



2026 South Texas B Championship - South Meet Information

Date posted: 10/29/25 Sanction Number: ST-26-07



Meet: 2026 South Texas Short Course "B" Championship South
Hosted by AAAA-Alamo Heights
Held under the Sanction of USA Swimming.

Dates: Saturday and Sunday, January 10-11, 2026

Venue: Alamo Heights Natatorium
705 Trafalgar Rd #3
San Antonio, TX 78216
(210) 832-5735

Team assignments for South Texas Championship meets:

North Teams - AQTX, CAA, CCSS, COTA, FISH, HCA, LIFE, LSAC, NTRO, PFPF, PLAT, RUSH, SGA, TEXE, TST, TXLA, WLOO, WWW, UN athletes living in North zone

South Teams - AAAA, ASC, BAS, BEAQ, C3S, CCLR, CLAN, CLOV, HILL, HOT, HPAC, MMA, MSC, MVSC, RGV, SASA, SEAL, SRG, STSA, SYS, VTAC, VTX, WAVE, WEST, WOW, WWAC, YMCA, UN athletes living in South zone

Eligibility / Qualifying times:

This meet is open to all South Texas Swimming athletes ages 18 & under who are attached or unattached to the teams listed in the "South" Team Alignments section (above) and who have achieved the "B" qualifying [2025-2028 USA Swimming National Motivational time standards](#) in short course yards, short course meters, or long course meters for their respectable age group (10 & Under, 11-12, 13-14, 15-18). Athletes ages 17-18 will use the "B" time standard for the 15-16 age group. Swimmers may **not** enter any event in which they have achieved the 2025-2028 USA Swimming National Motivational BB time standard or faster in any course. **Qualifying times must be achieved between September 1, 2024 and January 9, 2026.** If entering with a non-conforming time (SCM or LCM), the swimmer must enter with the time achieved in the non-conforming course. Entries will be accepted in SCY, SCM, and LCM. Converted entry times will not be accepted. Seeding shall be in the following order: yards, long course meters, short course meters (YLS). Athletes must be currently registered year-round members of USA Swimming in good standing. (Flex members are not eligible to compete at LSC championship meets.)

Athletes ages 18 & under with disabilities may enter any event for which they have achieved "B" (and provable slower than B for bonus events) times using the 2025-2028 LSC P1, P2, or P3 Para Motivational Time Standards for their age, gender, and disability classification. These time standards are posted on the [Athletes>Time Standards page on the STX website](#).

Bonus Events: Athletes may enter up to two (2) individual events with a provable time that is slower than the qualifying time for that event. The swimmer must be entered in the meet in an individual event with at least one provable B time. All bonus event times must have been achieved between the qualifying dates listed above.

Entry

Restrictions: An individual swimmer may enter a maximum of four individual events and one relay event per day and a maximum of seven individual events for the meet, including any bonus events or time trial events, if offered.

Entry

Deadlines: **Entries are due by noon on Monday, January 5, 2026.** Entries received after the entry deadline may be pre-entered in the meet at the discretion of the Entries Chair, but will be considered to be deck entries for the purposes of seeding and meet entry fees. After entries close, and until January 9, 2026, any swimmer who achieves the 2025-2028 USA Swimming National Motivational BB time or faster in any course in any previously entered event will be removed from that event.

Daily

Schedule:

First session on Saturday and Sunday:

Warm-ups begin	7:00 AM
Clear competition pool	8:10 AM
Coaches meeting	8:10 AM
Sessions begin	8:30 AM

Other Sessions:

* Sessions will begin approximately 60 minutes after the end of the previous session
* Approximate session start times will be sent to teams and posted on the [STX website](#) by Wednesday, January 7, 2026

The meet host may combine events (age groups) in any way to establish the sessions for the meet. Any changes to the meet timeline or sessions will be communicated to teams by Wednesday, January 7, 2026. Positive check in for the 500 Free and 400 IM is required. Check-in time for the 500 Free and 400 IM is the start of the respective session. Swimmers in the 500 Free and 400 IM must provide their own backup timers.

Format:

All events will be conducted as timed finals. Events will be seeded by age, time, and gender according to the Order of Events, except as noted. Athletes ages 17-18 will use the "B" time standard for the 15-16 age group. Age groups of identical events may be combined at the discretion of the Meet Referee. All events will swim slowest to fastest. The 400 IM and 500 Free will be seeded on deck after positive check-in. Check-in for these events is required. Swimmers must provide their own backup timers for the 400 IM and 500 Free events and provide their own lap counters for the 500 Free event. Meet Management reserves the right to alter meet operations based on the number of participants.

Age up Date: The age of the swimmer will be his / her age on Saturday, January 10, 2026.

Time Trials:

Time trials may be conducted on Saturday and Sunday between sessions as time allows and teams will be notified of the availability of time trials after entries close. Time trials will be limited to 30 minutes. Time trial events will be offered for events of 200 yards or less. Athletes do not need to be entered in the meet to participate in time trials, but they must provide proof that they are a current member in good standing with USA Swimming using the USA Swimming app. Athletes are limited to one time trial per time trial session. Time trial events count against the maximum events of 4 per day or 7 for the meet.

\$10.00 per time trial individual event and \$15.00 for relay events. Athletes not already entered in the meet will also owe the \$10.00 facility surcharge.

Relays:

All relays are timed finals. There are no qualifying times for relay events. Relay team entry times may be determined by the sum of the individual team member's times for the like strokes/distances, or the actual time of that relay team achieved in sanctioned competition.

Relay team members must be eligible to swim in the same age group. Swimmers cannot "age up" for relay events. **Teams may enter ONE relay team per event.** It is recommended that relay swimmer names be included with entries to help enter the relays efficiently at the start of the session.

Three of the four relay swimmers in each relay event must be entered in at least one individual "B" event. **Teams may include ONE relay-only swimmer in each gender/age group ONLY when no fourth swimmer is already entered in at least one individual event in the session for the relay event.** Relay-only swimmers will *not* be eligible to compete in individual events at this meet. There are no time standards for relay events or for swimmers participating on relay teams.

Relay cards must be turned in with final relay swimmers by **9:00 AM** of the session in which the event is scheduled. If a relay card is not turned in, the relay will be scratched. The order of swimmers on the relay team will be strictly enforced in accordance with 102.3.7 of the 2025 USA-S Rules and Regulations.

Entry

Requirements: All entries must contain the following information: the name, email address, and phone number of the person preparing the entries in case clarification is needed; an attachment of the Hy-Tek Team Manager or Team Unify export file; an attached document listing the entries (by swimmer) with proofs of time; and an attached document of the meet entry fees report.

Any team submitting entries under the LSC Para Motivational Time Standards qualifying times may send an email to the Entries Chair with the team abbreviation, the swimmer's full name (as registered with USA Swimming), the swimmer's USA Swimming ID number, and swimmer's events by number, description, and entry time. Proof of time must be submitted with the entries.

Teams with exceptions will be e-mailed notice of same. Teams and entrants are responsible to check the exception report and correct any errors prior to the deadline given to them by the meet host.

Management:

Meet Director:	Garrett Nelson	864-908-9727	gnelson2016@gmail.com
Entries Chair:	Garrett Nelson	864-908-9727	alamoheightsaquaticsentries@gmail.com
Meet Referee:	Tim Byerly	361-548-0879	timbyerly1985@gmail.com
Admin Official:	Didi Byerly	361-549-8887	dbyerly@wbhq.com

Entry

Procedures: \$12.00 per individual event and \$15.00 per relay event
\$10.00 facility charge per individual swimmer

Make checks payable to Alamo Heights ISD and mail to:
AAAA AH % Garrett Nelson
705 Trafalgar Rd
San Antonio, TX 78216

Entry fees must be received or arrangements for payment made by Tuesday, January 6, 2026. If payment is not received on time the affected swimmers will be scratched from the meet. Please include the meet entry fee report with your check. Once the entry fees are accepted, they will not be refunded for any reason, even if a swimmer should fail to compete. No paper, phone, or fax entries will be accepted. If you do not receive an e-mail confirmation, your entries were not received.

Deck (late)

Entries: Deck entries will be accepted at \$15.00 per individual event and \$20.00 per relay event, plus the \$10.00 facility surcharge for athletes not already entered in the meet. Swimmers may deck enter for the current session beginning at the start of warm-ups. Deck entries will close 45 minutes prior to the start of each session. Swimmers may deck enter for subsequent sessions after deck entries close for the current session. At the discretion of meet administration, a Heat "Zero" may be added for late entries, if needed. Swimmers *not previously entered in the meet* must present their current USA Swimming membership card using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app) to the Clerk of Course to deck enter. In addition, the swimmer must present proof of time before a deck entry will be accepted.

Scratch

Rules: There is no penalty for failing to scratch from a pre-seeded event. Swimmers who fail to compete in the 400 IM or 500 Free events after positive check-in will be barred from all further individual and relay events of that day and then must positively check in for the remainder of the meet with meet administration, per USA Swimming rule 207.11.6.C. Illness and injury may be excused by the Meet Referee.

Proof of Time: Proof of time must be submitted with the entries. All entry times must be verifiable using the USA-S SWIMS database for sanctioned, approved, or observed meets. (Times in the SWIMS database earned at unsanctioned meets may not be used as proof of time.) All proof of times are the responsibility of the entering teams, not the meet host. Entries without an acceptable proof of time will not be accepted.

Timers:

Each participating team is required to provide back-up timers in proportion to the number of swimmers entered in the meet. Swimmers competing in the 500 Free and 400 IM events must provide their own back-up timers. Swimmers competing in the 500 Free must provide their own lap counters.

Scoring:

Individual Event Place	1	2	3	4	5	6	7	8
Individual Event Points	20	17	16	15	14	13	12	11
Individual Event Place	9	10	11	12	13	14	15	16
Individual Event Point	9	7	6	5	4	3	2	1

Relay Event Place	1	2	3	4	5	6	7	8
Relay Event Points	40	34	32	30	28	26	24	22
Relay Event Place	9	10	11	12	13	14	15	16
Relay Event Points	18	14	12	10	8	6	4	2

Awards: Awards will be given by gender in the following age groups: 10 & Under, 11-12, 13-14, and 15-18
Individual events: first through third place: Medals
Individual events: fourth through eighth place: Ribbons
Relay events: first through third place: Ribbons
Team Awards: first through third place: Banners
Note: Banners will be provided **upon request by the club** (please email the meet director if you would like your banner and it will be shipped to your club).
There will be no awards presentation. Clubs must pick up awards during the meet from the awards desk area.

Facility: Eight, 25-yard lanes. The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet at the start end and the turn end is 7 feet 6 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls. The host will ensure the required course dimensions. Eight lane adjacent pool available for warm ups and warm downs. All automatic Colorado starting and timing system. Meet Manager 8.0 will be used. Limited deck seating of approximately 400 in the bleachers. Chairs will be available for swimmers on the deck. The outdoor porch with workout mats will be open if weather permits. Concessions will be offered, and team banners may not be displayed in the facility.

**Athlete Necessary
Accommodations:**

Coaches entering swimmers with disabilities that require any accommodations or modifications, including the need for personal assistants and/or registered service animals, must provide advance written notice, accompanying their meet entry file, to the Entry Chair or Meet Director and Meet Referee by the entry deadline. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. Failure to provide advance notice may limit the meet host's ability to accommodate all requests. The suggested form can be downloaded [here](#). In any meet that may include one or more swimmers with visual, hearing, cognitive, or physical disabilities, the judging of such competitors shall be in accordance with the current USA Swimming Rules and Regulations, including Article 105.

**USA Swimming
Registration:**

All swimmers, coaches, and officials participating in this competition must be currently registered year-round members of USA Swimming in good standing. (Flex members are not eligible to compete at LSC championship meets.) 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 membership card as proof of their registration to the Meet Director or designee at any time. Swimmers who 1) late enter when possible; 2) need to be late-entered because of clerical errors by the entering team 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 membership card using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app). Current national and LSC regulations do not allow for exceptions to these policies.

Unaccompanied

Swimmers: Any swimmer entered in the 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 without the use of the backstroke ledge. 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. All unaccompanied swimmers will be temporarily assigned to a registered USA coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule 202.5.3. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make sure arrangements prior to the start of the meet.

Cell Phone

Restrictions: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.

Deck

Changing: Deck changes are prohibited.

Medical

Supervision: During the meet, lifeguards and an AED device will be present to provide any necessary medical supervision and treatment for athletes participating in the meet.

Swimmer

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.

Drones:

Per USA Swimming Rule 103.13, the operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. Exceptions may be granted with prior written approval by the Programs and Events Committee Chair or designee.

Warm-up

Procedures:

Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement. Athletes must be directly supervised by a USA Swimming certified coach at all times. Lanes will be available for warm-ups throughout the meet.

Liability:

In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatics Association, the Alamo Heights Natatorium, Alamo Heights Independent School District, and all meet officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. 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.

Sanction:

This meet has been sanctioned by South Texas Swimming and current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), and any relevant sections of the South Texas Policies & Procedures Manual will apply. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. All swimmers must be registered as athletes in good standing with USA Swimming as of the meet date(s). Athletes who register with USA Swimming and/or South Texas Swimming after the meet entry deadline may deck enter the meet only if they can present their current USA Swimming membership card using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app). Athletes who fail to meet this requirement will not be allowed to compete. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Officials:

All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck and administrative officials must be current members in good standing with USA Swimming and their local LSC. The uniform will be white polo shirts over khaki pants or skirts. If you wish to officiate, please contact the Meet Referee or (preferred) complete the form posted [here](#). Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials' briefing and to receive your assignments. The wearing of name tags is strongly encouraged.

Meet

Documents:

All meet documents, including the heat sheet for each session, the timeline for each session, the warmup schedule, and timer assignments, will be posted on this meet's event page on the [South Texas Swimming website](#), or the meet host may establish a link from this meet's page on the South Texas Swimming website to the website where these documents will be posted.

The heat and lane assignments for all sessions and all meet results will also be available on Meet Mobile. The meet host may also choose to sell heat sheets for a fee but must also make this information available via website and Meet Mobile for free.



2026 South Texas B Championships South Order of Events



Saturday, January 10, 2026

Girl's Event #	Age Group	Event Description	Boy's Event #
1	10 & Under	100 Individual Medley	2
3	10 & Under	100 Freestyle	4
5	10 & Under	50 Breaststroke	6
7	10 & Under	100 Backstroke	8
9	10 & Under	50 Butterfly	10
11	10 & Under	200 Medley Relay *	12
13	10 & Under	500 Freestyle	14
101	11-12	100 Individual Medley	102
103	11-12	100 Freestyle	104
105	11-12	200 Butterfly	106
107	11-12	50 Breaststroke	108
109	11-12	100 Backstroke	110
111	11-12	200 Breaststroke	112
113	11-12	50 Butterfly	114
115	11-12	200 Medley Relay *	116
117	11-12	500 Freestyle	118
201	13-14	200 Individual Medley	202
203	13-14	100 Freestyle	204
205	13-14	200 Butterfly	206
207	13-14	50 Breaststroke	208
209	13-14	100 Backstroke	210
211	13-14	200 Breaststroke	212
213	13-14	50 Butterfly	214
215	13-14	200 Medley Relay *	216
217	13-14	500 Freestyle	218
301	15-18	200 Individual Medley	302
303	15-18	100 Freestyle	304

305	15-18	200 Butterfly	306
307	15-18	100 Backstroke	308
309	15-18	200 Breaststroke	310
311	15-18	200 Medley Relay *	312
313	15-18	500 Freestyle	314

Sunday, January 11, 2026

Girl's Event #	Age Group	Event Description	Boy's Event #
15	10 & Under	200 Freestyle	16
17	10 & Under	100 Butterfly	18
19	10 & Under	50 Freestyle	20
21	10 & Under	100 Breaststroke	22
23	10 & Under	200 Individual Medley	24
25	10 & Under	50 Backstroke	26
27	10 & Under	200 Freestyle Relay *	28
119	11-12	200 Freestyle	120
121	11-12	100 Butterfly	122
123	11-12	50 Freestyle	124
125	11-12	200 Backstroke	126
127	11-12	100 Breaststroke	128
129	11-12	200 Individual Medley	130
131	11-12	50 Backstroke	132
133	11-12	200 Freestyle Relay *	134
135	11-12	400 Individual Medley	136
219	13-14	200 Freestyle	220
221	13-14	100 Butterfly	222
223	13-14	50 Freestyle	224
225	13-14	200 Backstroke	226
227	13-14	100 Breaststroke	228
229	13-14	50 Backstroke	230
231	13-14	200 Freestyle Relay *	232
233	13-14	400 Individual Medley	234

315	15-18	200 Freestyle	316
317	15-18	100 Butterfly	318
319	15-18	50 Freestyle	320
321	15-18	200 Backstroke	322
323	15-18	100 Breaststroke	324
325	15-18	200 Freestyle Relay *	326
327	15-18	400 Individual Medley	328

* Teams may enter ONE relay per event.

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 shall occur from only the designated end of the pool, swimmers must exit on the opposite end of the pool, and 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
10 Lanes (0-9)	0 and 9	1, 2, 6, and 7	3 through 5
10 Lanes (1-10)	1 and 10	2, 3, 7, and 8	4 through 6
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 and from the designated end. Swimmers must exit the pool on the opposite end.
- d. There will be no diving in the general warm-up lanes—circle swimming only.
- e. 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 two marshals, with a minimum of one of each gender, 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 backstroke 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.

STSI Safety Guidelines and Warm-up Procedures last Revised 10/27/22