



NITRO SWIMMING

Turkey Trot SPRINTS

Held under the sanction of USA Swimming
CLOSED



- DATE:** November 11th: Warm-up 2:00 PM Meet Start: 3:00 PM
- ENTRY DEADLINE:** Entries must be received by Sunday November 5th, 2017 11:59PM (CDT).
- SANCTION:** [STA-17-100cm](#)
- VENUE:** NITRO Bee Cave -15506 D Hwy 71 West, Bee Cave TX 78738 (512)861-7946
- POOL SPEC:** Indoor 25 yard x 50 meter heated pool. Ten 25-yard lanes will be used for competition. The minimum water depth is 8 feet. The pool was measured at 1 and 5 meters from both ends in accordance with Article 103.2.3. Dolphin Timing System. Warm-up and warm-down space will be available throughout the meet. The competition course has not been certified in accordance with 104.2.2C(4)."
- USA SWIMMING REGISTRATION:** All swimmers, coaches, and officials participating in this competition must be currently 2017/2018 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.
- UNACCOMPANIED SWIMMERS:** Any swimmers entered in this 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.
- PHOTOGRAPHY** 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.
- ELIGIBILITY:** Age up date November 17th, 2017 [IS YOUR MEET NOV 11 OR 17TH](#)
- LIABILITY:** In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), Nitro Swimming, Nitro – Bee Cave 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.
- 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 or 2018 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 or 2018 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.

- ENTRIES:** Swimmers may enter up to five (5) individual events.
- ENTRY FEES:** \$6.25 per event (includes the STSI splash fee of \$1.25 per splash). Your account on file with www.nitroswim.com will be automatically billed. There will be no refunds for any reason including but not limited to injury and/or illness.
- MEET FORMAT:** This is a closed competition open only to swimmers who are attached or unattached to Nitro. This will be a timed final meet. All events will be swum fastest to slowest with flyover starts. All Events will be mixed gender events seeding will be solely based on time and not gender. There will be no lane separation between genders. The Meet Director and Meet Referee reserve the right to combine heats and/or events as needed.
- TIME TRIALS** None
- QUALIFYING TIMES:** There will be no qualifying times for this meet.
- AWARDS:** There will be no awards at this meet.
- HEAT SHEETS:** Heat Sheets will be posted online at www.nitroswim.com after Wednesday November 8th, 2017.
- ADMINISTRATION:**
- | | | | |
|---|---------------------------------|--|--|
| Entries Chair: | Meet Director: | Referee: | Admin |
| Florian Rudolph
512-259-7999
Florian.rudolph@nitroswim.com | Florian Rudolph
512-259-7999 | Charles Yang
512-992-6200
hellaheat@yahoo.com | Tammy Sung
512-887-1689
tammysung@outlook.com |
- OFFICIALS:** All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and their local LSC for 2017 or 2018 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Please email the Meet Referee with your certification level and availability so he can plan accordingly. Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials' briefing and to receive your assignments. The wearing of name tags is strongly encouraged
- WARM-UPS:** Warm-ups will be conducted in accordance with the current STSI Policies and Procedures listed below and on the STswim.org Web Site.
- SPECIAL NEEDS:**
- Please notify the Nitro – Bee Cave 512-861-7946 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
 - 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.
- DECK CHANGING:** Deck changes are prohibited.
- 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.
- CELL PHONE:** 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.
- TIMERS:** Volunteer timers will be needed.

Order of Events
(Distance in Short Course Yards)

SATURDAY – 3:00PM	
Mixed Event #	Event
1	200 Freestyle
2	50 Freestyle
3	200 Butterfly
4	100 Breaststroke
5	50 Backstroke
6	200 Breaststroke
7	100 Butterfly
8	200 Backstroke
9	100 Freestyle
10	50 Breaststroke
11	500 Freestyle
12	100 Backstroke
13	50 Butterfly
14	200 Individual Medley

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 shall occur from only the designated end of the pool, swimmers must exit on the opposite end of the pool, and may be done only under the direct supervision of the coach.
- II. Open Warm-up Procedures

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARM-UP
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 and from the designated end. Swimmers must exit the pool on the opposite end.
 - d. There will be no diving in the general warm-up lanes—circle swimming only.
 - e. 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.