



# Alamo Area Aquatic Association Meet Information



[www.aaaa-sa.org](http://www.aaaa-sa.org)

Conducted under Sanction of USA Swimming

Sanction Number: STA-17-94

Posted: 10/07/17

**Meet Name:** •2017 ST AAAA / Palo Alto "B" Plus

**Meet Date(s):** •Saturday and Sunday November 11 and 12, 2017

**Venue:** •The Aquatic Center at Palo Alto College  
•1400 West Villaret Blvd.  
•San Antonio, Texas 78224  
•210-486-3000

**Daily Schedule:** •Saturday and Sunday Morning:

•12 and Unders:

•Warm-ups begin @ 0730  
•Positive check-ins by 0830  
•Clear Competition pool @ 0845  
•Coaches meet @ 0845  
•Competition begins @ 0900

Saturday and Sunday Afternoon:

•13 and Overs:

•Warm-ups begin @ 1230  
•Positive check-in by 1300  
•Clear competition pool @ 1345  
•Coaches meet @ 1345  
•Competition begins @ 1400

**Meet Format:** •Timed Final competition in Short Course Yards  
•All events will be swum *fastest to slowest*.  
•All entry times must be entered in SCY  
•No relays or Time Trials  
•Flyover starts may be used

**Age up Date:** •The age of the swimmer will be his / her age on November 11, 2017

**Scoring and**

**Awards:** •None!

**Entries Open:** •Entries open for AAAA at 1200, on Tuesday, October 24, 2017  
•Entries open for all other teams at 1200, on Wednesday, October 25, 2017

**Entry Deadline:** •1800, Tuesday, October 31, 2017

**Entry**

**Restrictions:** •Swimmers may enter a maximum of five (5) events each day  
•Swimmers must have at some time (lifetime) achieved a time equal to or faster than the 2017 – 2020 National Motivational "B" Time for any event entered.  
•Entries received without a seed time (NT) will not be accepted and any entry fees will not be refunded  
•Entry times may be challenged and if found fraudulent via the National SWIMS Database, the swimmer will be disqualified from the competition and any entry fees will not be refunded

**Entry Fees:** •6.50 per event (Includes the STSI \$1.25 Splash Fee)  
•Late and Deck entries \$15.00 per event

**Late / Deck**

**Entries:** •Late and Deck entries will be accepted only to fill empty lanes – no new heats will be created

**Checks**

**Payable To:** •Palo Alto College  
•Mail or deliver to:  
•Shanea Allen  
•Palo Alto College natatorium  
•1400 West Villaret Blvd.  
•San Antonio, TX 78224

**Entry**

**Procedures:** •The **only** acceptable mode of entry is via Hy-Tek Commlink File  
•Hard copy (PDF) **MUST** accompany entry file  
•Entries received without a seed time will not be entered into the meet and fees will not be refunded  
•Please e-mail entries to the Entry Chair noted below  
•An HYV File for importing events into Team Manager is available on the AAAA Web Site at:  
•[www.aaaa-sa.org](http://www.aaaa-sa.org).

## E-Mail

- Entries:**
- Entries in Commlink Format only, MUST be submitted to: Karen Kliewer at: [karenskhorus@aol.com](mailto:karenskhorus@aol.com)
  - E-mail submissions to any other address cannot be accepted.
  - 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 (PDF) and Meet Entry Fees Report (PDF) is received as an attachment to the e-mail address or hand-delivered.

## Qualifying

- Times:**
- Swimmers must have achieved a time equal to or faster than the 2017 – 2020 National Motivational “B” Time for any event entered.
  - Please see page four (4)
  - Entry times may be challenged and if found fraudulent via the National SWIMS Database, the swimmer will be disqualified from the competition and any entry fees will not be refunded

## Meet

- Management:**
- |                          |                             |   |
|--------------------------|-----------------------------|---|
| •HY-TEK Meet Manager 6.0 |                             |   |
| • <b>Meet Director:</b>  | • <b>Meet Referee:</b>      | • <b>Entries Chair and Administrative Official:</b> |
| •Shanea Allen            | •Ross Robinson              | •Karen Kliewer                                      |
| •210-486-3000            | •210-262-7129               | •210-842-7997                                       |
| •sallen83@alamo.edu      | •ros.robinson@frostbank.com | •karenskhorus@aol.com                               |

## Deck

- Changing:**
- Deck changing is prohibited.

- Warm-ups:**
- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page five (5).
  - Please also review the daily schedule on page one (1)

- Facility:**
- Two eight-lane 25-yard racing courses
  - The courses have been professionally certified IAW 104.2.2C(4)
  - A copy of the certification is on file with USA Swimming
  - DAKTRONICS automatic starting and timing
  - Full color video scoreboard with name, heat and event display
  - Eight (8) adjacent warm-up / cool down lanes constantly available
  - Seating is available for over 1000
  - Dressing and locker rooms are available on-site
  - The Natatorium is on Palo Alto College property
  - No tobacco or alcohol is allowed including the parking lot
  - Concessions will be available

- Water Depth**
- The minimum water depth, measured in accordance with Article 103.2.3, is seven feet at the start end and the turn end is nine feet measured for a distance of one-meter to five-meters from both end walls

- Drones:**
- In accordance with (IAW) 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 Vice President of Program Operations and Palo Alto College.

- 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 Alamo Community College 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
  - 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:**
- Held under the sanction of USA Swimming.
  - This meet has been sanctioned by South Texas Swimming and current USA Swimming rules and any relevant sections of the South Texas Policies and Procedures Manual will apply
  - All swimmers must be registered as athletes for 2017 or 2018 with USA Swimming by the meet start date
  - Athletes who register with USA Swimming after the meet entry deadline may deck enter the meet only if they can present their 2017 or 2018 USA Swimming registration card or proof of membership using the USA Swimming Deck Pass Application
  - Or a coach may present the club's official, watermarked roster from the USA Swimming club portal
  - South Texas Swimming does not allow on-deck USA Swimming registrations
  - Conduct of the sanctioned events shall conform in every respect to all technical and administrative rules of USA Swimming.

## USA

### Swimming

#### Registration:

- USA Swimming Registration: All swimmers, coaches, and officials participating in this competition must be currently (2017 or 2018) 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; **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 ID card or proof of memberships via the USA-S Deck Pass App
- A coach may also 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.

#### Cell Phone

#### Restrictions:

- The presence and / or use of cell phones, smart phones, or any other devices capable of producing audio recordings and / or photographic or video images in locker rooms, rest rooms, 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.

#### Photographs

#### And Videos:

- No team or parent photographers will be allowed on deck.
- In the event such *media* 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 prohibited from the area immediately behind the starting blocks, and are specifically prohibited from making shots during the start phase of any race

#### 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.
- 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

#### Special

#### Needs:

- A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.
- Please notify the Aquatic Center at Palo Alto College (210-486-3000) in advance of this meet with the name and age of any members of your team who may need assistance in entering the building.
- The Center's 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.
- Coaches and / or athletes must notify the Meet Host and the Meet Referee before the competition begins, and preferable at the time entries are submitted, if any specialized equipment is required and / or if they are to be considered for judging under Article 105

#### Scratch

#### Rules:

- Most events will be pre-seeded and there is no penalty for missing an event (NS)
- 500-yard freestyle and the 400-yard individual medley will be seeded on deck and swimmers who check-in and subsequently fail to appear for competition will be disqualified from further competition in the meet
- Previous performances will not be nullified.

#### Timers:

- The Meet Host will attempt to provide backup timers for this meet
- However, volunteers will be needed and greatly appreciated.

#### Officials:

- All currently (2017 or 2018) certified and in training USA Swimming officials are cordially invited to participate.
- All deck officials must be registered with USA Swimming for 2017 or 2018 and have a current Background Check acknowledged by USA Swimming.
- The uniform is white collared shirts or blouses over khaki trousers, Bermuda-length shorts skirts or capris
  - PLEASE: No jeans, cut-offs or flip flops!
- Please report to the official's meetings as specified in the Daily Schedule on page one (1) to receive your assignments
- The wearing of name tags is strongly encouraged

**Order of Events and *MINIMUM* Time Standards**  
Distances are in yards / **Saturday November 11 at 0900**

<b>Girl's Event #</b>	<b>Equal to or Faster Than:</b>	<b>Distance &amp; Stroke</b>	<b>Age Group</b>	<b>Equal to or Faster Than:</b>	<b>Boy's Event #</b>
<b>1</b>	3:38.49	200 I-M	10 and Under	3:35.49	<b>2</b>
	3:00.69		11 and 12	2:57.59	
<b>3</b>	0:53.29	50 Breast	10 and Under	0:52.09	<b>4</b>
	0:43.09		11 and 12	0:42.89	
<b>5</b>	1:41.99	100 Back	10 and Under	1:40.19	<b>6</b>
	1:25.19		11 and 12	1:22.19	
<b>7</b>	3:00.89	200 Fly	11 and 12	2:56.59	<b>8</b>
<b>9</b>	1:29.59	100 Free	10 and Under	1:27.79	<b>10</b>
	1:13.59		11 and 12	1:10.99	
11	0:47.39	50 Fly	10 and Under	0:45.69	12
	0:36.69		11 and 12	0:37.09	
<b>13</b>	3:23.09	200 Breast	11 and 12	3:14.89	<b>14</b>
<b>15*</b>	8:26.09	500 Free*	10 and Under	8:16.69	<b>16*</b>
	7:09.09		11 and 12	6:57.29	
<b>Saturday, November 11 at 1400</b>					
<b>17</b>	2:51.49	200 I-M	<b>13 and Over</b>	2:39.99	<b>18</b>
<b>19</b>	1:17.19	100 Back		1:12.09	<b>20</b>
<b>21</b>	2:50.09	200 Fly		2:38.29	<b>22</b>
<b>23</b>	1:10.79	100 Free		1:10.59	<b>24</b>
<b>25</b>	3:11.99	200 Breast		2:58.39	<b>26</b>
<b>27*</b>	6:49.39	500 Free*		6:26.59	<b>28*</b>
<b>Sunday, November 12 at 0900</b>					
<b>29</b>	3:19.19	200 Free	10 and Under	3:06.69	<b>30</b>
	2:41.19		11 and 12	2:35.69	
<b>31</b>	1:53.99	100 I-M	10 and Under	1:52.39	<b>32</b>
	1:24.39		11 and 12	1:20.89	
<b>33</b>	0:46.99	50 Back	10 and Under	0:47.69	<b>34</b>
	0:38.29		11 and 12	0:38.19	
<b>35</b>	1:58.09	100 Breast	10 and Under	1:53.59	<b>36</b>
	1:34.39		11 and 12	1:32.49	
<b>37</b>	2:56.59	200 Back	11 and 12	2:52.69	<b>38</b>
<b>39</b>	1:53.99	100 Fly	10 and Under	1:52.39	<b>40</b>
	1:25.09		11 and 12	1:23.29	
<b>41</b>	0:38.89	50 Free	10 and Under	0:38.09	<b>42</b>
	0:33.79		11 and 12	0:32.59	
<b>43*</b>	6:24.19	400 I-M*	11 and 12	6:13.09	<b>44*</b>
<b>Sunday, November 12 at 1400</b>					
<b>45</b>	2:33.19	200 Free	<b>13 and Over</b>	2:22.99	<b>46</b>
<b>47</b>	1:28.69	100 Breast		1:21.39	<b>48</b>
<b>49</b>	2:47.29	200 Back		2:37.09	<b>50</b>
<b>51</b>	1:16.89	100 Fly		1:11.49	<b>52</b>
<b>53</b>	0:32.69	50 Free		0:29.99	<b>54</b>
<b>55*</b>	6:05.79	400 I-M*		5:41.79	<b>56*</b>

- Events marked with an asterisk (\*) require a positive check-in on the day of the event and by the time noted on the Daily Schedule on page one (1)
- Swimmers in the 400-yard I-M must provide their own backup timers
- Swimmers in the 500-yard free must provide their own backup timers and lap counters.

# 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
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 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.**