Alamo Area Aquatic Association

www.aaaa-sa.org

Meet Information

Posted 09/26/09

Nadadores

Name: •2009 San Antonio Nadadores Slower than A / BB

Sanction: •ST-09-70

Dates: •Saturday and Sunday, December 5 and 6, 2009

Venue:
- •San Antonio Natatorium
- •1430 West Durango
- •San Antonio, Texas 78207 (2 blocks South of Colorado and Commerce)
- •210-299-1560

Facility:
- •Eight- 25-yard lanes
- •5.5 to 4.5-feet deep
- •Daktronics Timing System
- •Seating is for 500 - It is recommended that attendees bring chairs
- •Concessions available

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 suit Restrictions:
- •Only one suit is permitted during competition
- •The suits must:
  - •Be of one piece
  - •Be constructed of woven / knit material
  - •Be 100% permeable to air and water
  - •Not aid buoyancy
  - •Not have fastening system other than waist ties, casings, ribbing or elastic (no zippers)
  - •Not extend below the knee and not cover the neck or shoulders for *women*
  - •Not extend above the navel or below the knee for *men*
- •Swimmers found in violation of these restrictions will be banned from further competition until the violation has been remedied

Liability
- •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, (STSI), the Alamo Area Aquatic Association (AAAA), the San Antonio I.S.D., and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet

USA Swimming Registration:
- •All swimmers, coaches, and officials participating in this competition must be *currently* (2009/10) 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)** chose to enter time trials when offered, **2)** late enter when possible, or **3)** 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 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 2009 USA Swimming Rules and any relevant sections of the STSI Handbook will apply.

Format:
•Individual events only
•No relays
•Timed finals
•All events will be seeded by time and gender without regard to age

Entry Restrictions:
•This meet is open to any swimmer *currently* (2009 / 10) registered with USA Swimming
•Age as of December 5, 2009 determines age for the entire meet
•Maximum of 5 individual events per day
•Swimmers may not enter any event for which they have previously swum at or faster than the 2009 – 2012 National Motivational "A" time for girls and "BB" time for boys
•Entries will be capped at 350

Qualifying Times:
•The qualifying times for this meet are **slower** than the 2009 – 2012 National Motivational Top-16-based "A" Time Standards for girls and "BB" for boys
•Swimmers who have achieved lifetime best times equal to or faster than these times may NOT enter this meet

Entry Deadline: •6:00 PM, Tuesday, November 24, 2009

Proof of Time: •No!

Late/Deck Entries:
•Yes
•However, entries received after the entry deadline will be treated as LATE entries and accepted at twice the normal entry fee
•Late entering swimmers must present their current 2008/9 USA Swimming registration card to in order to enter

Entry Procedures
•The **only** acceptable mode of entry is via Hy-Tek Commlink or File or disk
•A hard copy and Entry Fee Report must be included with your entry
•If you have questions on this procedure contact Don Walker at the e-mail address noted below
•Please format any disks before utilizing for entries
•An "HYV" File for Team Manager is available on the USA Swimming Page of the AAAA Web Site (www.aaaa-sa.org)
•Entries received without a seedtime (NT) **will not** be entered into this pre-seeded meet and any entry fees **will not** be refunded
•Mail or hand-deliver entries to the Entries Chair noted below
•Entries may also be submitted via e-mail •Please be certain to confirm your acceptance into this meet prior to making your air and hotel reservations.

E-Mail Entries:
•Entries in Commlink Format only, **MUST** be sent to: dmw15479@aol.com
•The Commlink File must be renamed to clearly identify the entering team, the shorter the better •Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded.
•Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (hard copy) is received as an attachment to the e-mail or hand-delivered to the meet director.
•More detailed instructions in a PDF Document will be found on the Forms, etc. Page (right-hand column towards the top) of the AAAA Web Site, (www.aaaa-sa.org/Forms.htm).

FAX Entries: **•Under no circumstances will entries be accepted via FAX.**

Entry Fees:
(Includes Splash Fee)

- **Normal** $ 6.00 per event
- **Late** $12.00 per event
- **Checks payable to:** San Antonio Nadadores

Meet Management:

- **Entries Chair & Meet Director:**
- Don Walker
- 110 Tuleta Drive
- San Antonio, TX 78212
- 210-299-1560
- dmw15479@aol.com

- **Meet Referee:**
- Jonathan Rightmyer
- 3730 Longridge
- San Antonio TX, 78228
- 210-857-4950
- john_rightmyer@yahoo.com

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page five
- AAAA will warm up from 7:30-8:05 am
- All other teams will warm up from 8:05-8:40 am (both days)

Time Trials:

- None

Scratch Rules:

- There are no penalties for scratching from a pre-seeded, timed final meet
- However, known scratches will allow for additional late / deck entries.

Scoring:

- None

Awards:

- Ribbons places one through eight
- 8 and Under — 9 and 10 — 11 and 12 — 13 and over

Special Needs:

- Please notify the San Antonio Natatorium (210-299-1560) in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
- The NISD 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.

Daily Schedule:

- Warm Up Session One — Competition Pool- 7:30-8:05 AM — AAAA only
- Warm Up Session Two — Competition Pool- 8:05-8:40 AM — All other teams
- South Pool available for constant warm-up / cool down
- Coaches' meeting 8:45 AM
- Sessions begin 9:00 AM

Timers:

- Teams will be required to provide timers proportionate to their entries
- Competitors in the 500 free and 400 I-M will be required to provide their own backup timers and lap counters
- Swimmers or Coach must positively check in for these two events by 10:30 AM on the day of the event.

Officials:

- All *currently* certified and in training USA Swimming officials are cordially invited to participate.
- Please report to the Meet Referee at least 30 minutes prior to the schedule starts time to receive your assignments
- The wearing of name tags is strongly encouraged

Saturday and Sunday, December 5 and 6, 2009

Order of Events and Maximum Qualifying Times (SCY)
2009 – 2012 National "A" for girls / National "BB" for boys
Distances are in yards

SATURDAY

Girls No.	Slower Than:	Age Distance and Stroke	Slower Than:	Boys No.
1		**100 Breaststroke**		2
	1:33.39	10 and Under	1:43.69	
	1:22.19	11 and 12	1:27.79	
	1:17.59	13 and Over	1:18.09	
3		**100 Butterfly**		4
	1:26.69	10 and Under	1:40.39	
	1:13.19	11 and 12	1:18.69	
	1:07.79	13 and Over	1:08.09	
5		**200 Backstroke**		6
	2:35.89	11 and 12	2:45.59	
	2:27.29	13 and Over	2:29.79	
7		**50 Freestyle**		8
	0:32.19	10 and Under	0:35.19	
	0:29.49	11 and 12	0:30.99	
	0:28.69	13 and Over	0:28.49	
9		**50 Backstroke**		10
	0:38.09	10 and Under	0:43.69	
	0:33.89	11 and 12	0:36.49	
11		**200 Freestyle**		12
	2:36.39	10 and Under	2:50.89	
	2:19.89	11 and 12	2:27.49	
	2:13.79	13 and Over	2:15.69	
13		**400 Ind. Medley**		13
	5:36.09	11 and 12	5:56.29	
	5:17.79	13 and Over	5:25.49	

Events 13 and 29 will require a positive check-in by 10:00 AM on the day of the event, be gender combined and swum FASTEST to SLOWEST. There are NO events numbered 14 or 30.

SUNDAY

Girls No.	Slower Than:	Age Distance and Stroke	Slower Than:	Boys No.
15		**200 Butterfly**		16
	2:38.59	11 and 12	2:48.29	
	2:28.59	13 and Over	2:31.99	
17		**50 Breaststroke**		18
	0:41.99	10 and Under	0:47.89	
	0:37.79	11 and 12	0:40.79	
19		**100 Backstroke**		20
	1:22.19	10 and Under	1:32.09	
	1:14.19	11 and 12	1:19.09	
	1:08.49	13 and Over	1:09.59	
21		**200 Ind. Medley**		22
	2:55.19	10 and Under	3:18.09	
	2:37.59	11 and 12	2:49.39	
	2:30.49	13 and Over	2:31.99	
23		**50 Butterfly**		24
	0:37.29	10 and Under	0:41.99	
	0:32.39	11 and 12	0:35.19	
25		**100 Freestyle**		26
	1:11.89	10 and Under	1:19.99	
	1:03.09	11 and 12	1:07.89	
	1:02.19	13 and Over	1:02.19	
27		**200 Breaststroke**		28
	2:56.89	11 and 12	3:07.29	
	2:46.79	13 and Over	2:49.39	
29		**500 Free**		29
	6:48.39	10 and Under	7:35.19	
	6:09.29	11 and 12	6:35.09	
	5:52.99	13 and Over	6:03.19	

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.