



# Alamo Area Aquatic Association Meet Information

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

Conducted under Sanction of USA Swimming

Sanction Number: STA-17-103

Posted: 11/13/17



**Meet Name:** •2017 ST AAAA Northside “B” Plus Winter Wonderland

**Meet Date(s):** •December 8th, 9th, and 10th, 2017

**Venue:** • **Northside ISD Aquatic Complex**  
•8400 North Loop 1604 West  
•San Antonio, Texas 78249  
•210-397-7525

<b>Daily Schedule:</b>	• <b>Preliminaries (Friday – Sunday)</b>		• <b>Finals (Friday – Sunday):</b>	
	•Coaches meeting @	0645 <i>Friday Only!</i>	•Warm-ups begin @	1600
	•Warm-ups begin @	0700	•Officials meet @	1615
	•Officials meet @	0745	•Sprint lanes open @	1630
	•Sprint lanes open @	0800	•Clear competition pool @	1650
	•Positive check-in by	0800	•National Anthem @	1657
	•Deck entries close @	0800	•Competition begins @	1700
	•Clear competition pool @	0820		
	•National Anthem @	0827		
	•Competition begins @	0830		

**Entries Open:** •Entries open for AAAA Teams at 1200, Monday, November 20,2017  
•Entries for all other teams open at 1200, Tuesday, November 21, 2017

**Entry Deadline For ALL Teams:** •1200, Sunday, November 26, 2017

**Format:**

- Championship, i.e., Preliminaries and Finals
- Championship seeding, fastest to slowest in preliminaries
- Preliminaries will be conducted in two INDOOR eight-lane, 25-yard pools
- Finals will be conducted in an INDOOR single eight-lane, 25-yard pool EXCEPT for the 400-yard Individual Medley and the 500-yard Freestyle - please note bullet below.
- Odd-numbered heats in the north pool / even-numbered heats in the south pool
- The 500-, 1000- and 1650-yard freestyle and the 400-yard individual medley will require a positive check-in by 0800 on the day of the event and then be seeded on-deck fastest to slowest
  - Swimmers who check-in for anyone of these events and subsequently fail to appear for competition will be disqualified from their next scheduled event.
- The Finals of 400-yard Individual Medley and the 500-yard Freestyle will be contested in two pools as noted above
- The 1000- and 1650-yard Freestyles are Timed Finals and the fastest eight who elect NOT to compete in the preliminary session will swim in finals
- All other events will be pre-seeded
  - There is no penalty for scratching (No Show) from a pre-seeded event.
- Two final heats (A and B) will advance to the final sessions each day
- No relays
- No time trials

**Age-up Date:** •December 8, 2017

**Scoring and Awards:**

- High Point for Boys and Girls
- Ages 10 and Under, 11 and 12, 13 and 14, 15 and Over

**Entry Restrictions:**

- This Meet is open to all 2017 - 2018 Registered USA Swimming and FINA athletes
- Maximum of three (3) events per day and seven (7) for the entire meet
- All entries *must* include a seed time
- Entries received without a seedtime (NT) or times slower than those specified will not be accepted and no refunds will be made
- Entries will be processed in the order received
- Entries will be closed when any session reaches an estimated four (4) hours in length.
- Swimmers qualifying with a “non-conforming” time (LCM or SCM) should enter the event using the nonconforming time, which will allow for proof of the qualifying entry time.
- The meet will be seeded SCY, LCM, SCM

## Qualifying

### Times:

- Swimmers must at some time (Lifetime Best) achieved at least a 2017 – 2020 National Motivational “B” Time for each and every event entered
- Please refer to the Order of Events on pages four (4) and five (5)
- Entry times may be challenged and if found to be fraudulent via the SWIMS Database, the swimmer will be disqualified from further participation in the meet
- No entry fees will be refunded.

## Meet

### Management:

- |                          |                        |                        |                           |
|--------------------------|------------------------|------------------------|---------------------------|
| •Meet Manager 6.0        |                        |                        |                           |
| •Meet Director:          | •Meet Referee:         | •Entries Chair:        | •Administrative Official: |
| •Terry Vettters          | •Larry Benson          | •Nabil Kebbab          | •Rick Allenstein          |
| •210-397-8985            | •210-687-2513          | •210-397-7524          | •210-602-6418             |
| •terry.vettters@nisd.net | •lbenson@sbcglobal.net | •nabil.kebbab@nisd.net | •rallenstein@gmail.com    |

## Deck

### Changing:

- Deck changing is prohibited
- Violators are subject to disqualification from the meet and disbarment from the facility

### Facilities:

- Two eight (8) lane INDOOR competition courses
- Colorado automatic starting and timing
- Spectrum Backstroke Start Devices *may* be in use
- The courses have been certified in accordance with USA Swimming Rule 104.2.2 (C) and a copy is on file with USA Swimming
- Adequate warm-up and cool-down lanes will be constantly available throughout the competition
- Two-piece swim suits are prohibited in these facilities
- No tie-back swim suits are allowed in these facilities
- Any and all swim suits worn in these facilities must be of one piece and constructed with no zippers or other fastening systems

### Water Depths

- Pool depth, measured from the start end, is six feet seven inches and from the turn end is six feet seven inches both measured at one and five-meters from either end wall in accordance with Article 103.2.3.

### 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 NISD.

### Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page six (6)
- Continuous warm-up and warm-down will be available in the diving well.
- Please also review the daily schedules on page one (1).

### 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 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 is sanctioned by South Texas Swimming and the current USA Swimming rules and any relevant sections of the current South Texas Policies and Procedures Manual will apply.
- Allswimmersmustberegisteredfor2017 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 their2017 or 2018 USA Swimming registration card or proof-of-membership via USA-S Deck Pass
- A coach may also 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.
- Conduct of these sanctioned events shall conform in every respect to all technical and administrative rules of USA Swimming.

## 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 membership using the USA Swimming Deck Pass Application
- 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

## 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

## Entry Fees:

- \$10.00 per individual event (Includes the \$1.25 STSI Splash Fee)
- \$20.00 per individual event late entry
  - Late entries will be accepted only to fill empty lanes – no new heats will be created
- Checks payable to: **NISD Aquatics**
  - Mail to:
    - Nabil Kebbab
    - c/o Northside ISD Aquatics
    - 8400 North Loop 1604 West
    - San Antonio, TX 78249
    - No Personal Checks can be accepted

## Entry

### Procedures:

- The **only** acceptable mode of entry is via Hy-Tek Commlink File
- Hard copy (PDF) **MUST** accompany
- 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 and time standards into Team Manager is available from the Club Calendar and Results Page of the AAAA Web Site: [www.aaaa-sa.org](http://www.aaaa-sa.org).

## E-Mail

### Entries:

- Entries in Commlink Format only, MUST be sent or delivered to:
  - NISD Entries Chair:**
    - Nabil Kebbab
    - 210-397-7524
    - nabil.kebbab@nisd.net
- 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) is received as an attachment to the e-mail, or hand-delivered.

## 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 Northside Natatorium (210-397-8985) in advance of this meet with the name and age of any member on your team who needs assistance to enter the building.
- The Aquatics 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.

## Timers:

- AAAA will attempt to provide backup timers, but additional help will be needed and volunteers will be welcome and appreciated.
- Competitors in the 500, 1000 and 1650-yard Freestyles and 400yard Individual Medley must provide their own backup timers
- In addition, swimmers in the 500, 1000 and 1650-yard Freestyles must provide their own lap counters.

**Officials:**

- All 2017 and 2018 certified and in training STSI and USA Swimming registered officials are cordially invited to participate
- The required uniforms are:
  - For Preliminaries:**
    - White collared shirts / blouses over khaki trousers, Bermuda-length shorts, skirts or capris
    - PLEASE: No jeans, cut-offs or flip flops
  - For Finals:**
    - Navy Blue collared shirts / blouses over khaki trousers or skirts
    - PLEASE: No flip flops
- Please report to the Meet Referee as per the Daily Schedule on Page One (1) to be briefed and receive assignments
- The wearing of name tags is strongly encouraged

## Order of the Events / Distances are in yards

Minimum Qualifying Times: 2017 - 2020 National Motivational "B" Times

Friday, December 8 – 0830 Prelims / 1700 Finals						
Girl's Event #	Equal to or Faster than:	Age Group	Distance	Stroke	Equal to or Faster than:	Boy's Event #
<b>1</b>	0:38.29	11 and 12	<b>50</b>	<b>Back</b>	0:38.19	<b>2</b>
	0:46.99	10 and Under			0:47.69	
<b>3*</b>	6:40.69	15 and Over	<b>500*</b>	<b>Free*</b>	6:12.59	<b>4*</b>
	6:49.39	13 and 14			6:26.59	
	7:09.09	11 and 12			6:57.29	
	8:26.09	10 and Under			8:16.69	
<b>5</b>	2:48.19	15 and Over	<b>200</b>	<b>I-M</b>	2:32.69	<b>6</b>
	2:51.49	13 and 14			2:39.99	
	3:00.69	11 and 12			2:57.59	
	3:38.49	10 and Under			3:35.49	
<b>7</b>	0:32.09	15 and Over	<b>50</b>	<b>Free</b>	0:28.89	<b>8</b>
	0:32.69	13 and 14			0:29.99	
	0:33.79	11 and 12			0:32.59	
	0:38.89	10 and Under			0:38.09	
<b>9*</b>	13:49.19	15 and Over	<b>1000*</b>	<b>Free*</b>	12:52.99	<b>10*</b>
	14:01.99	13 and 14			13:21.19	
	14:48.09	11 and 12			14:32.59	

\*Requires a positive check-in by 0800 on the day of the event



## Order of the Events / Distances are in yards

Minimum Qualifying Times: 2017 - 2020 National Motivational "B" Times

<b>Saturday, December 9 – 0830 Prelims / 1700 Finals</b>						
Girl's Event #	Equal to or Faster than:	Age Group	Distance	Stroke	Equal to or Faster than:	Boy's Event #
<b>11</b>	0:43.09	11 and 12	<b>50</b>	<b>Breast</b>	0:42.89	<b>12</b>
	0:53.29	10 and Under			0:52.09	
<b>13*</b>	6:05.79	15 and Over	<b>400*</b>	<b>I-M*</b>	5:41.79	<b>14*</b>
	6:05.79	13 and 14			5:41.79	
	6:24.19	11 and 12			6:13.09	
<b>15</b>	1:15.39	15 and Over	<b>100</b>	<b>Fly</b>	1:08.29	<b>16</b>
	1:16.89	13 and 14			1:11.49	
	1:25.09	11 and 12			1:23.29	
	1:53.99	10 and Under			1:52.39	
<b>17</b>	2:29.89	15 and Over	<b>200</b>	<b>Free</b>	2:17.29	<b>18</b>
	2:33.19	13 and 14			2:22.99	
	2:41.19	11 and 12			2:35.69	
	3:19.19	10 and Under			3:06.69	
<b>19</b>	3:08.19	15 and Over	<b>200</b>	<b>Breast</b>	2:48.69	<b>20</b>
	3:11.99	13 and 14			2:58.39	
	3:23.09	11 and 12			3:14.89	
<b>21</b>	1:15.39	15 and Over	<b>100</b>	<b>Back</b>	1:08.39	<b>22</b>
	1:17.19	13 and 14			1:12.09	
	1:25.19	11 and 12			1:22.19	
	1:41.99	10 and Under			1:40.19	

\*Requires a positive check-in by 0800 on the day of the event

<b>Sunday, December 10 – 0830 Prelims / 1700 Finals</b>						
Girl's Event #	Equal to or Faster than:	Age Group	Distance	Stroke	Equal to or Faster than:	Boy's Event #
<b>23</b>	0:36.69	11 and 12	<b>50</b>	<b>Fly</b>	0:37.09	<b>24</b>
	0:47.39	10 and Under			0:45.69	
<b>25</b>	2:44.09	15 and Over	<b>200</b>	<b>Back</b>	2:29.89	<b>26</b>
	2:47.29	13 and 14			2:37.09	
	2:56.59	11 and 12			2:52.69	
<b>27</b>	1:09.59	15 and Over	<b>100</b>	<b>Free</b>	1:02.89	<b>28</b>
	1:10.79	13 and 14			1:05.59	
	1:13.59	11 and 12			1:10.99	
	1:29.59	10 and Under			1:27.79	
<b>29</b>	2:46.79	15 and Over	<b>200</b>	<b>Fly</b>	2:31.39	<b>30</b>
	2:50.09	13 and 14			2:38.29	
	3:00.89	11 and 12			2:56.59	
<b>31</b>	1:26.89	15 and Over	<b>100</b>	<b>Breast</b>	1:17.59	<b>32</b>
	1:28.69	13 and 14			1:21.39	
	1:34.39	11 and 12			1:32.49	
	1:58.09	10 and Under			1:53.59	
<b>33*</b>	23:05.19	15 and Over	<b>1650*</b>	<b>Free*</b>	21:35.39	<b>34*</b>
	23:23.49	13 and 14			22:18.89	
	24:53.99	11 and 12			24:21.89	

\*Requires a positive check-in by 0800 on the day of the 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
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.**