

The University of Texas at Austin and



**LONGHORN AQUATICS
2013 Texas Senior Circuit
July 11-14, 2013**

Important Meet Facts

Meet Date: July 11-14, 2013

Entries Open: Tuesday, June 25, 2013 at NOON for ALL teams

Entries Close: Monday, July 1, 2013 at NOON.

Entry Fees: \$90.00 cap for each swimmer (7 individual events). \$20.00 per relay. Teams will pay a \$20 Senior Circuit surcharge.

Meet Format: This is a prelim/final meet.

Qualifying times: Texas Senior Circuit will use Sectional and Sectional Bonus qualifying times.

Deck Entry/Scratch Rule: Deck entries for Friday will be accepted before the Scratch deadline on Thursday. Deck entries for Saturday will be accepted before the Scratch Deadline on Friday. Deck entries for Sunday will be accepted before the scratch deadline on Saturday. No deck entries will be accepted the day of the event. Deck entries will only be accepted for open lanes.

Deck Entry Fees: \$20.00 per individual event, \$40.00 per relay.

Deck Entry/Scratch Deadlines:

Friday Deck Entry/Scratch deadline- Thursday, July 11th 6:00 PM

Saturday Deck Entry/Scratch deadline- Friday, July 12th 6:00 PM

Sunday Deck Entry/Scratch deadline-Saturday, July 13th 6:00 PM

Positive Check in Deadlines: Positive check-in will be available as athletes enter the pool deck and will close approximately 1 hour before the event. Swimmers that check-in for an event and fail to swim will be fined \$30 payable to the University of Texas.

General Meeting: Immediately following the 400 Freestyle Relay, on Thursday, July 11.

New Address: 1900 Red River Street, Austin TX 78712

Timer Rule: All teams are asked to provide volunteer timers to help at this meet.

Warm Up Assignments: All warm ups will be general.

Special hotel block rate information can be found on the Longhorn Aquatics meet page!

All meet information & updates can be found at:

<http://www.utexas.edu/longhornaquatics/meets/upcoming-meets/>

Welcome: Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in our 2013 Texas Senior Circuit. This meet is open to all USA Swimming registered swimmers and will be conducted in one 50 meter competition pool, using Daktronics Timing System, and Hy-Tek Meet Manager software.

Facility: The Lee and Joe Jamail Texas Swimming Center has an indoor 8 lane 50 meter competition pool. The pool is considered one of the fastest pools in the world due to its depth, gutter system, high filtration rate and lane width. There are two movable, power-operated bulkheads. For the Senior Circuit meet the competition course *has* been certified in accordance with 104.2.2C(4).

The Swim Center is located on the University of Texas Campus, 1900 Red River Street, one block west of I-35 on the northwest corner of the intersection of Martin Luther King Boulevard and Red River Street.

Water Depths: The Start end is 9 feet, and the turn end is 9 feet.

Liability: USA Swimming, South Texas Swimming, The University of Texas, the Lee and Joe Jamail Texas Swimming Center, and Longhorn Aquatics accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in 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.

TSC Rules: As guests of The University of Texas, all must adhere to the Texas Swim Center (TSC) rules. Coaches must supervise their swimmers. Chewing gum and glass containers are not permitted in the building. Locks may not be left on lockers overnight. Wet swimmers cannot leave pool deck. Children must be supervised at all times.

Spectators and athletes may not bring food or drink into the Texas Swim Center from outside sources. Teams ARE permitted to bring two (2) coolers on to the deck.

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.

Cell phone restrictions: The presence or use of cell phones, smart phones or any other devices capable of producing audio recordings, 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.

Sanction: This meet has been sanctioned by South Texas Swimming and 2013 rules will apply. All swimmers must be registered as athletes for 2013 with USA Swimming by the entry deadline. Athletes that register with USA Swimming after the entry deadline may deck enter the meet only if they can present their 2013 USA card.

Rules: The 2013 USA Swimming Rules & Regulations and any relevant sections of the STSI Handbook will apply.

USA Swimming Registration: All swimmers, coaches, and officials participating in this competition must be *currently* (2013) registered with USA Swimming. 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 **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. South Texas Swimming does not permit on-deck USA Swimming Registrations.

Schedule:	Wed., July 10	The pool will be available for warm ups from 7:30 PM – 9PM	
	Thurs., July 11	Timed Finals, Warm-up 3:45 – 4:50 PM, Start 5:00 PM	
	General Meeting	immediately following the 400 Freestyle Relay	
	Fri., July 12	Prelims Warm-up 8:15 - 9:15 AM	Start 9:30 AM
		Finals Warm-up 4:45 - 5:45 PM	Start 6:00 PM
	Sat., July 13	Prelims Warm-up 8:15 - 9:15 AM	Start 9:30 AM
		Finals Warm-up 4:45 - 5:45 PM	Start 6:00 PM
	Sun., July 14	Prelims Warm-up 8:15 - 9:15 AM	Start 9:30 AM
		Finals Warm-up 3:45 - 4:45 PM	Start 5:00 PM

General Meeting: All swimmers must be represented at a general meeting to be held Thursday afternoon following the 400 Freestyle Relay. Any change in the format of the meet will be decided at this meeting. It is each swimmer and coach's responsibility to be aware of any changes made during the meeting. The estimated start time of the meeting will be published on the Longhorn Aquatics website one week prior to the start of the meet.

Qualifying Times: Qualifying times are the Texas Senior Circuit (TSC) Standards. Any USA Swimming registered swimmer who meet the qualifying times is eligible to swim. These time standards can be found at <http://www.texasseniorcircuitsswimming.org>. Qualifying times must have been earned since July 11, 2011.

Athletes must have at least one qualifying time to swim in the meet. Swimmers with at least one qualifying time may swim up to two bonus events maximum for the meet. Bonus events must meet bonus qualifying times. Bonus events must be marked as bonus in the Hy-Tek entry file.

Meet Format: Each prelim session will be seeded the evening before. Please scratch by 6:00 PM any event you will not swim the next day. There is not a penalty for failing to scratch a prelim event; this is a courtesy to the other swimmers by eliminating an empty lane in prelims. All deck entries for the next day's events received before 6:00 PM will be seeded.

Prelims- Heats will swim fastest to Slowest. Circle seed top 3 heats.

The 400 Free and the 400 IM in prelims will swim in the following order: the first three fastest heats of women, the first three fastest heat of men, then alternating heats women/men, fast to slow.

The 800 and 1500 free and all relays are timed finals. All other events are prelim/final events. Finals will feature 3 heats: a final, consolation and bonus heat qualifying for finals on Friday, Saturday and Sunday. Thursday's individual events and relays are deck seeded and require positive check-in. The 1500 free on Sunday is also deck seeded and requires positive check-in. The fastest heat of the women's and men's 1500 on Sunday, electing to swim in finals, will swim in finals; all other heats will swim at the conclusion of prelims on Sunday alternating women and men.

Swimmers in Thursday's events must provide their own counters and timers. Swimmers in the women's and men's 1500 free during Sunday prelims must provide their own timers and counters, and will alternate heats of women and men.

Finals- We will swim women's heats slowest to fastest (C, B, A) then the men's heats in the same fashion. The top 24 swimmers in each event will swim finals, including the distance events of 400 free and 400 IM. Swimmers qualifying for finals have 30 minutes after the announcement of preliminary results to either scratch or declare an intent to scratch. Swimmers that indicate an intent to scratch must declare their final intention within 30 minutes following their last individual preliminary event. Any swimmers qualifying for an A, B, or C final in an individual events who fails to complete in said final swim will be subject to a penalty of \$30 and must be paid before the swimmer can swim again at the Texas Swim Center. All heats will run in the same session.

Relays- All relays are timed finals. Relay swimmers must be qualified and entered in an individual event.

Relays, like individual events, will be seeded the evening before. Please scratch by 6:00 PM any relay you will not swim the next day. Deck entered relays are NOT eligible to swim in finals. The fastest 2 heats of each relay electing to swim in finals, will swim in finals, slowest to fastest. Remaining heats will swim during prelims, fastest to slowest. Relay cards for morning relays are due to Clerk of Course by 10 AM the day of the relay. Relay cards for evening relays are due at the beginning of the evening session. Cards not received by the deadline will be considered scratches.

The Meet Director and Meet Referee reserve the right to change the pool configuration for prelims and/or finals. The Meet Director and Meet Referee reserve the right to change relay schedule.

Entries: Entries will open on **Tuesday**, June 25, 2013 at NOON. Entries will close on Monday, July 1, 2013 at NOON. No paper, phone or fax entries will be accepted. Send ALL entries to Bridgette Rhoades at bridgette.rhoades@austin.utexas.edu. Entry fees must be received by Monday, July 8, 2013 or your entries may be removed from the meet. All entries must include:

- the Hy-Tek entry file,
- PDF or word document of the entries -- by swimmer, with proof of time
- and any other proof of time information

Swimmers may compete in 7 events (\$90.00 cap) for the whole meet, excluding relays. Relays are \$20.00. Swimmers may not compete in more than 3 individual events per day. If you earned the qualifying time in yards, you must enter in yards. Do NOT convert times. Do NOT enter at the LCM cut. Enter bonus events with a real, provable time. You may not enter a bonus event with a NT. Bonus events must be marked as bonus swims in the Hy-Tek entry file.

Teams with five or more swimmers entered in the meet must submit entries using the latest version of Hy-Tek Team Manager software.

Teams with fewer than five swimmers may send an email that includes: the team, team abbreviation, LSC, the swimmer's full name (as registered with USA Swimming), USA ID, event number and description, entry time and proof of time information (see "Proof of Time").

No paper, phone or fax entries will be accepted. Entries received without accurate USA Swimming registration numbers will NOT be accepted or processed.

If you don't receive an email confirmation, your entries were not received.

Entry Fees: \$90.00 cap for each swimmer (max of 7 individual events), \$20.00 for each relay. Teams will pay a \$20 Senior Circuit surcharge.

Make checks payable to: **The University of Texas at Austin**
 Mail to: Longhorn Aquatics
 Texas Senior Circuit Championships
 1900 Red River Street D4050
 Austin, TX 78712-0364

Seeding: Non-conforming times will be seeded last – LCM times first then SCM then SCY then bonus events. The fastest 3 heats in prelims will be circle seeded.

Check-In: Positive check-in is required for the 400 free, 800 free, 400 IM, and 1500 free. Swimmers in Thursday's events must check in by 4:15 PM on Thursday.

Swimmers in the women's and men's 1500 on Sunday must check in by 6:00 PM on Saturday. Swimmers in these two events must also indicate if they intend to swim in prelims or finals. The 8 fastest that declare finals will swim in finals.

Swimmers that check-in for an event and fail to swim will be fined \$30 payable to the University of Texas. These swimmers will be barred from competition (at this or subsequent TXLA meets at the Swim Center) until the fines are paid.

Deck Entry/Scratch Rule: Deck entries for Friday will be accepted before the Scratch Deadline on Thursday. Deck Entries for Saturday will be accepted before the Scratch Deadline on Friday. Deck entries for Sunday will be accepted before the scratch deadline on Saturday. No deck entries will be accepted the day of the event. Deck entries will only be accepted for open lanes.

Swimmers not previously entered in the meet must present their 2013 USA Swimming registration card at Clerk of Course and proof of qualifying times to deck enter.

Deck Entry Fees: \$20.00 per individual event, \$40.00 per relay.

Deck Entry/Scratch Deadlines:

Friday Deck Entry/Scratch deadline- Thursday, July 11th 6:00 PM
 Saturday Deck Entry/Scratch deadline- Friday, July 12th 6:00 PM
 Sunday Deck Entry/Scratch deadline-Saturday, July 13th 6:00 PM

Eligible Swimmers: All 2013 USA Swimming registered swimmers who meet the qualifying times (see qualifying times section) are eligible to swim.

Proof of Time: Times submitted to qualify for this meet will be pre-proved. Times achieved at the meet cannot be used to prove entry times. The Team Manager "Proof-of-Times Report" must be submitted with your entries. Only times that are in the USA Swimming database will be accepted. High School times other than District, Regional or State will NOT be accepted.

Time Trials: Time Trials will be conducted 15 minutes following prelims on Friday and Saturday *time permitting*. Swimmers must be entered in the meet to time trial. Time trial events count toward the daily entry limit of 3 individual events. The order of events each day will be at the discretion of the Meet Referee. Entries will be accepted until 11:00 AM each day. Entry fees are \$20 per individual event and \$40 per relay. Only swimmers currently in the meet are eligible to time trial.

Scoring: This meet will be scored by team.

Awards: No awards will be given.

Meet Results: For real time meet results, go to www.utexas.edu/longhornaquatics. Final meet results, including time trial results, will be posted on the Longhorn Aquatics website, and on the South Texas Swimming website.

Meet Referee:	Ron Zolno	(512) 775-8113	rzolno@brsgroup.com
Admin. Referee:	Herb Schwab	(281) 242-1334	herb.schwab@gmail.com
Head Coach:	Mike Laitala	(512) 507-8969	mike.laitala@austin.utexas.edu
Meet Director & Entry Chair:	Bridgette Rhoades	(814) 602-8254	bridgette.rhoades@austin.utexas.edu

Special Needs: Please notify the Texas Swimming Center at 512-471-7703 in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The Texas Swimming Center Staff will make reasonable accommodations for swimmers coaches, or spectators who wish to enter and use our facility. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. 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. 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: Help from visiting officials is always welcome. All deck officials must be registered with USA Swimming and their respective LSCs for 2013 and have a current Background Check acknowledged by USA Swimming. Officials are asked to email the Meet Referee, Ron Zolno at rzolno@brsgroup.com, with their certification level and availability, so he can plan accordingly. All officials must attend a mandatory meeting one hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. The finals uniform will be blue polo shirt over khaki pants/skirt (NO shorts), as appropriate. Nametags are very helpful; please bring and wear yours, if you have one.

Deck Access: Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. Only currently registered coaches and officials will be granted access beyond the front desk of the Texas Swimming Center. Coaches and officials will be required to show their current USA Swimming registration card at the front desk in order to be on deck. Volunteers will be given a pass to access the deck and help for that specific purpose. Please be aware that swimmers will not be allowed on the deck until one of their team coaches has checked in and is on deck. Any non-registered individuals not respecting these rules will be removed from that area or from the facility at the discretion of the Meet Director, Longhorn Aquatics Program Director or Texas Swimming Center staff.

Parking: The University of Texas requires a UT permit for parking along Trinity and San Jacinto as well as C Lot 80 in front of the Swim Center. Please go to our website, www.utexas.edu/longhornaquatics as we get closer to the meet for more information on parking.

Deck Changing: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

Texas Senior Circuit Time Standards

2013 TSC Men	Sectional Standards		Sectional Bonus Standards	
	Event	SCY	LCM	SCY
50 FREE	22.29	25.49	22.79	26.09
100 FREE	48.39	55.49	49.29	56.49
200 FREE	1:45.59	2:01.69	1:47.49	2:03.79
400/500 FREE	4:46.09	4:21.69	4:49.19	4:24.59
800/1000 FREE	9:49.79	8:59.49	10:00.59	9:03.89
1500/1650 FREE	16:34.29	17:05.59	16:46.99	17:21.89
100 BACK	54.49	1:04.29	55.39	1:05.29
200 BACK	1:57.19	2:20.29	1:59.09	2:23.09
100 BREAST	1:01.79	1:12.69	1:02.69	1:13.79
200 BREAST	2:14.89	2:40.59	2:16.79	2:42.59
100 FLY	53.09	1:01.09	54.09	1:02.19
200 FLY	1:59.69	2:21.09	2:01.89	2:23.29
200 I.M.	1:59.09	2:19.09	2:01.09	2:21.09
400 I.M.	4:14.39	4:56.79	4:18.99	5:01.29

updated 10/19/12

2013 TSC Women	Sectional Standards		Sectional Bonus Standards	
	Event	SCY	LCM	SCY
50 FREE	24.99	28.49	25.79	29.09
100 FREE	53.49	1:01.39	54.69	1:02.19
200 FREE	1:55.19	2:12.59	1:57.39	2:13.69
400/500 FREE	5:10.49	4:39.69	5:14.89	4:43.59
800/1000 FREE	10:31.39	9:30.49	10:40.19	9:37.19
1500/1650 FREE	17:58.99	18:23.29	18:12.39	18:36.29
100 BACK	59.49	1:10.99	1:01.09	1:12.39
200 BACK	2:07.69	2:32.79	2:10.99	2:35.69
100 BREAST	1:09.79	1:20.89	1:10.89	1:21.99
200 BREAST	2:29.99	2:54.79	2:33.69	2:57.19
100 FLY	58.79	1:07.99	1:00.69	1:09.69
200 FLY	2:11.99	2:34.79	2:15.09	2:37.39
200 I.M.	2:11.49	2:32.89	2:15.19	2:34.39
400 I.M.	4:39.29	5:22.89	4:47.69	5:26.39

updated 10/19/12

ORDER OF EVENTS

Distance in LCM

Thursday, July 11, 2013.....

Women's #	Event	Men's #
1	800 Freestyle*	2
3	400 Free Relay	4

Friday, July 12, 2013.....

Women's #	Event	Men's #
5	200 Breaststroke	6
7	200 Butterfly	8
9	50 Freestyle	10
11	400 Freestyle**	12
13	800 Free Relay	14

Saturday, July 13, 2013.....

Women's #	Event	Men's #
15	200 Freestyle	16
17	100 Breaststroke	18
19	200 Backstroke	20
21	100 Butterfly	22
23	400 Individual Medley**	24
25	400 Medley Relay	26

Sunday, July 14, 2013.....

Women's #	Event	Men's #
27	200 Individual Medley	28
29	100 Freestyle	30
31	100 Backstroke	32
33	1500 Freestyle***	34

NOTES:

*Deck seeded, Timed final, Fastest to slowest, alternating women and men. Swimmers provide their own counters and timers.

**Prelims are deck seeded. The 400 Free and the 400 IM in prelims will swim in the following order: the first three fastest heats of women, the first three fastest heat of men, then alternating heats women/men, fast to slow.

***Deck seeded. Timed final. The fastest heat of women and men electing to swim in finals, will swim in finals. All other heats will swim at the conclusion of prelims, fastest to slowest. Swimmers in preliminary heats must provide their own timers and counters.

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 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! Dive sprints may only be done under the direct supervision of the coach.
 - d. There will be no diving in the general warm-up lanes. Circle swimming only.
 - e. No kick boards, pull buoys, or hand paddles may be used.
3. 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. 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

1. Backstrokers will ensure that they are not starting as 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.
2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
3. 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.
4. Warm-up procedures will be enforced for any breaks scheduled during the competition.
5. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-up 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.