freestyle and 400 Individual Medley must provide their own timers and athletes in the 1500 meter Freestyle must provide their timers and lap counters.

Awards:

Ribbons for places 1-8 in individual events and places 1-3 for relay events will be awarded for swimmers according to the following age groups; boys and girls 8 and under, 9, 10, 11, 12, 13, 14 and 15-18.

Relays will be competed in the following age groups: 8 & under, 9-10, 11-12, 13-14, and 15-18. To receive ribbons for relays, all four swimmers must be in the same age category, i.e. all four must be 8 & under, 9-10, 11-12, 13-14 and 15-18.

A swimmer high point trophy will be awarded as follows: 8 and under, 9, 10, 11, 12, 13, 14, 15-16, and

17-18 for both genders. (9 trophies total for each gender). Relays will not count toward the individual high point trophies.

Scoring:

Standard eight place scoring will be utilized. Individual Events: 9-7-6-5-4-3-2-1 (1st through 8th place). Relays will be scored double (18-14-12-10-8-6-4-2). **Tom Hetzel Trophy:**

The Tom Hetzel trophy will be awarded to the top female and male swimmer, 12 and under, that swims both the 200 IM and 400 Freestyle and scores the most combined Hy-Tek power points.

The Tom Hetzel trophy will be awarded to the top female and male swimmer, 13 and over, that swims both the 400 Freestyle and 1500 Freestyle and scores the most combined Hy-Tek power points.

Daily

Schedule:

Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement.

Warm-up times and lane assignments for each team will be posted in the Natatorium, on the CBA website: <http://www.cbawimming.com/>, and e-mailed to the coaches no later than 6:00 PM Wednesday, June 8, 2016. The meet referee reserves the right to adjust warm-up times/lane assignments as necessary to accommodate the number of swimmers and ensure their safety. Coaches will be notified of any change

Friday, June 10, 2016	
Tom Hetzel Day	
Session 1	
Warm-up session	12:00 PM
Clear Pool	12:40 PM
Coaches Meeting	12:45 PM
Session 1 Begins	1:00 PM
Saturday/Sunday June 11-12, 2016	
Morning Sessions 2 & 4	
1st warm-up session:	7:00 AM
2nd warm-up session:	7:35 AM
Sessions 2 & 4 Relay Form Due	7:45 AM
Clear Pool:	8:10 AM
Coaches Meeting (Sat AM Only)	8:15 AM
Sessions 2 & 4 Begins	8:30 AM
Saturday June 11, 2016	
Afternoon Sessions 3	
1st warm-up session:	Not before 2:05 PM
2nd warm-up session:	Not before 2:40 PM
Session 3 Relay Form due	2:45 PM
Clear Pool:	Not before 3:15 PM
Session 3 Begins	Not before 3:30 PM
Sunday June 12, 2016	
Afternoon Session 5	
1st warm-up session:	Not before 1:05 PM
2nd warm-up session:	Not before 1:40 PM
Session 5 Relay Form due	1:45 PM
Clear Pool:	Not before 2:15 PM
Session 5 Begins	Not before 2:30 PM

FRIDAY, June 10, 2016

Long Course Meters
Tom Hetzel Day

Session One			
Girls	Age	Stroke	Boys
1	12 & U	200 IM	2
3*	13 & O	400 IM	4*
5*	12 & U	400 Free	6*
7*	13 & O	1500 Free	8*

SATURDAY June 11, 2016

Long Course Meters

Session Two			
9	12 & U	200 Free Relay	10
10 Minute Break			
11	12 & U	200 Free	12
13	12 & U	50 Fly	14
15	12 & U	100 Breast	16
17	12 & U	50 Free	18
19	10-12	200 Fly	20
21	12 & U	100 Back	22
Session Three			
23	13 & O	400 Free Relay	24
10 Minute Break			
25	13 & O	200 Free	26
27	13 & O	100 Breast	28
29	13 & O	200 Fly	30
31	13 & O	50 Free	32
33	13 & O	100 Back	34
35*	13 & O	400 Free	36*

*Check In is required for the 400 IM, 400 meter, & 1500 meter Freestyle. For these deck-seeded events, positive check-in with the Clerk of Course is required. Events/heats will alternate between Girls and Boys, swimming fastest to slowest. Each swimmer must furnish his own timer(s) for the 400 IM and the 400 Freestyle, and both a counter and timer(s) for the 1500 Freestyle.

A \$25 fine will be assessed for any swimmer who performs a positive checks-in on Friday, June 10, 2016 and fails to swim the respective event. Medical reasons are the ONLY exception. The Meet Referee reserves the right to waive this fee at his/her discretion.

SUNDAY June 12, 2016

Long Course Meters

Session Four			
Girls	Age	Stroke	Boys
37	12 & U	200 Medley Relay	38
10 Minute Break			
39	10-12	200 Breast	40
41	12 & U	50 Back	42
43	12 & U	100 Free	44
45	10-12	200 Back	46
47	12 & U	50 Breast	48
49	12 & U	100 Fly	50
Session Five			
51	13 & O	400 Medley Relay	52
10 Minute Break			
53	13 & O	200 I.M.	54
55	13 & O	100 Fly	56
57	13 & O	200 Back	58
59	13 & O	200 Breast	60
61	13 & O	100 Free	62

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 (**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