



Posted 8/29/16
Held under the sanction of USA Swimming

Meet Name: 2016 ST LCA Fall Races
Closed to members of Lost Creek Aquatics

Sanction Number: **STA-16-78cm**

Meet Date: Saturday, September 17, 2016
Meet warm-up for all swimmers: 11:00-11:55am
Meet starts at noon

Venue: Lakeway Swim Center
3103 Lakeway Blvd.
Lakeway TX 78734
512-261-3000

Facility: One six-lane, outdoor, heated, 25-yard racing course
No separate warm-up or warm-down pool
Dolphin Timing System and Hy-Tek Meet Manager software will be utilized.
Bring chairs
Dressing and locker rooms are available for participants
No concessions will be provided

Water Depth: The minimum water depth, measured in accordance with Article 103.2.3, is 5 feet 0 inches at the start end and the turn end is 4 feet 0 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.

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

Sanction: 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 or 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 or 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), Lost Creek Aquatics (LCA), the City of Lakeway, the Lakeway Swim 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.

USA Swimming

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

Meet Format: This meet is open to swimmers who are currently registered with or unattached to Lost Creek Aquatics. All events will be timed finals, swum in one short course yards pool, seeded by time and gender only. All events will be swum from slowest to fastest. We reserve the right to cap the number of swimmers entered in the meet or to combine events by distance and/or gender in order to limit the meet's timeline to four hours. Swimmers will be entered in the order entries are received. The Meet Director reserves the right to do flyover starts and to combine events.

Qualifying

Times: None

Age up Date: The age of the swimmer will be his/her age on September 17, 2016.

Entry

Restrictions: Swimmers may enter up to four events. Events 1, 2, 13, and 14 are swimmer's choice of stroke for the 200 distance. Swimmers may only enter into one distance (freestyle, backstroke, breaststroke, butterfly, or IM) in Events 1, 2, 13, and 14. (For example, if you want to swim 200 Free and 200 IM, enter into Event 1A, 200 Free and Event 13D, 200 IM.)

Entry

Deadline: Wednesday, September 7, 11:59pm

Entry

Procedures: 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. Include a Meet Entry Report of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer.

Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) 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.

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, your entries were not received.

Entry Fees: **\$8.25 per event** (includes the STSI splash fee of \$1.25 per splash) plus the \$15 athlete surcharge. Refunds will not be given for any reason. Entry fees will be billed automatically to your LCA member account.

Deck Entries: Deck entries will not be accepted.

Time Trials: There will be no time trials at this meet.

Scratch

Rules: Swimmers are asked to communicate scratches to the Entries Chair prior to the meet start date, as possible. There is no penalty for scratching from a pre-seeded event.

Meet Staff: **Meet Referee/Entries Chair:** Jessica Evans, jessicaevans@utexas.edu, 512-917-2274
Admin Official: Marc Digby, mdigby@AESAustin.com, 512-633-0002
Meet Director: Janet Risser, janet@lostcreekaquatics.com, 512-748-6185

Cell Phone

Restrictions: Use of audio or visual recording devices, including a cell phone, 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 to a registered USA coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule 202.5.2.

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 Jessica Evans at 512-917-2274 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 or 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 45 minutes prior to the scheduled start time of any session to receive your assignments. The wearing of name tags is strongly encouraged. The uniform is white polo shirt and khaki shorts/pants/skirts.

Timers: Parents of swimmers entered in the meet will be needed as timers.

Awards: Speedo has provided us with prizes to give out at this meet to first-time swimmers.

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

Order of Events

Distances are in *short course yards*
Meet warm-up: 11:00-11:55am
Meet starts at noon

Girls Event #	Event	Boys Event #
1A	200 Freestyle*	2A
1B	200 Butterfly*	2B
1C	200 Breaststroke*	2C
1D	200 Individual Medley*	2D
1E	200 Backstroke*	2E
3	50 Breaststroke	4
5	100 Individual Medley	6
7	50 Backstroke	8
9	100 Butterfly	10
11	100 Freestyle	12
13A	200 Freestyle+	14A
13B	200 Butterfly+	14B
13C	200 Breaststroke+	14C
13D	200 Individual Medley+	14D
13E	200 Backstroke+	14E
15	100 Breaststroke	16
17	50 Butterfly	18
19	50 Freestyle	20
21	100 Backstroke	22

Note: Swimmers may enter only **one stroke** in Events 1, 2, 13, and 14. For example, to swim the 200 Free and 200 IM, enter Events 1A and 13D, not Events 1A and 1D.

* + The Meet Director reserves the right to combine Events 1 & 2 and Events 13 & 14, depending on entries.

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.