

and/or Meet Director prior to the start of the meet on the day a swimmer competes.

Swimwear restrictions:

- Swimsuits worn by males in all 14 and under STSI Age Group competition shall not extend above the waist nor extend further down the legs than to the top of the kneecap. 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.
- Only one swim suit may be worn during a competitive race.

Entries: Swimmers may compete in a maximum of five individual events per day. Swimmers will be seeded by times and age groups. Enter in long course meter times. Team Manager should be used to convert yard and short course meter times to long course meter times for seeding purposes. Teams are encouraged to use the .HYV file provided at the STSI website to aid in the entry procedure

Entry Fees: \$5.00 per individual event, \$10.00 late entry. These fees include the \$1.25 South Texas splash fee. Make checks or money orders payable to McAllen Swim Club. Late entries will be accepted up to 7:30 am on the day of the meet. No additional heats will be created.

Entry Procedures: The DEADLINE for meet entries is May29, 2009a. Entries must be entered into HY-TEK or compatible disk. Hard copy and fees must accompany entries and once accepted will not be refunded.

- * Do not send entries by Express, Overnight Mail, etc., without a waiver of signature
- * Please include a club contact person's phone number and e-mail.
- * **E-mail entries are accepted.** A Hy-Tek file, and an entry report file in word format needs to be attached to your e-mail and needs to be **received by the entry deadline**. The entry fees need to be received before the meet starts June 13, 2009. The entry chair will e-mail you back within 24 hours of receiving your e-mail entry. If you do not receive this e-mail, call the entry chair immediately.

Entry chair: Monica Santos
3700 Hildreth Lane
McAllen, TX 78504
(956) 318-1013 / (956) 867-4545 cell
mscentries@gmail.com

Awards: There will be first place high point boy and girl trophies awarded for each age group including 6 and under. Ribbons will be awarded for places 1-8, in each event for each age group (9-10, 11-12, 13-14, 15 – O) including 8 and under.

Warm-up procedures: The South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. Violators may be disqualified. **WARM-UPS BEGIN: 7:00 a.m. MEET BEGINS: 8:00 a.m.**

Timers: Each competing team will be asked to supply two (2) timers each day. Volunteer timers will be greatly appreciated. Athletes in the 400-meter Free, 1500-meter Free and 400 meter I.M. must provide their own timers.

<p>Referee: Miguel Gonzalez 7025 N. 5th St. McAllen, TX 78504 (956) 994-0996 gonzalezma@panam.edu</p>	<p>Meet Director: Helene Picard-Sanchez 1412 Quamasia Ave. McAllen, TX 78504 (956) 630-1344 or 929-0496 hpicard@rgv.rr.com</p>	<p>Head Coach: Roxanne Balducci 2117 Deborah St. Edinburg, TX 78539 (956) 380-0279 rbalducci2002@yahoo.com</p>
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SOUTH TEXAS SWIMMING, Inc.
Safety Guidelines and Warm-up Procedures

- A. WARM-UP PROCEDURES
1. General Warm-up (First 30 - 45 minutes).
 - a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
 - b. Dive Sprints may be done only under the direct supervision of the coach.
 2. Final warm-up procedures
 - a. Push/pace lanes will push off one or two lengths from starting end.
 - b. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times.
 - c. There will be no diving in the general warm-up lanes. Circle swimming only.
 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 will be posted at several locations around the pool area. "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 warm-up.

7. Hazards in locker rooms, on deck, or areas used by coaches, swimmers, or officials will either be removed or clearly marked.

B. MISCELLANEOUS NOTES

1. 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.

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 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 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.

2009 Unclassified Swim Meet
Order of Events

<u>Saturday</u>		
Girl's #	Age Group	Boy's #
400 IM		
1	13 & O	2
3	11-12	4
100-yard Freestyle		
5	Open	6
50 Butterfly		
7	12 & U	8
200-yard Butterfly		
9	13 & O	10
11	11-12	12
50 Backstroke		
13	12 & U	14
200 Backstroke		
15	13 & O	16
17	11-12	18
100 Breaststroke		
19	13 & O	20
21	12 & U	22
200 Freestyle		
23	13 & O	24
25	12 & U	26
200 Freestyle Relay		
27	12 & U	28
400 Freestyle Relay		
29	13 & O	30

<u>Sunday</u>		
Girl's #	Age Group	Boy's #
400 Freestyle		
31	13 & O	32
33	11-12	34
100 Butterfly		
35	Open	36
50 Breaststroke		
37	12 & U	38
200 Breaststroke		
39	13 & O	40
41	11-12	42
50 Freestyle		
43	Open	44
100 Backstroke		
45	13 & O	46
47	12 & U	48
200 IM		
49	13 & O	50
51	12 & U	52
200 IM Relay		
53	12 & U	54
400 IM Relay		
55	13 & O	56
1500 Freestyle		
57	13 & O	58

Motels

Courtyard by Marriott	2131 S. 10th St. McAllen	956-668-7800	
Ramada 2-Ramada	1505 South 9th St. McAllen	956-686-4401	1-800-
Microtel Inn 621-5890	Expwy 83 & Jackson McAllen	956-630-2727	1-800-
Drury Inn	Expwy 83 & 6th McAllen	956-687-5100	
Hampton Inn	300 Expwy 83 McAllen	956-682-4900	
Holiday Inn Express	2000 S. 10th St. McAllen	956-686-1741	
La Quinta Inns 687-6667	1100 S. 10 St. McAllen	956-687-1101	1-800-
Embassy Suites 362-2779	1800 S. 2nd St. McAllen	956-686-3000	1-800-
Sheraton	2721 S. 10 St. McAllen	956-687-1161	