



Tex's Waves Swim Team

The Creepy Crawl

October 22, 2016



DIRECTIONS: If coming from San Antonio area, head north on Highway 281 which will take you through Boerne, Blanco, Johnson City, and Marble Falls. Burnet is approximately 10 miles north on 281 from Marble Falls. Our facility is on the right across from Chicken Express when you first enter town. If you cross Highway 29, you have gone too far.

If coming from North Austin area, head north on toll road 183, turn left (west) on Highway 29, and follow it through Liberty Hill and Bertram. Burnet is approximately 10 miles from Bertram. Once you enter Burnet, you will pass two stop lights with the third stop light being Highway 281. Head south on Highway 281, and the YMCA will be on your left across from Chicken Express. (South Austin, use Highway 71 west to Highway 281 north. This route will take you through Marble Falls as mentioned in the above instructions for the San Antonio area).

If coming from the Killeen area, head west on Highway 190, which will T into Highway 281 in Lampasas. Head south on Highway 281. Burnet is approximately 20 miles from Lampasas. Once you enter Burnet, you will cross over Highway 29. The YMCA is on the left across from Chicken Express towards the end of town.

Sanction #: **STA-16-81**
Held under the sanction of USA Swimming

Venue: YMCA of the Highland Lakes
(512) 756-6180
1601 South Water Street
Burnet, Texas 78611

There is parking available in front, back, and on the side of the facility.

Facility: Our facility is a 10 lane 25 yard indoor pool with Colorado timing system. Hy-Tek Meet Manager will be used to run our meet. There is a smaller pool which will be used for warm up/warm down between events. We have deck space with bleachers for spectators and a large outdoor patio (half is covered) with bleachers for team seating. If warranted, we may open the gymnasium for team seating as well. There are locker rooms with showers, and we will have concessions available in the lobby.

Water Depth: The minimum water depth of the competition pool, measured in accordance with Article 103.2.3, is 4 feet, 6 inches at the starting end of the pool for lanes 6-10 with a slope beginning at lane 6 leading to a depth of 13 feet, 6 inches for lanes 1-5. The water depth at the turning end of the pool is 4 feet, 6 inches across all lanes. Both ends of the pool were measured at 1 and 5 meters from each end wall. The minimum depth for the smaller warm up/down pool is 2 feet, 6 inches with a maximum depth of 5 feet.

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 or 2017 with USA Swimming by the meet start date. Athletes who register with USA Swimming after the meet entry deadline may not 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), the Tex's Waves swim team, the YMCA of Highland Lakes and staff, 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 all athletes who are currently registered with USA swimming. The number of athletes will be capped as necessary to abide by the four hour time limit. Heats will be seeded slowest to fastest with all events starting from the west end of the competition pool. Heats will be timed finals and separated by gender, women swimming before men. Deck entries will be entered only to fill open lanes. The meet director reserves the right to conduct flyover starts or change warmup and start times depending on meet size.

Qualifying

Times: There are no qualifying times for this meet. NT's will not be accepted. Please do your best to enter times for each swimmer and to enter them as SCY. Estimations will be accepted for those who are swimming events for the first time.

Time Trials: No time trials.

Age up Date: The age of the swimmer will be his/her age on October 22, 2016.

Entry

Restrictions: Athletes may enter a maximum of three individual events and two relays.

Entry

Deadline: October 10, 2016, at midnight

Entry

Procedures: All teams with five or more swimmers must submit entries using Hy-Tek Team Manager or its equivalent to the Entries Chair (klunsford@ymcagwc.org). 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 STA-16-TWST_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 STA-16-TWST_EntriesByAthlete.pdf).

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 (klunsford@ymcagwc.org) 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: \$7.00 per individual event and \$12.00 per relay event (includes the STSI splash fee of \$1.25 per splash) Please include a Meet Entry Fee report with your payment. Entry fees must be received by October 10, 2016, or your entries will be removed from the meet. Refunds will not be given for any reason.

Make checks payable to: YMCA of Highland Lakes

Send checks to: YMCA of Highland Lakes

Attn: Krystal Lunsford

Deck Entries: \$20.00 per event, and swimmers not previously entered in the meet must present their 2016 or 2017 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 Staff:	Entries Chair/Meet Director: Krystal Lunsford (512) 787-3068 klunsford@ymcagwc.org	Meet Referee: Rich Zbranak rich_tx@att.net	Admin Official: Trey Prinz t.prinz.a@gmail.com
--------------------	---	--	--

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.

**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 Krystal Lunsford at (512) 756-6180, 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 or 2017 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 one hour prior to the scheduled start time of any session to receive your assignments. The wearing of name tags is strongly encouraged.

Timers:

Visiting teams will be assigned timing responsibilities, and these assignments will be sent out to all coaches along with the meet program prior to the date of the meet. The host team will attempt to provide timers for this meet as well.

Awards:

Ribbons will be awarded to those who place 1-8 and will need to be picked up at the conclusion of the meet.

**Daily
Schedule:**

Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement. Warmups are scheduled for 11am, pool closed at 12pm with meet start time of 12:45pm. Lane assignments along with timer assignments and meet program will

be emailed to coaches prior to the meet. Additional meet programs will be available for purchase in the lobby. **COACHES MEETING** to be held at 12pm by the computer at the starting end of the pool.

Racing Start Proficiency:

(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.

Order of Events
Distances are in SC yards

Women	Event	Men
1	200 Medley Relay	2
3	200 Freestyle	4
5	100 IM	6
7	200 Fly	8
9	50 Freestyle	10
11	100 Back	12
13	200 Breast	14
15	50 Fly	16
17	100 Freestyle	18
19	200 Back	20
21	50 Breast	22
23	100 Fly	24
25	200 IM	26
27	50 Back	28
29	100 Breast	30
31	200 Freestyle Relay	32

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.