



**STREAMLINE AQUATICS**  
**2009 SASA FALL FLING**  
**September 26-27, 2009**  
Sanction Number: ST-09-60

**Welcome:** Streamline Aquatics invites you to join us at the Barshop Natatorium on the campus of The University of the Incarnate Word to compete in our September open unclassified short-course meet. This meet will be conducted in one 11 lane pool, with 8 lanes for competition and 3 lanes for warm up and warm down. We will use Hy-Tek Meet Manager software and Daktronics timing system.

**Location:** The Barshop Natatorium is located on UIW's Campus at 4301 Broadway, San Antonio, TX 78209. The pool is located on the West side of campus over the river bridge and on the right.

**From 281 SOUTH** – Turn Left onto Hildebrand, Turn Left at second stop light, Turn left at T. Follow road and merge left over the bridge, and Natatorium is first building on Right.

**Cell phone Restrictions:** The presence and / or use of cell phones in locker rooms is strictly and specifically prohibited at all times. There are no exceptions to this prohibition. Violators are subject to disqualification from the meet and disbarment from the facility.

**Swim Wear Restrictions:** Swimmers shall be limited to one swimsuit, which shall be constructed of a woven / knit textile material, permeable to water and air, constructed so as not to aid in buoyancy, and shall not contain zippers or other fastening systems. In addition, the suit shall be constructed so that the style / shape for males shall not extend above the waist or below the top of the kneecap and for females shall not extend beyond the shoulders or below the top of the kneecap, and it shall not cover the neck.

**Schedule:** Saturday and Sunday Warm Up 7:30 AM Start 9:30 AM  
\*An e-mail will be sent to each team on Tuesday, September 22nd, with specific warm up times should warm ups need to be split into two sessions.

**Sanctions:** This meet is sanctioned by South Texas Swimming and 2009 rules apply. All swimmers must be registered for 2009 or 2010 with USA Swimming. Athletes that register with USA Swimming after the entry deadline may not enter the meet only if the meet director is contacted by Angella Woodard, the South Texas Executive Secretary for verification of registration.

## Qualifying

### Times:

There are no qualifying times. Although athletes may enter the meet with NT, we would encourage you to estimate a SCY time. You may convert a LCM time. A good estimated SCY time will ensure your athlete is seeded in the proper heat -- this provides the best competition for all athletes.

### Meet Format:

All events are timed finals, seeded by time and gender only. All events will swim fastest to slowest. If there are schedule changes, notification will be made as soon as possible after entry deadline.

We also reserve the right to cap the number of swimmers entered in the meet in order to stay within the four hour rule. Swimmers will be entered in the order entries are received.

**Entry Deadline:** Entries must be received by **Monday, September 14, 2009 at 6 PM**. Entry fees must be received by Friday, September 18, 2009.

### Entries:

Swimmers may enter a maximum of 5 individual events per day. The age of the swimmer will be his/her age on September 26, 2009. Enter all events with short course yards times.

Entries must be emailed to Angella Woodard at [admin@stswim.org](mailto:admin@stswim.org). If you do not receive an email confirmation, your entries were not received. Please mail a hard copy of what you emailed.

Teams with *fewer than five* swimmers are not required to submit entries on Hy-Tek. They should email: swimmers name (as registered with USA Swimming), USA ID, club, club abbreviation, LSC, event number/name and entry times.

Teams with five or more swimmers entered in the meet must submit their entries using Version 3 or 4 of Hy-Tek Team Manager software. Include the Hy-Tek entry file and a Word document of the entries **by swimmer** with each entry file, including any subsequent revisions. It is necessary to include a hard copy of your entries with your check.

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

**Entry Fees:** **\$6.50 per individual event**. This includes the South Texas Swimming splash fee of \$1.25 per splash. Entry fees must be received by **Friday, September 18**. Please include an entry fee report with your check.

Make checks payable to **Streamline Aquatics** and mail to:

Meet Director- SASA Fall Fling  
14514 Majestic Prince  
San Antonio, TX 78248

### Deck Entries:

Deck entries will be accepted only for open lanes. **No new heats will be created**. You may deck enter beginning at the start of warm-up. Deck entries will close 40 minutes before the start of the meet.

The deck entry fee is \$12.00 per event. **Swimmers not previously entered in the meet must present their USA swimming registration card at Clerk of Course to be able to deck enter. No exceptions.**

**Awards:** Ribbons, first through eighth place. We will award ribbons for 6 & under, 7 yr old, 8 yr old, 9 yr old 10 yr old, 11 yr old, 12 yr old, and 13 and Over. Heat Winner Awards will be given for all 10 & Under and 12 & Under Events. Heat Winner Awards will NOT be given for events that are 11 & Over, 13 & Over, or Open.

**Officials:** Help from visiting officials is always welcome. Visiting officials are asked to indicate their availability with the team's entry or email the meet referee, Ray Pearce.

**Timers:** We will fill as many lanes as possible with SASA parents but we will need additional volunteers. Please help us out by responding to a call for timers.

**Special Needs:** Please notify the Barshop Natatorium (210-805-3078) in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The Natatorium 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 this LSC that 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.

**Meet Referee:** Ray Pearce - 210-326-7332 - [poolsbyray@aol.com](mailto:poolsbyray@aol.com)

**Meet Director:** Angella Woodard – 210-479-0881 – [admin@stswim.org](mailto:admin@stswim.org)

**Head Coach:** Phillip David - 210-805-3078 office - [padavis@uiwtx.edu](mailto:padavis@uiwtx.edu)

**Liability:** USA Swimming, South Texas Swimming, The University of the Incarnate Word, Barshop Natatorium, and Streamline Aquatics accept no responsibility or liability for 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.

**Parking:** There should be plenty of parking in front and behind the Barshop Natatorium.

**Concessions:** There will be concessions available downstairs in the Barshop Natatorium. Please help us keep the facility clean.



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**Order of Events**

**Saturday, September 26, 2009**

| <b>Girls</b> | <b>Event Description</b>        | <b>Boys</b> |
|--------------|---------------------------------|-------------|
| <b>1</b>     | 13 & Over 200 yd Freestyle      | <b>2</b>    |
| <b>3</b>     | 12 & Under 50 yd Breaststroke   | <b>4</b>    |
| <b>5</b>     | Open 100 yd Butterfly           | <b>6</b>    |
| <b>7</b>     | 10 and Under 25 yd Breaststroke | <b>8</b>    |
| <b>9</b>     | 12 & Under 200 yd IM            | <b>10</b>   |
| <b>11</b>    | 11 & Over 200 yd Breaststroke   | <b>12</b>   |
| <b>13</b>    | 10 & Under 25 yd Backstroke     | <b>14</b>   |
| <b>15</b>    | Open 100 yd Backstroke          | <b>16</b>   |
| <b>17</b>    | 12 & Under 50 yd Freestyle      | <b>18</b>   |
| <b>19</b>    | 13 & Over 100 yd Freestyle      | <b>20</b>   |

**Sunday, September 27, 2009**

| <b>Girls</b> | <b>Event Description</b>    | <b>Boys</b> |
|--------------|-----------------------------|-------------|
| <b>21</b>    | 13 & Over 200 yd IM         | <b>22</b>   |
| <b>23</b>    | 12 & Under 100 yd Freestyle | <b>24</b>   |
| <b>25</b>    | Open 100 yd IM              | <b>26</b>   |
| <b>27</b>    | 12 & Under 50 yd Backstroke | <b>28</b>   |
| <b>29</b>    | Open 100 yd Breaststroke    | <b>30</b>   |
| <b>31</b>    | 10 & Under 25 yd Freestyle  | <b>32</b>   |
| <b>33</b>    | 11 & Over 200 yd Butterfly  | <b>34</b>   |
| <b>35</b>    | 12 & Under 200 yd Freestyle | <b>36</b>   |
| <b>37</b>    | 10 & Under 25 yd Butterfly  | <b>38</b>   |
| <b>39</b>    | 11 & Over 200 yd Backstroke | <b>40</b>   |
| <b>41</b>    | 12 & Under 50 yd Butterfly  | <b>42</b>   |
| <b>43</b>    | 13 & Over 50 yd Freestyle   | <b>44</b>   |

**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(e) 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! 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 warmup 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.**