

ALAMO HEIGHTS AQUATIC CLUB

2026 ST AHAC Garrett & Josh's Distance Invite

**this meet was revised and reposted on 12/18 to change the meet date, sanction number, order of events, and meet host*

Meet Director: Garrett Nelson 864-908-9727 gnelson2016@gmail.com	Meet Referee: Chad Capps 210-563-3688 Chad.capps@yahoo.com	Entries Chair: Garrett Nelson 864-908-9727 alamoheightsaquaticsen tries@gmail.com	Admin Official: Cody Mackall 419-677-1514 cody.a.mackall@gmail.com
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Meet: • 2026 ST AHAC Garrett & Josh's Distance Invite

Date(s): • January 4, 2026

Entry Deadline: • December 22, 2025 @ 5:00 PM

Sanction #: • ST-26-18 (*was ST-25-121)

Age up Date: • The age of the swimmer will be his/her age on January 4, 2026

Venue: • Alamo Heights Natatorium
• 705 Trafalgar Rd
• San Antonio, TX 78216 / 210-832-5866

Schedule:

- Doors open 30 mins prior to the start of warmup.
- Coaches meet at 8:30 AM (AHISD Natatorium Classroom)
- **Warm-ups begin at 9:00 AM.**
- Officials meet at 9:45 AM (AHISD Natatorium Classroom)
- Sprint lanes (2,3,6, & 7) and Push / Pace lanes (1 and 8) at
- Competition pool cleared at 10:15 AM
- The National Anthem will be 10 mins prior to the start of the meet.
- **Competition begins at 10:30 AM.**
 - Order of Events on Page four (4)

Meet Format: • The meet will be timed final single session at the AHISD Natatorium

- The host reserves the right to configure the sessions as may be required once all entries have been received
- 8 or 10 lanes will be utilized for competition
- All events will be seeded as fastest to slowest.
- No relays - No Time trials.
- No awards will be given.
- There will be hot heats with prizes for heat winners.
- All events will be a positive checked in event. Athletes will need to provide their own timers and counters.

Entry Restrictions: • This is an open, unclassified competition. Please reach out to the meet director if you are planning on attending.

- Athletes may enter a maximum of 2 individual events.
- All entries must include a seed time.
- Entries will be processed in the order received.
- No Deck Entries.
- AHAC reserves the right to cap entries in order to comply with the USA Swimming four-hour rule.

- Entry Procedures:** ● Entry files must be submitted to the Entries Chair: Garrett Nelson at: alamoheightsaquaticsentries@gmail.com
- Entry submissions to any other address will not be accepted.
 - The Entry File must be renamed to clearly identify the entering team.
 - Athletes included in improperly identified Entry 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 (PDF) is received as an attachment to the e-mail, or hand delivered.

- Entry Fees:** ● \$15 per individual event payable to Alamo Heights Aquatic Club Booster Club
- \$5 per Athlete Surcharge Payable to Alamo Heights Aquatic Club Booster Club
 - **All athletes will receive a t-shirt following the completion of the race**
 - Entry fees due prior to the start of the meet
 - Mail checks to (please include the name of the meet on the check)
 - Alamo Heights Natatorium
 - % Garrett Nelson
 - 705 Trafalgar Rd
 - San Antonio, TX 78216

- Qualifying Times:** ● This meet is unclassified.
- NT's will not be accepted.

USA Swimming ● All swimmers, coaches, and officials participating in this competition must be current USA Swimming members in

- Registration:** good standing as of the meet date(s). No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. Athletes who fail to meet this requirement will not be allowed to compete.
- 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.

- Rules:** ● Deck changing is prohibited
- Two-piece swim wear is prohibited
 - Parents and other spectators are not permitted on-deck at any time for any reason
 - Flash photography of any sort is expressly forbidden at any time during competition
 - Standing in front of and/or leaning against the glass rails is expressly forbidden
 - Times noted on the scoreboard are never official and must not ever be regarded as such

- Liability:** ● In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), Alamo Heights Aquatic Club, the AHISD Natatorium, 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.

- Medical** ● During the meet lifeguards will be present to provide any necessary medical supervision and treatment for athletes
- Supervision:** participating in the meet.

- Warm-up:** ● Warm-ups will be conducted IAW the current STSI Safety Guidelines and Warm-up Procedures noted on page five (5).

- Water Depth:** ● The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet and 0 inches at the start end and the turn end is 8 feet 8 inches, measured for a distance of 1.0 meter to 5.0 meters from both end walls.

- Course** ● The meet host will ensure the required course dimensions.

Certification:

Sanction:● Held under the Sanction of USA Swimming.

- 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 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 club’s 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.

Swimmer● No team or parent photographers will be allowed on deck.

Photographs &● In the event such media personnel are present, parents or guardians of swimmers under the age of 18 who do not

Videos: wish to have photos or videos of their athletes made, are required to contact the Meet Director prior to the beginning of warm-ups.

- Media photographers and videographers are prohibited from the area immediately behind the starting blocks.

Unaccompanied● Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in

Swimmers: 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 Swimming 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.

Athletes● 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,

Necessary Accommodations: 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.

Cell Phone● The presence and/or use of cell phones, smartphones, or any other devices capable of producing audio recordings

Restrictions: and/or photographic or video images in locker rooms, restrooms, or changing areas is strictly and specifically prohibited at all times.

- There are no exceptions to this prohibition.
- Violators are subject to disqualification from the meet, disbarment from the facility and arrest.

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 for officials is white collared shirts or blouses over khaki trousers, Bermuda-length shorts, skirts or capris. No short shorts, jeans or flip-flops, thank you.
- Wearing of name tags is strongly encouraged for ALL officials.
- Please report to the Meet Referee in the AHISD Natatorium Classroom.

- Timers:** ● Teams are requested to provide volunteers in proportion to the number of athletes in attendance
- Seventeen (17) volunteer backup lane timers will be needed to run this event.

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.

Order of Swimming Events (SCY)

Event #:	Age Group:	Event:
Sunday January 4, 2026		
1	Open	400 IM
2	Open	1650 Freestyle
3	12 & Under	500 Freestyle

Safety Guidelines and Warm-up Procedures

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.

MISCELLANEOUS NOTES

1. 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.
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-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 Procedure