



Spooky Sprint

12 and Under Invitational



Saturday, October 29th, 2016

MEET ENTRIES OPEN

TUESDAY, OCTOBER 11TH, 2016, 10:00 AM.

Sanction #: **ST-16-70cm** Held under the sanction of USA Swimming

Eligibility: Swimmers ages 12 and under who are registered with or unattached to the following South Texas Swimming teams: **TST, TXLA, WHAC, WLOO, and GOLD**

Venue: *Walzel Natatorium, Southwestern University,
1001 Southwestern Blvd, Georgetown, Texas, (512) 863-1384*
To reach Southwestern University take I-35 to Georgetown and take exit #261/Route 29 (University Avenue). Go east on 29, approximately 2 miles. Turn left onto Southwestern Blvd. The Robertson Center is on the left side of Southwestern Blvd past the stop sign, up the hill across from the music building. Park anywhere on campus parking spaces or along roads near the swim center not designated for faculty/staff/disabled. To enter the pool, enter the main entrance to Robertson Center, which faces toward campus, or prior to the start of the meet, go through the patio doors (north of the main entrance), which leads directly to the pool. <http://www.stswim.org/maps.html>

Facility: The Southwestern University Walzel Natatorium is a 6-lane 25yd indoor pool with stadium seating. A fully automatic Colorado Timing System with a six-line readout display and Hy-Tek Meet Manager 6.0 software will be used with Meet Mobile Option. There are no lanes available for warm-up/cool down during the course of the meet. Locker rooms are available for athletes. Stadium seating is available to spectators. All hallways and stairwells must be kept clear at all times; therefore a limited amount of personal chairs will be permitted against the back wall behind the stadium seating. The campus grounds are open for teams to have tents and chairs.

Water Depth: The minimum water depth, measured in accordance with Article 103.2.3 is (4) feet, (0) inches at the start end and (12) feet (0) inches at the turn end, both ends measured at 1 and 5 meters.

Meet Format: All events are timed finals. Events will be swum slowest to fastest. 25's will start at the deep end of the pool, starting blocks will not be used for 25 yd events.

Qualifying Times: There are no qualifying times.

Age up Date: October 29, 2016

Time Trials: No time trials will be offered.

Entry

Restrictions: Swimmers may compete in a **maximum of 5 individual events per day**. Entries with "NT" (no times) will be accepted for this meet; however, coaches "best guess times" are encouraged.

Entry

Dates: Entries OPEN at 10:00 AM, TUESDAY, OCTOBER 11TH *Entries received before this time will be discarded*
Entries CLOSE at 8:00 PM, TUESDAY, OCTOBER 18TH, **OR WHEN MEET REACHES 200 ATHLETES.**

Entry

Procedures: All teams 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. Please rename the entry file to clearly identify

the meet sanction number, your club code, and the file (such as ST-16-##_GOLD_Entries.zip). Include a **Meet Entry Report** of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer. Rename the Meet Entry Report using the meet sanction number, your club code, and the report name (such as ST-16-##_GOLD_EntriesByAthlete.pdf).

Athletes included in improperly identified or with inaccurate or missing USA Swimming IDs will not be entered into the meet and any entry fees will not be refunded. Athletes will not be entered into Meet Manager if the Meet Entry Report is not received. Athletes will not be permitted to compete in the meet until satisfactory fee payment arrangements have been made with the Meet Director or designee.

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 from the time it was sent, your entries were not received.

ALL PARTICIPANTS ARE REQUIRED TO SUBMIT A COMPLETED ASSUMPTION OF RISK FORM PRIOR TO SWIMMING. This form is required by Southwestern University and will be valid through June 2016. Athletes who have not submitted a completed form will not be permitted in the pool. You may bring this form with you the day of the meet. Forms are included in the meet invitation, and will be available at the Check-in Desk.

We will accept team entries in the order in which they are received, and refuse entries when we reach maximum capacity in order to comply with the USA Swimming 4-hour time limitation and facility capacity, regardless of a team's invitation to participate. It is highly recommended that you submit your entries *early* in order to ensure participation, as this facility's maximum capacity is only **200** swimmers per session. We are currently scheduling the meet to run as a single session. We reserve the right to split the meet into two sessions, reserve the right to conduct fly-over starts as well as change the warm-up and meet schedule.

Entry Fees: **\$8.00 per individual event** (includes the STSI \$1.25 splash fee)
Entry fees must be received by Wednesday, October 26th, or your entries will be removed from the meet. Refunds will not be given for any reason.

Make checks payable to: TEXAS GOLD SWIMMING

Mail *payment* and *Meet Entry Fee Report* to:

Texas Gold Swimming, 1005A South Mays, Round Rock, Texas 78664

Deck Entries: Deck entries will be accepted until 35 minutes before the start of each session. Deck entry fees must be paid at the time of entry (**\$16 per event**, which includes the \$1.25 splash fee). All deck entries will be entered as a "NT," no time, and will be placed in the first heat of the event, or where space is available. Deck entries are discouraged and *no new heats will be created*. Swimmers not previously entered in the meet must present their USA registration card at Clerk of Course or produce the club's watermarked roster from the USA Swimming club portal.

Awards: Best times medals will be awarded for each event a swimmer achieves a best time, including first time swims (NT). Heat winner prizes will be awarded for all heats. Teams must pick up their awards at the end of the meet, as they will not be mailed.

Meet Director/Entry Chair/Admin Ref:

Dale Huggins
1005A S. Mays
Round Rock
512-671-7296
dalehuggins@me.com

Meet Referee:

Roland Smits
512-415-7314
Roland@patriotdetection.com

Head Coach:

Aubrey Knapper
512-671-8035
a.knapper@att.net

Course

Certification: The competition course has not been certified in accordance with 104.2.2C(4).

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 2016/2017 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 2016/2017 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), Texas Gold Swimming, Southwestern University 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.

USA Swimming Registration: All swimmers, coaches, and officials participating in this competition must be currently 2016/2017 registered with USA Swimming. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. All should also be prepared to present their USA Swimming ID Card as proof of their registration to the Meet Director or designee at any time. Swimmers who 1) late enter when possible; 2) need to be late-entered because of clerical errors by the entering team or the Meet Host; or 3) are not entered in this meet and choose to enter time trials, if offered, will be required to present their USA Swimming ID card (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). Current national and LSC regulations do not allow for exceptions to these policies. South Texas Swimming does not allow on-deck USA Swimming registrations.

Cell Phone Restrictions: The presence or use of cell phones, smart phones, or any other devices capable of producing audio recordings and/or photographic or video images in locker rooms, restrooms, or changing areas is strictly and specifically prohibited at all times. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.

Unaccompanied Swimmers: Any swimmer entered in the meet must be certified by a USA swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Swimmer Photographs and Videos: There may be one or more photographers and/or videographers on deck at this meet. In the event such personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made are required to contact the Meet Director prior to the beginning of warm-ups. Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race.

Deck Changing: Deck changing is prohibited.

Special Needs: Please notify the meet director, Dale Huggins 512-671-7296, 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 certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2016/2017 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Deck officials are required by rule to prominently display both their USA Swimming ID card and LSC credentials while on deck as an official. Please email the Meet Referee prior to the meet with your availability and current certifications. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments. The wearing of name tags is strongly encouraged.

Timers: The host team will attempt to provide backup timers for this meet but volunteers from visiting teams will be needed.

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 sessions are currently scheduled to begin at 11:30 AM, and meet will start at 12:55 PM.

If time permits, some events may be swum using four competition lanes, allowing a single lane for warm-up and warm-down during that event(s). Fly-over starts likely will be done; a final decision will be made once the estimated timeline is produced.

Team warm-up lane and session schedules, meet start schedule, and any other changes and/or announcements will be emailed to entry chairperson or designee the week of the meet after the estimated timeline(s) has been established.

Heat

Sheets: Heat sheets will be available free of charge on Meet Mobile. A limited number of heat sheets will be available at the concession for \$3.

Only one form per season is required

SOUTHWESTERN UNIVERSITY

ASSUMPTION of RISK

July 1, 2016-June 30, 2017

In consideration of Southwestern University (the "University"), allowing the undersigned to participate in certain endeavors, including, but not limited to, the use of the Corbin J. Robertson Center, Walzel Gymnasium, Walzel Natatorium, tennis courts, soccer fields and all related facilities and equipment (collectively "Robertson Center"), and activities incidental thereto, the undersigned (hereinafter referred to as "Participant") hereby agrees to the following:

1. Participant recognizes and understands that certain risks of harm are inherent and that there are dangers involved that cannot be fully foreseen and over which the University has no control which could result in property damage, bodily injury or death.
2. Participant understands that there are dangers and inherent risks in playing or participating in any fitness activity or sport (such as walking, climbing, running, stretching, weightlifting, swimming, aerobic exercise, fitness assessment, stress test, etc.) that include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, serious injury related to the eye and/or head, serious injury to virtually all internal organs, serious injury to all bones, joints, ligaments, muscles, tendons, and other parts of the muscular/skeletal system, and serious injury to virtually or impairment to other aspects of my body and general health and well-being.
3. The University strongly suggests that the Participant seek medical advice prior to engaging in any fitness activity or sport (such as walking, climbing, running, stretching, weightlifting, swimming, aerobic exercise, fitness assessment, stress tests, etc.), and activities incidental thereto.
4. Participant agrees to assume all risks and responsibility for any and all claims for damages, including personal injury or death, and for any medical expense which may be incurred by Participant during any fitness activity or sport, and activities incidental thereto.
5. I have read the above agreement and foregoing and have willingly signed the same for the consideration expressed and with a full understanding of its purpose. Participant represents that he/she is 18 years of age or older or, if not, that his/her legal guardian is also signing this agreement.

Name of Participant(s) _____

You may include multiple names on a single form if they reside in the same household

Address of Participant(s): _____

Today's Date: _____ Signature: _____

If the Participant is not 18 years of age or older, the signature of the Participant's parent or guardian is required.

Parent or Guardian Signature: _____

In case of emergency:

Name: _____ Phone Number: _____

Address: _____

TEAM NAME:



Spooky Sprint

12 and Under Invitational

Saturday, October 29, 2016

Session I: Ages 12 & Under

Warm-ups begin at 11:30 AM. Meet starts 12:55 PM.

| Girls Event # | Session I 12 & Under | Boys Event # |
|------------------|-----------------------------------------|-----------------|
| | Event* (YARDS) | |
| 1 | <i>8 & Under</i> 25 Freestyle | 2 |
| 3 | 100 Individual Medley | 4 |
| 5 | 50 Freestyle | 6 |
| 7 | <i>8 & Under</i> 25 Backstroke | 8 |
| 9 | 100 Backstroke | 10 |
| 11 | <i>8 & Under</i> 25 Butterfly | 12 |
| 13 | 50 Breaststroke | 14 |
| 15 | 100 Butterfly | 16 |
| 17 | <i>8 & Under</i> 25 Breaststroke | 18 |
| 19 | 50 Backstroke | 20 |
| 21 | 100 Breaststroke | 22 |
| 23 | 50 Butterfly | 24 |
| 25 | 100 Free | 26 |

***Breaks may be inserted at the discretion of the Meet Director**

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 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