

Corpus Christi Aquatic Alliance
Snowflake Meet
January 10-11, 2009
Entry Deadline: January 1, 2009

- Welcome:** The Corpus Christi Aquatic Alliance – Club Estates Marlins invites you to join us at the CCISD Natatorium to compete in our January short course unclassified. The meet is open to all swimmers registered with USA Swimming and will be conducted in an indoor 25 yard course using the Daktronics Timing System and Hy-Tek Meet Manager Software. Designated warm up lanes will be available during the meet.
- Location:** Corpus Christi Independent School District Natatorium located at 3202 Cabiness Parkway, Corpus Christi, TX 78415.
- Facility:** Six feet deep 8 lane, 25 yard competition pool with a 6 lane 25 yard warm-up/cool down area. Bleacher seating is available. Dressing and locker rooms are available.
- Liability:** In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Corpus Christi Aquatic Alliance, Club Estates Marlins, the CCISD Natatorium, the City of Corpus Christi and its employees, all meet officials, and volunteers shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet or while traveling to and from the meet. It is expected that all persons attending the meet will respect the facilities and remember they represent themselves and their respective clubs. Damages to the facility, when proven, shall cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. It may also result in expulsion from the meet.
- USA Swimming Registration:** All swimmers, coaches, and officials participating in this competition must be currently 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 chose to late enter when possible, or need to be entered because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID Card, verify their USA Swimming registration via electronic means, or accomplish a USA Swimming Registration Form and pay the necessary fees prior to being allowed to compete. National and LSC Regulations do not allow for any exceptions to these policies.
- Rules:** The most current USA Swimming Rules and Regulations and any relevant sections of the STSI Handbook will govern the conduct of this meet.
- STS Swim Suit Rule:** Swimsuits worn by males in all **14 and under** STSI Age Group competition shall not extend above the waist and nor extend further down the legs than to the top of the kneecap (patella). Swimsuits worn by females in all **14 and under** STSI Age Group competition shall not extend past the top of the shoulder, cannot cover any part of the arms nor extend further down the torso than the buttocks. Violators will be barred from competition until the swimmer's swimsuit meets the requirements of this paragraph.
- Meet Format:** All events are timed finals, seeded by time and gender. Age groups will be combined and events will be swum slowest to fastest. **Exception: The 400 IM, 500 Free and 1650 Free will be gender combined and swum fastest to slowest. The 500 free and 1650 require positive check in.**
- The meet host reserves the right to split the meet between the 12 & U and 13 & O in order to comply with the 4 hour rule. If the meet has to be split the 13 & O warm-ups will begin one hour after the morning session is completed.**

Age up Date: January 10, 2009

Qualifying Times: None

Entry Deadline: Entries are due by January 1, 2009.

Deck Entries: Deck entries will be accepted for open lanes. Additional heats may be created at the discretion of the meet director and/or meet referee. All deck entries will be entered with a NT. You may deck enter for the current session beginning at the start of warm up for that session. **Swimmers that are not previously entered in the meet are required to show proof of their current 2009 USA Swimming registration** to the Clerk of Course in order to deck enter. Deck entry fees are double per event.

General

Entry Procedures: Swimmers may enter a maximum of **5** individual events per day. The age of the swimmer will be his/her age on January 10, 2009. Please do not enter with NT; you may estimate a SCY time for your athlete. A good estimated SCY time will ensure your athlete is seeded in the proper heat -- this provides the best competition for all athletes.

All teams with five or more swimmers entered in the meet must submit their entries using Hy-Tek Team Manager software. We understand that sometimes it is necessary to send a corrected Hy-Tek file but this should be the exception and only 1 corrected file will be accepted in any case. Feel free to send an entry file early and update times (not entries) by January 5th.

Email entries to meetdirector@ccaquaticfb.com. When you email the entries, also attach a Word document of the Hy-Tek Meet Entry Report by swimmer. If you don't receive an email confirmation, your entries were not received.

Teams with fewer than five swimmers may send an **email** including the team, team abbreviation, LSC, the swimmers full name (as registered with USA Swimming), USA ID, event numbers, event description, and entry times for each swimmer.

Entry fees must be received by Monday, January 5, 2009. Please include the meet entry fees report with your check. Do NOT send a copy of the entries you emailed earlier. Mail entry fees and entry report to: CCAA-CEM c/o Raychel Laya, 6606 Clarion Dr. Corpus Christi, TX 78412

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

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. Relay cards are due 30 minutes prior to the start of each session.

Entry Fees: \$5.50 per individual event and \$11.00 per relay (both include the STS splash fee of \$1.25) Please make checks payable to: CCAA-CEM

Heat Sheets: Heat sheets will be available for sale at a nominal cost.

Administration:	Meet Director: Raychel Laya 6606 Clarion Dr. Corpus Christi, TX 78412 361-739-0290 meetdirector@ccaquaticfb.com	Meet Referee: Didi Byerly 7722 Jacinto Circle Corpus Christi, TX 78413 361-994-9179 didibyerly@aol.com	Head Coach CCAA-CEM: Annette DuVall 7101 Trappers Lake Corpus Christi, TX 78413 361-946-5815 aduvall@flash.net
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Warm-ups: Warm-ups will be conducted in accordance with the current STSI Policies and Procedures posted on the STSI website.

Scratch Rules: There is no penalty for scratching from an event. However, in order to assist those swimmers that wish to deck enter, please report any scratches to the clerk of course as soon as possible.

Awards: Individual event ribbons, first through eighth, will be awarded in the following age group categories: 8&U, 9, 10, 11, 12, 13-14, 15-O. The top swimmer in each age group category will be

awarded a high point trophy. Relays will be awarded ribbons first through third in the following age group categories: 10&U, 11-12, 13-14, 15-0. Relays will not count towards the high point trophy.

Special Needs:

Please notify Corpus Christi Aquatic Alliance – Club Estates Marlins at 361-946-5815 in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
The CCISD 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 of the USA Swimming Rules and Regulations.

Daily Schedule:

Saturday:

Warm up: 9:00 a.m.
Clear the pool: 9:45 a.m.
Start time 10:00 a.m.

Sunday:

Warm up: 8:00 a.m.
Clear the pool: 8:45 a.m.
Start time: 9:00 a.m.

Coaches meeting will be held 15 minutes prior to the start of each session.

Timers:

The host team will attempt to provide backup timers for this meet; however, volunteer timers will be necessary. All teams participating in the meet are strongly encouraged to provide volunteer timers for the meet. Please ensure that the meet starts on time and runs smoothly by encouraging your parents to assist with timing. Swimmers competing in the 500 and 1650 free must provide their own backup timers and lap counters.

Officials:

All currently certified and in-training USA Swimming officials are cordially invited to participate. USA Swimming Rules and Regulations require that officials prominently display their USA Swimming and LSC credentials while on deck as an official.
The wearing of name tags is strongly encouraged.
Please check-in with the Meet Referee via email no later than January 7th.

Order of Events

Distances are in yards
Saturday, January 10, 2009

1*	10 & O	400 IM	2*
3	Open	200 Free Relay	4
5	Open	50 Breast	6
7	10 & O	200 Back	8
9	Open	100 IM	10
11	Open	100 Breast	12
13	Open	50 Free	14
15	10 & O	200 Fly	16
10 minute break			
17*	Open	500 Free	18*

*Events will be swum gender combined, fastest to slowest. The 500 free and the 1650 free will be deck seeded. Positive check in is required. **Swimmers must provide their own timers and counters for the 500 free and 1650 free.**

Sunday, January 11, 2009

19	Open	200 IM	20
21	Open	200 Medley Relay	22
23	Open	50 Back	24
25	10 & O	200 Breast	26
27	Open	100 Fly	28
29	Open	200 Free	30
31	Open	100 Back	32
33	Open	50 Fly	34
35	Open	100 Free	36
10 minute break			
37*	10 & O	1650 Free	38*

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!
- 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 warmups 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.