

# Alamo Area Aquatic Association Northside Long Course Games Northside AAAA Swimmers Only

[www.aaaa-sa.org](http://www.aaaa-sa.org)  
Posted 04/14/15



- Meet:** •2015 AAAA Northside Long Course Games  
•Closed competition (Northside AAAA only)
- Date:** •Saturday, May 16, 2015
- Sanction Number:** •STA-15-43cm
- Venue:** •NISD Aquatic Complex  
•8400 North Loop 1604 West  
•San Antonio, Texas 78249  
•210-397-7525
- Facility:** •Eight-lane outdoor, 50-meter, competition course with constant warm-ups and cool-downs available in adjacent pools.  
•Competition course has been certified in accordance with Article 104.2.2C(4)  
•A copy of the certification is on file with USA Swimming  
•Colorado automatic starting and timing  
•Meet Management by HY-TEK Meet Manager 5.0  
•Spectators are asked to sit in the bleachers; only coaches and athletes are allowed on deck - no folding chairs allowed on the pool deck or in the pool area.
- Water Depth** •The pool measured from the start end is 6 feet 7 inches and the pool measured from the turn end is 6 feet 7 inches both ends measured at 1 and 5 meters in accordance with Article 103.2.3.
- Liability:** •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the Northside Independent School District, and all meet officials shall be free from any liabilities for claims for damage arising by reason(s) of injuries to anyone during the conduct of this 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
- Deck Changing:** •Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Sanction:** •Held under the sanction of USA Swimming this meet is sanctioned by South Texas Swimming and 2015 USA Swimming rules and any current relevant sections of the South Texas Policies & Procedures Manual will apply. All swimmers must be registered for 2015 with USA Swimming by the entry deadline. Athletes that register with USA Swimming after the deadline may deck enter the meet only if they can present their 2015 USA Swimming registration card (or a coach may present the club's official, water-marked roster from the USA Swimming club portal). South Texas Swimming does not allow on-deck USA Swimming registrations.
- Cell Phone Restrictions:** •The presence or use of cell phones, smart phones or any other devices capable of producing audio recordings, photographic or video images in locker rooms, restrooms or changing areas are strictly and specifically prohibited at all times.  
•There are no exceptions to this policy.  
•Violators are subject to disqualification from the meet, disbarment from the facility and arrest.
- Photographs And Videos:** •There may be one or more photographers and / or videographers on deck at this meet.  
•In the event such personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made, are required to contact the Meet Director prior to the beginning of warm-ups.  
•Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present, are specifically prohibited from making shots during the start phase of any race.



## Unaccompanied

### Swimmers

- Every swimmer entered in this meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water
- When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

### Age up

- Date:** •May 16, 2015

### Schedule:

- Warm-ups begin at 8:00 AM
- Meet begins at 9:00 AM

### Format:

- Timed finals
- This meet will be run in one 50 meter long course pool
- ALL events will finish at the South end (Flag side)**
- Flyover starts may be employed for all events except backstroke
- All events will be seeded by time and gender without regard to age
- Swimmers must be currently registered with USA Swimming
- Entries received without a valid and accurate 2015 USA Swimming Identification Number will not be accepted
- No time trials
- No proof of time required

### Positive

#### Check-in:

- All swimmers swimming the 400 Free and 400 IM must positive check-in. Check-in will close at 8:30 am.

### Entry

#### Restrictions:

- Swimmers must be a registered member of AAAA Northside Aquatics.
- Swimmers must enter with a seed time in long course meters (LCM)
- Swimmers may enter no more than five (5) events

## USA

### Swimming

#### Registration:

- All swimmers, coaches, and officials participating in this competition must be currently (2015) registered with USA Swimming. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. 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)** late enter when possible, or **2)** need to be late entered because of clerical errors by the entering team and/or the meet host; or **3)** are not entered in this meet and choose to enter time trials, if offered, will be required to present their USA Swimming ID Card (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). Current national and LSC regulations do not allow for exceptions to these policies. South Texas Swimming does not allow on-deck USA Swimming registrations.

### Time

#### Standards:

- There are no time standards

### Entry

#### Deadline:

- 12:00-noon, Tuesday, May 5th, 2015

### Late/Deck

#### Entries:

- No Late or Deck entries

### Entry

#### Procedures:

- The only acceptable mode of entry is via Hy-Tek Commlink File
- A hard copy and Entry Fee Report must be included with your entry
- If you have questions concerning this procedure contact BJ Allenstein at the e-mail address noted below
- An "HYV" File for Team Manager is available on the Club Meet Calendar Page of the AAAA Web Site ([www.aaaa-sa.org](http://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



**E-Mail****Entries:**

- Entries in Commlink Format only, ***MUST*** be sent to: Brandon.allenstein@nisd.net
- 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.

**FAX Entries:**

- Under no circumstances will entries be accepted via FAX.

**Scratch****Rules:**

- This meet will be entirely pre-seeded and there is no penalty for scratching from a pre-seeded event

**Meet****Management:****•Meet Director**

- Terry Veters
- 210-397-8985
- terry.veters@nisd.net

**•Meet Referee**

- Larry Benson
- 210-687-2513
- lbenson@sbcglobal.net

**•Entries Chair**

- BJ Allenstein
- 210-397-7516
- brandon.allenstein@nisd.net

**•Administrative Official**

- Regina Prewitt-Campbell
- 210-445-3150
- reginapc2003@hotmail.com

**Entry Fees**

**Includes \$1.25**

**Splash Fee:**

- \$3.00 per Individual event

**Checks****payable to:**

- NISD Aquatics**

**Warm-ups:**

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures page five (5)

**Special****Needs:**

- Please notify the Northside Aquatics Complex (210-397-7525) in advance of this event with the name and age of any member on your team who needs assistance to enter the building
- The facility 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 the swimmer(s) are to be judged under Article 105

**Awards:**

- No Awards

**Age-Groups:**

- All age groups will be swum together

**Officials****and Timers:**

- Volunteer timers will be needed
- All 2015 certified/registered and in-training USA Swimming officials are cordially invited to assist in the conduct of this meet
- Officials must prominently display their South Texas and USA Swimming credentials while on deck
- Wearing of name tags is strongly encouraged
- Please report to the Meet Referee 30 minutes prior to the scheduled start time of the meet to receive assignments



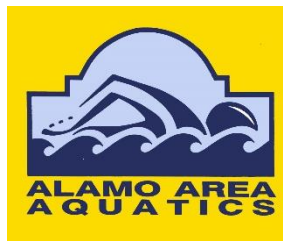
# Order of Events

Distances are in long course meters

Girl's Number	Distance & Stroke	Boy's Number
1	400 Free**	
3*	50 Fly	4*
5	100 Fly	6
7	200 Fly	8
	400 Free**	10
11*	50 Back	12*
13	100 Back	14
15	200 Back	16
17	400 IM**	
19*	50 Breast	20*
21	100 Breast	22
23	200 Breast	24
	400 IM**	26
27*	50 Free	28*
29	100 Free	30
31	200 Free	32

\* All 50 meter events will finish at the South End (Flag side)

\*\* Positive Check-in Events by 8:30 am



# 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 half 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 kickboards, 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 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 will have the 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.
    3. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
    4. 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."
    5. 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.
    6. Hazards in locker rooms, on deck, or in 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.
- V. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Meet 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.**

