



**RYAN HIRN MEMORIAL
UNCLASSIFIED SWIM MEET
HOSTED BY MCALLEN SWIM CLUB
NOVEMBER 7th and 8th, 2009
ST-09-78**

DEADLINE for meet entries is **OCT. 23, 2009.**

The McAllen Swim club is pleased to host this short course unclassified swim meet on November 7th and 8th, 2009 at Nikki Rowe High School in McAllen, Texas.

ENTRY FEES: \$5.25 per individual event

ENTRY LIMITATIONS: Swimmers may compete in a maximum of five individual events per day

NAME _____ AGE _____ PHONE# _____

EVENT SCHEDULE

Warm-ups begin: 8.30 a.m. Meet begins: 9:30 a.m.

Saturday

| Girl Event | Age Group and Stroke | Boy Event |
|------------|-------------------------|-----------|
| 1 | 400 IM (13 & O) | 2 |
| 3 | 100 IM (10 & U) | 4 |
| 5 | 200 Free (Open) | 6 |
| 7 | 100 Breast (Open) | 8 |
| 9 | 50 Free (Open) | 10 |
| 11 | 50 Fly (12 & U) | 12 |
| 13 | 200 Fly (11 & O) | 14 |
| 15 | 100 Back (Open) | 16 |
| 17 | 200 Free Relay (10 & U) | 18 |
| 19 | 400 Free Relay (11 & O) | 20 |
| 21 | 500 Free (11 & O) | 22 |

Sunday

| | | |
|----|---------------------------|----|
| 23 | 200 IM Open | 24 |
| 25 | 50 Back (12 & U) | 26 |
| 27 | 200 Back (12 & O) | 28 |
| 29 | 100 Free Open | 30 |
| 31 | 50 Breast (12 & U) | 32 |
| 33 | 200 Breast (12 & O) | 34 |
| 35 | 100 Fly (Open) | 36 |
| 37 | 200 Medley Relay (10 & U) | 38 |
| 39 | 400 Medley Relay (11 & O) | 40 |
| 41 | 1650 Free (12 & O) | 41 |

FACILITIES: The swimming pool is located on the south side of Nikki Rowe High School, 2101 North Ware Road, in McAllen. Take Ware Road exit off Highway 83, head north for approximately 2 miles.

The meet will be conducted in an eight lane indoor, heated swimming pool with a 25 yard course, using a Colorado timing system. Starting platforms are located at the deep end of the pool. Parking, spectator, and restroom space is adequate. Food and beverages will be available at the concession stand. Signs will be posted.

LIABILITY: In granting this sanction, it is understood and agreed that United States Swimming, Inc., South Texas Swimming, Inc., McAllen Swim Club, City of McAllen, McAllen ISD and employees, meet officials, and volunteers shall be free from any liability or claim for damage arising by reason of injuries to anyone during the conduct of the meet.

SANCTIONS & RULES: This meet is sanctioned by South Texas Swimming, Inc. Current 2009 USA Swimming Rules will apply.

MEET BEHAVIOR: It is expected that all persons attending the meet respect the facilities and remember that they represent themselves, their respective clubs, and South Texas Swimming, Inc. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending club if attached, to be held accountable and liable for repairs. It also may result in expulsion from the 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. 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.

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.

ELIGIBILITY: All swimmers must be currently registered USA Swimming athletes for the year 2008. Entries received without completed USA Swimmer registration number will not be processed. Participating teams or clubs must currently be registered with United States Swimming. Swimmers will be scored in age groups based on their ages as of the first day of the meet. (Nov. 7th, 2009).

MEET ENTRY: The DEADLINE for meet entries is **OCT. 23, 2009**. Entries must be entered into HY-TEK Commlink or compatible disk and completely backed up with a hard copy. The hard copy printout will be the official document, should disputes arise at the meet.

- * It is strongly recommended that you **do not** use the US Postal service's registered, or certified mail.
- * If overnight express mail or its equivalent is used, please be certain the mailing date is clearly indicated and the waiver signature block is signed so the packet may be left at the entry chair's address without a signature of receipt.
- * **Entries may be submitted via e-mail, with a disk, check, and paper copy to follow in the mail.** Disk, check, and paper copy need to arrive by Oct. 23, 2009.
- * Appropriate fees **must** accompany all entries and once accepted will not be refunded if, for any reason, a

swimmer should fail to compete.

- * Entries received after the entry deadline will be treated as deck entries and accepted at two (2) times the normal entry fee.
- * Please include a club contact person's phone number, e-mail and fax number (if available).

DECK ENTRIES: Deck entries will be taken on a first come first serve basis - limited to spots in existing heats. No new heats will be created and reseeding of any event for deck entries will not be allowed.

SCRATCHING FROM ANY EVENT WITH THE INTENT OF ENTERING A DIFFERENT EVENT WILL NOT BE ALLOWED WITHOUT CONSENT OF THE MEET REFEREE OR HIS DESIGNEE.

Swimmers not previously entered in the meet must present their USA Swimming registration card to the Clerk of Course to deck enter.

SUBMIT ENTRIES TO: Monica Santos
3700 Hildreth Lane
McAllen, TX 78504
mscentries@gmail.com ph # (956)-867-4545

ENTRY FEES: \$5.25 per individual event, \$10.50 late entry. Relays are \$6.00, \$12.00 late entry. These fees include the \$1.25 So. Texas Splash Fee. Make checks or money orders payable to McAllen Swim Club. Late entries will be accepted up to 9:00 am on the day of the meet. No additional heats will be created.

ENTRY LIMITATIONS: Swimmers may compete in a maximum of five individual events per day. Events will be seeded by entry times.

OFFICIATING SWIMMER WITH DISABILITIES: 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. Any swimmer 15 and under (chronological age) can be entered in the 10 & under event at age 10. Any swimmer 16 and over (chronological age) can be entered at the oldest age group offered. There will be separate awards in the two divisions. Note: So that we can properly accommodate disabled swimmers, please ensure that coaches notify the Meet Referee and/or Meet Director prior to the start of the meet on the day a swimmer competes.

WARM-UP PROCEDURES: The South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. Violators may be disqualified from their first individual event.

AWARDS: There will be first place high point trophies awarded for each age group for both boys and girls. Ribbons will be awarded for places 1-8, in each event for each age group (8 & under will be a separate age group).

SCORING:

| Place | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|------------|---|---|---|---|---|---|---|---|
| Individual | 9 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

TIMERS: Volunteer timers will be greatly appreciated.

WARM-UPS BEGIN: 8:30 a.m.

MEET BEGINS: 9:30 a.m.

Meet Director: Helene Picard-Sanchez 1412 Quamasia, McAllen TX 78504 (956) 630-1344/hpicard@rgv.rr.com

Rosanne Garza 2300 South 47th St. McAllen, TX, 78503 (956)578-5083 rbgarza@rgv.rr.com

Meet Referee: Patrick A. Nelson 5128 Oso Pkwy, Corpus Christi, TX 78413 (361)991-5687/patrick.a.nelson@sbcglobal.net

Head Coach: Roxanne Balducci, 2117 Deborah St. Edinburg, TX 78539 (956) 380-0279

Assistant coaches: Joel Penk, Miles Pederson, Fabian Lara

OFFICIALS: All visiting officials and trainees are welcome. They should let the meet referee know of their availability at least one hour before the start of the meet.

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.

STSI Safety Guidelines and Warm-up Procedures
Revised 29SEP03