

# Alamo Area Aquatic Association Meet Information

www.aaaa-sa.org  
Posted 12/16/10

**Meet:** •2011 San Antonio Nadadores "Slower than A Meet"

**Sanction Number:** •ST-11-12

**Dates:** •January 15<sup>th</sup>-16<sup>th</sup>, 2011

**Venue 1:** **San Antonio Natatorium**  
•1430 West Durango  
•San Antonio, Texas 78207  
•(2 blocks South of Colorado and Commerce)  
•210-299-1560

**Facility:** •Eight-lane 25-yard racing courses  
•Start end depth 5.5 feet/ Turn depth 4.5 feet  
•DAKTRONICS automatic starting and timing  
•Concessions and swim shop available  
•Eight-lane warm-up / cool down pool

**Entry deadline:**  
**6:00 PM, Tuesday, January 4, 2011**  
**No exceptions and no late entries**

**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 San Antonio Independent School District, 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

## Unaccompanied

**Swimmers:** •Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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  
•It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

## Cell phone

**Restrictions:** •The presence and / or use of cell phones, and any other equipment capable of producing photographic or video images, 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.

## USA Swimming

**Registration:** •All swimmers, coaches and officials participating in this competition must be *currently* (2011) 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)** 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
- National and LSC Regulations do not allow for any exceptions to these policies

**Rules:** •The 2011 USA Swimming Rules and any relevant sections of the STSI Handbook will apply

**Format:**

- Individual events only
- No relays
- Timed finals- Meet will be capped at 350 swimmers
- All events will be seeded by time and gender without regard to age

### Entry

**Restrictions:**

- The meet is open to any swimmer currently (2011) registered with USA Swimming
- Age as of January 15, 2011 determines age for the entire meet.
- Maximum of 5 individual events per day. Swimmers must be slower than "A" time for all events swum.

### Qualifying

**Times:** •Slower than USA Swimming National "A" time.

### Entry

**Deadline:** •6:00 PM, Tuesday, January 4, 2011

### Entry Fees (Includes

**Splash Fee):**

- \$6.00** per Individual event
- Checks payable to: **San Antonio Nadadores**

### Late/Deck

**Entries?**

- Only to fill empty lanes at \$12.00 per event
- Late entering athletes will be required to prove their current (2011) USA Swimming Registration

### Entry

**Procedures:** The **only** acceptable mode of entry is via Hy-Tek Commlink File or disk

- Hard copy **MUST** accompany
- 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](http://www.aaaa-sa.org))
- Entries received without a seed time will not be entered into the meet and fees will not be refunded
- Mail entries to the Entries Chair noted below
- Entries must be submitted via e-mail
- An HYV File for importing events and time standards into Team Manager is available on the USA Swimming Page of the AAAA Web Site at: [www.aaaa-sa.org](http://www.aaaa-sa.org)

### E-Mail

**Entries:**

- Entries in Commlink Format only, MUST be sent to: [dmw15479@aol.com](mailto: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.
- Athletes WILL NOT be entered into the meet until entry fee payment has been received by the Meet Director or designee

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

**San Antonio Nadadores Meet Mangement:**

**Entry Chair and Meet Director**

- Don Walker
- 110 Tuleta
- San Antonio, TX 78212-3197
- 210-299-1560
- dmw15479@aol.com

**Meet Referee**

- Jonathan Rightmyer
- 3730 Longridge
- San Antonio, TX 78228
- 210-857-4950
- john\_rightmer@yahoo.com

**Warm-ups:**

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page seven
- Specific warm-up times and lane assignments will be posted with the Psych Sheet at [www.aaaa-sa.org](http://www.aaaa-sa.org) by noon on Wednesday, January 12th
- Please also review the daily schedule below

**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/**

**Awards:**

- Ribbons for places first through eight in each designated age group (10 and under, 11, 12, 13 and over)
- Not scored

**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 San Antonio Natatorium 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:**

**Timed Final:**

- |                                    |                      |
|------------------------------------|----------------------|
| •Saturday and Sunday warm-ups      | 7:30AM Both days     |
| •Check-in for the 400 IM by        | 8:30AM Saturday      |
| •Check-in for the 500 freestyle by | 8:30AM Sunday        |
| •Clear pool                        | 8:40AM Both days     |
| •Coaches' meeting at               | 8:45AM Saturday only |
| •Preliminary sessions begin        | 9:00AM Both days     |

**Timers:**

- Volunteers will undoubtedly be needed and greatly appreciated

**Officials:**

- All *currently* (2011) fully certified and in-training USA Swimming officials are cordially invited to participate
- Please report to the appropriate Meet Referee at least 45 minutes prior to the scheduled start time of any session to receive your assignments
- The prominent display of both South Texas and USA Swimming credentials while on deck is required by Rule

## Order of Events – Distances are in Yards

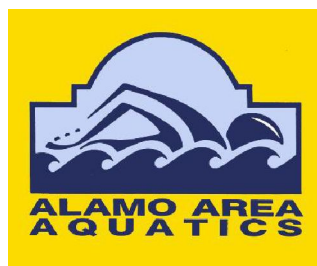
Saturday January 15			Sunday January 16					
Girl's No.	Stroke and Distance	Boy's No.	Girl's No.	Stroke and Distance	Boy's No.			
1	100 Breaststroke	2	17	200 Butterfly	18			
	10 and Under			11 and 12				
	11 and 12			13 and Over				
	13 and Over							
3	100 Butterfly	4	19	50 Breaststroke	20			
	10 and Under			11 and 12				
	11 and 12							
	13 and Over							
5	200 Backstroke	6	21	100 Backstroke	22			
	11 and 12			10 and Under				
	13 and Over			11 and 12				
				13 and Over				
7	50 Free	8	23	200 Ind. Medley	24			
	10 and Under			10 and Under				
	11 and 12			11 and 12				
	13 and Over			13 and Over				
9	50 Backstroke	10	25	50 Butterfly	26			
	10 and Under			10 and Under				
	11 and 12			11 and 12				
	13 and Over							
11	200 Freestyle	12	27	100 Freestyle	28			
	10 and Under			10 and Under				
	11 and 12			11 and 12				
	13 and Over			13 and Over				
13	100 Ind. Medley	14	29	200 Breaststroke	30			
	10 and Under			11 and 12				
	11-12			13 and Over				
	13 and Over							
15	400 Ind. Medley	15	31	500 Free	31			
	11 and 12			10 and Under				
	13 and Over			11 and 12				
				13 and Over				

-Events 15 (400 IM) and 31 (500 free) 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 16 and 32

## 2009-2012 Single Year Age Group National Motivational "A" Time Standards

### Short Course Yards

Girls- Times must be slower than						Event	Boys- Times must be slower than					
Senior	14	13	12	11	10-U		10-U	11	12	13	14	Senior
28.39	28.69	29.29	29.49	30.89	32.19	<b>50 Free</b>	31.59	30.59	28.59	27.29	26.29	25.69
1:01.19	1:02.19	1:03.49	1:03.09	1:07.49	1:11.89	<b>100 Free</b>	1:10.79	1:06.79	1:02.69	59.39	57.39	56.19
2:11.79	2:13.79	2:16.29	2:19.89	2:26.09	2:36.39	<b>200 Free</b>	2:31.89	2:24.99	2:16.19	2:10.29	2:05.29	2:02.29
5:51.39	5:52.99	6:02.19	6:09.29	6:29.39	6:48.39	<b>500 Free</b>	6:44.59	6:25.19	6:04.69	5:48.49	5:35.19	5:30.19
12:06.09	12:07.59	12:26.59	12:51.69	13:35.69		<b>1000 Free</b>		13:34.79	12:42.89	11:58.39	11:36.39	11:24.99
20:13.99	20:12.19	20:45.99	21:39.59	22:42.09		<b>1650 Free</b>		22:58.09	21:23.59	20:06.19	19:15.69	19:11.99
			33.89	35.79	38.09	<b>50 Back</b>	38.29	36.29	33.49			
1:07.39	1:08.49	1:09.99	1:14.19	1:17.79	1:22.19	<b>100 Back</b>	1:21.29	1:17.49	1:12.29	1:06.49	1:04.19	1:02.49
2:25.99	2:27.29	2:30.39	2:35.89	2:44.39		<b>200 Back</b>		2:44.39	2:32.89	2:23.89	2:18.19	2:15.39
			37.79	39.99	41.99	<b>50 Breast</b>	42.19	41.09	37.29			
1:16.39	1:17.59	1:19.39	1:22.19	1:26.79	1:33.39	<b>100 Breast</b>	1:31.79	1:27.29	1:20.49	1:15.39	1:12.09	1:10.79
2:45.89	2:46.79	2:51.29	2:56.89	3:07.49		<b>200 Breast</b>		3:08.29	2:52.89	2:44.49	2:36.29	2:34.39
			32.39	34.19	37.29	<b>50 Fly</b>	36.69	34.89	32.09			
1:07.49	1:07.79	1:09.09	1:13.19	1:16.99	1:26.69	<b>100 Fly</b>	1:25.59	1:17.09	1:11.69	1:05.59	1:02.89	1:01.59
2:28.19	2:28.59	2:32.19	2:38.59	2:47.19		<b>200 Fly</b>		2:47.79	2:35.29	2:24.59	2:20.29	2:16.29
			1:13.99	1:18.29	1:22.59	<b>100 IM</b>	1:21.09	1:17.69	1:11.49			
2:28.69	2:30.49	2:34.59	2:37.59	2:45.09	2:55.99	<b>200 IM</b>	2:55.29	2:45.79	2:35.59	2:26.29	2:20.29	2:17.59
5:15.39	5:17.79	5:25.89	5:36.09	5:54.19		<b>400 IM</b>		5:53.09	5:28.89	5:09.89	5:00.49	4:53.39



# 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 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.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups 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.**