

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



**SWIM**  
**CBA**

**2017**  
**SPRING FEST**  
**UNCLASSIFIED SWIM MEET**  
at the  
CCISD Natatorium, Corpus Christi, Texas  
March 25 & 26 2017  
Sanction # STA-17-22  
*Entry Deadline: Tuesday March 14, 2017 at 5:00 PM*

**Location:** Corpus Christi ISD Natatorium, 3202 Cabaniss Parkway, Corpus Christi, TX. 78415  
Pool Telephone numbers: (361) 878-2333 x114, (361) 878-2334, or (361) 878-2337

**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, 25-yard competition pool with a 6-lane 25-yard warm-up/cool-down pool. A Daktronics timing system and a 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.

**Liability:** In granting the sanction, it is understood and agreed that USA Swimming, Inc., South Texas Swimming (STSI), the Corpus Christi Independent School District (CCISD) and its

employees, CBA and all meet officials and volunteers shall be free and held harmless from any liabilities or claims for damages arising by reason(s) of injuries to anyone during the conduct of the 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:** 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 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 2017 USA Swimming registration card or proof of membership using the USA Swimming Deck Pass app (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.

### USA Swimming

**Registration:** All swimmers, coaches, and officials participating in this competition must be currently 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 proof of membership using the USA Swimming Deck Pass app (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 short course yard pool, seeded only by time and gender. All events shall be swum slowest to fastest. The 500 and 1000 Freestyle are deck-seeded events, and positive check-in with the Clerk of Course is required. The check in time period will be announced for each session. Swimmers will be entered in the order entries are received. CBA reserves the right to cap the number of swimmers entered to stay within the four hour rule during each session. Flyover starts will be used except for backstroke and relays. The Meet Director and Referee reserve the right to modify operations as necessary.

**Behavior:** It is expected that all persons attending the meet will respect the facilities and remember that they represent themselves and their respective clubs. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending club if attached to be held accountable and liable for repairs. It also may result in expulsion from the meet.

**Special Needs:** Please notify the meet director (Reinaldo Morillo – [850-313-9326- CBAmeetdirector@gmail.com](mailto:850-313-9326-CBAmeetdirector@gmail.com)) 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.

**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.

**Age up Date:** The age of the swimmer is his/her age on March 25, 2017 .

**Time Trials:** No time trials will be offered.

**Pool**

**Measurement:** 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. If a swimmer expects to, or does break a record, please inform the meet director or referee. In accordance to 104.2.2.C. (4). (c), "Where a moveable Bulkhead is used, course measurement of the lane in which the record was set must be confirmed at the conclusion of the session during which the time was achieved".

**Water Depth:** The minimum water depths, from 1-meter to 5-meters from the start and turn ends of the course are as follows:

**Start End: 6 feet      Turn End: 6 feet**

**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.

**Photographer:** 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.

**Entries:** Swimmers may enter up to **5 individual events and one relay per day**. Enter with short course yard times. Team Manager should be used to convert long and short course meter times to short course yard times for seeding purposes. Coaches are encouraged to estimate times when no time has yet been achieved; however, no time (NT) will be accepted.

All teams with five or more swimmers entered in the meet must submit their entries using Hy-tek Version 5.0 (May 2016) Team Manager Software or Team Unify Software. Teams with fewer than five swimmers may send an e-mail including the team name, coach name, contact information, team abbreviation, LSC, the swimmers full name (as registered with USA Swimming), USA ID, event numbers, event description, and entry times for each swimmer.

**Relay Entries:** Relay team entry times may be determined by the sum of the individual team member times for like strokes/distances, or the actual time that relay team achieved in sanctioned competition. Teams are highly encouraged to use the .HYV file provided at the STSI website to set up their relay entries correctly (see Awards). Coaches are encouraged to estimate times when no times have yet been achieved; however, no time (NT) will be accepted.

**Entry Fees:** \$8.00 per individual event / \$16.00 per relay event (Includes the LSC Splash Fee of \$1.25 per event.) **There will be no refunds.**

**Late/ Deck**

**Entry Fees:** Late/deck entry fees are \$14.00/\$28.00 per event. Deck entries will be accepted only for open lanes. No new heats will be created. You may deck enter the current session beginning at the start of warm-up. Deck entries will close 45 minutes before the start of each session. Swimmers not previously entered in the meet must present their USA Swimming registration card or proof of membership using their USA Swimming Deck Pass all (or a coach may present the club's official, watermarked roster from the USA Swimming club portal) to the Clerk of Course to deck enter.

**Entry**

**Procedures:** E-mail entries to [CBAentries@gmail.com](mailto:CBAentries@gmail.com) .

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 March 20, 2017.

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.cbasmwimming.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-17-22\_CBA\_Entries.zip  
STA-17-22\_CBA\_Meet\_Entry\_Report,  
STA-17-22\_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: [cbaentries@gmail.com](mailto:cbaentries@gmail.com).

**\*\*When e-mailing the entries\*\***

**\*\*Please include the Hy-Tek Meet Entry Report by swimmer and the meet Entry Fee report\*\***

**\*\*The entry chair will acknowledge receipt of e-mail entries within 24 hours.\*\***

**\*\*If no reply, please contact the entry chair immediately.\*\***

**Please be sure we receive your check prior to Friday March 20<sup>th</sup>.**

**Your team will NOT be allowed to compete until the entry fees are paid.**

**Entry Deadline: Tuesday March 14<sup>th</sup> at 5:00 PM**

**Meet Fee deadline: Monday March 20<sup>th</sup> at 5:00PM**

Email to [CBAentries@gmail.com](mailto:CBAentries@gmail.com)

All checks need to be payable to: Coastal Bend All Stars (CBA).

**Please mail entries and fees to:**

Deana Erdner  
516 E Avenue C  
Port Aransas, TX 78373  
Phone: 361-244-7065  
[CBAentries@gmail.com](mailto:CBAentries@gmail.com)

**Awards:** Ribbons for places one through eight in individual events will be awarded according to the following age groups: 8 & under, 9-10, and 11-12. First through third places in relay events will be awarded to 8 & under, 9-10, and 11-12 year old age groups.

**Warm-up**

**Procedures:** South Texas Swimming Safety Guidelines and Warm-up procedures will be in effect at this meet found on page 8. Violators shall be disqualified from their first individual event.

Warm-up times and lane assignments for each team will be posted in the Natatorium, on the CBA website [www.cbawswimming.com](http://www.cbawswimming.com), and e-mailed to the coaches no later than 6:00 PM Monday March 13<sup>th</sup>, 2017 .

**Deck**

**Changing:** Deck changes are prohibited.

**Meet Administration:**

Meet Referee:

Lorna Anaya  
Phone: (870) 814-2890  
E-mail: stasanctions@anayamedical.com

Head Coach:

Bill Barton  
Phone: 361-813-1799  
E-mail: billbarton7726@sbcglobal.net

Meet Director:

Reinaldo Morillo  
Phone: (850) 313-9326  
E-mail: CBAmeetdirector@gmail.com

Admin Official:

Tanya Norwood  
Phone: (612) 840-3717  
E-mail: [tmnorwood@grandecom.net](mailto:tmnorwood@grandecom.net)

Entries Chair:

Deana Erdner  
Email: CBAentries@gmail.com  
361-244-7065

**Officials:** All currently certified and training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and their local LSC for 2017 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Uniform is white over khaki. If you plan to officiate contact the Lorna Anaya stasanctions@anayamedical.com. The wearing of name tags is strongly encouraged.

**Timers:** Each team will be required to provide timers in proportion to the number of swimmers entered in the meet. Lane assignments will be made by Club. Athletes in the 400 IM must provide their own timers, 500 and 1000 Freestyle. The host team will ensure that the timers are well taken care of with food and drink.

**Drones:** Per USA Swimming Rule 103.13, the operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present." Exceptions may be granted with prior written approval by the Vice President of Program Operations.

Daily Schedule  
NATATORIUM OPENS AT 0700  
Short Course Yards

Saturday and Sunday; Session 1 and 2	
Warm-up session:	7:15 AM
Sessions 1 Relay Forms due	7:45 AM
Clear Pool:	8:30 AM
Coach Meeting Saturday only:	8:40 AM
Sessions 1 begins	9:00 AM

Events – Saturday, March 25, 2017 - Session 1			
Girls	Age Group	Event	Boys
1	All Ages	200 Free Relay	2
10 minute break			
3	All Ages	50 Free	4
5	13 and O	400 Individual Medley	6
7	12 and U	100 Individual Medley	8
9	All Ages	100 Fly	10
11	All Ages	100 Back	12
13	All Ages	200 Breast	14
15	12 and U	50 Fly	16
17	All Ages	500 Free*	18

Events – Sunday, March 26, 2017- Session 2			
19	All Ages	200 Medley Relay	20
10 minute break			
21	All Ages	100 Free	22
23	12 and U	50 Back	24
25	All Ages	200 Individual Medley	26
27	All Ages	100 Breast	28
29	All Ages	200 Fly	30
31	All Ages	200 Back	32
33	12 and U	50 Breast	34
35	All Ages	200 Free	36
37	13 and O	1000 Free*	38

\*Positive Check-In are required for the 400IM, 500 and 1000 Freestyle. For this deck seeded event, positive check-in with the Clerk of Course is required. The time period will be announced for positive check-in by the swimmers. Swimmers must furnish a counter and one timer.

## 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**

<b>POOL</b>	<b>PUSH/PACE</b>	<b>DIVES/SPRINTS</b>	<b>GENERAL WARMUP</b>
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 ½ 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 kick boards, 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 (4) 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 must be members of United States Swimming.
  - 3. Marshals will have 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.
  - 4. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
  - 5. 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."
  - 6. 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.
  - 7. Hazards in locker rooms, on deck, or 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.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the 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 29-SEP-03**