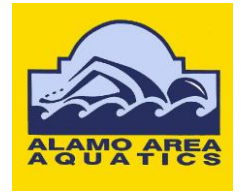




The Alamo Area Aquatics Association Meet Information



www.aaaa-sa.org

Conducted under Sanction of USA Swimming

Posted: 05/15/18

Meet: ■2018 ST AAAA Senior Circuit Long Course Championships

Dates: ■July 26th through July 29th, 2018

Sanction Number: ■STA-18-52

Entry deadline: ■2359 CDT Thursday July19, 2018
■Entries may be made via OME only!

Daily Schedule:	■Thursday, July 26	Timed Final warm-ups begin @	1530	Competition begins @	1700
	■Friday, July -27	Prelims warm-ups begin @	0700	Competition begins @	0900
		Finals warm-ups begin @	1630	Competition begins @	1800
	■Saturday, July 28	Prelims warm-ups begin @	0700	Competition begins @	0900
		Finals warm-ups begin @	1630	Competition begins @	1800
	■Sunday, July -329	Prelims warm-ups begin @	0700	Competition begins @	0900
		Finals warm-ups begin @	1530	Competition begins @	1700

Venue: ■The Aquatic Center at Palo Alto College [City Map Locator](#)
■1400 West Villaret Blvd.
■San Antonio, Texas, 78224 [Campus Map](#)
■210-486-3800

Facility: ■Eight lane, 50-meter competition course
■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 18 feet measured for a distance of one meter to five meters from both end walls.
■The racing course has not been certified in accordance with Article 104.2.2C(4)
■DAKTRONICS starting and timing systems
■Scoreboard with full heat and event display
■Six constantly available warm-up / cool-down lanes
■Adequate free parking adjacent to the pool
■On-deck stadium seating for 1600
■Concessions and swim shop in the lobby
■Food from outside sources is not permitted in the Aquatic Center
■Chairs are not permitted in the facility
■Deck changing is prohibited!

Liability: ■In granting a Sanction for this meet, it is understood and agreed, 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 for claims for damage arising by reason(s) of injuries to anyone during the conduct of this 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: ■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 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 2018 USA Swimming registration card
■Or a coach may present the club's official, watermarked roster from the USA Swimming club portal or the USA Swimming Deck Pass Application
■South Texas Swimming does not allow on-deck USA Swimming registrations
■Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Age up Date: ■July 26th, 2018

Drones: ■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 Program and Events Chair or designee.

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

Proof-of-Time and Qualifying Times:

- Swimmers must be qualified for the meet with at least one Sectional qualifying time (see details below)
 - Events may be qualified for by meeting yards or meters qualifying times.
 - All swimmers must meet the 2018 Sectional time standards established for each event they enter and must have achieved within two (2) years of the first day of the meet (July 26, 2018)
 - Time standards may be found here: <http://www.texasseniorcircuitswimming.org>.
- Athletes with a qualifying time and entered in at least one qualifying individual event may enter a limited number of bonus events: in any bonus event 200 meters and shorter with no qualifying time, and in any longer event provided they meet the "Sectional Bonus Time Standards."
- The number of bonus events allowed is determined based on actual entries in events in which the athlete has the Sectional cut:
 - One sectional cut entry: four bonus events
 - Two sectional cut entries: three bonus events
 - Three sectional cut entries: two bonus events
 - Four sectional cut entries: one bonus event
 - Please enter "bonus" events at actual times not at time standards.
 - All times must be provable in SWIMS, or an equivalent international database

USA

Swimming

Registration:

- All swimmers, coaches, and officials participating in this competition must be currently (2018) registered with USA Swimming or FINA
- 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
- A coach may present the club's official, watermarked roster from the USA Swimming club portal or provide proof of member ship via the USA Swimming Deck Pass Application
- South Texas Swimming does not permit on-deck USA Swimming Registrations
- National and LSC Regulations do not allow for any exceptions to these policies

General

Meeting:

- Coaches and swimmers must be represented at a General Pre-competition Meeting that will be held on Thursday, July 26, 2018 at 1530
 - Location at the pool to be announced**
- Any possible changes in the conduct of the meet will be decided at this meeting. It is each swimmer's and/or coach's responsibility to be aware of any decisions or changes that are made at this meeting.

Eligibility:

- Swimmers must be currently registered as athletes for 2018 with USA Swimming by the entry deadline and must be registered as a member of USA Swimming
- The age of the swimmer will be his/her age on July 26, 2018
- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. (202.4.9E)

Meet Format:

- This is a prelim and finals long course meters meet with A, B, C and D finals for 400-meter and shorter events
- There will be no ready room for A finalists.
- The 800 Free, 1500 Free and all relays will be swum as timed finals.
- All prelim events will swim fastest to slowest, with the first three heats circle seeded
- All finals will swim slowest to fastest.
- 400 IM and 400 Free: In prelims the 400 IM and 400 Free will swim the first three fastest circle seeded heats of women, the first three fastest circle seeded heats of men, then alternating heats of women/men, fast to slow.
- 800 and 1500 Free:
 - The 800/1500 free events will swim as Timed Finals in the preliminary sessions
 - The 800 and 1500 free require positive check-in
 - On Thursday, the Women's 800 free events will swim in numerical order, each event seeded fastest to slowest.
 - On Sunday the men's 1500 free events will swim in numerical order, each seeded fastest to slowest
- Relays: All but the fastest two heats of relays will swim in the preliminary sessions.

- The two fastest seeded relay heats will swim in finals in following order: slower heat first, fastest heat second
- All other heats will swim in prelims, fastest to slowest and alternating women and men.
- There will be a ten-minute break before the relay events.
- The 800 Free relay will be seeded alternating women and men, in the following order: (1) second fastest heat women, (2) fastest heat women, (3) second fastest heat men, (4) fastest heat men, and (5) all remaining heats will swim alternating Women and Men, fastest to slowest
- Preliminary sessions will be seeded the evening before
- Swimmers must scratch any event that they will not swim the next day by 1830.
- After heats have been seeded any swimmer who fails to compete in a prelims event in which they have been entered and have not scratched will be barred from further individual and relay events that day.
- In addition, that swimmer will not be seeded in any event on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for the succeeding day's events with the Administrative Official.
- For individual events in preliminaries we reserve the right to run events from both sides of the pool (odd heats start at one end, even heats at the other end) depending upon the size of the meet
- Chase starts and fly-over starts may be used at the discretion of the meet referee.
- Scratching for all final events is required as outlined in the current USA Swimming rules 207.11.6D and 207.11.6E. The finalists and two alternates will be announced and have 30 minutes after the announcement to either scratch, or declare an intent to scratch from finals.
- Thirty minutes after the announcement, no further scratches will be accepted. The existing scratches will be tabulated and finalists and two alternates will be set
- Only those finalists at that point will be subject to a fine.
- Any finalist who fails to compete at finals, consolation finals, or any other bonus final heat, for which they have qualified and failed to scratch, will be banned from further competition on the meet in accordance with USA Swimming Rules and Regulations
- On Sunday, any finalist who fails to compete at finals, consolation finals or any other bonus final heat will be fined \$100.00 and that swimmers team will be barred from further competition for the remainder of the meet, and any future Sectional Championships, until that fine is paid.

Scratch

Deadlines:

- Thursday Timed Finals deadline: 1630
- Friday, Saturday and-Sunday prelims deadline: 1830, on the day prior to the event

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page seven (7)
- Warm-up lanes will not be assigned.
- All lanes will be general warm-up lanes for the first one (1) hour followed by 20 minutes of dive sprints in lanes two(2), three(3), six(6) and seven(7) and push pace in lanes one(1) and eight(8).
- Please also review the daily schedule on page one

Event

Check-ins:

- Positive check-ins are required for the 800 free and 1500 free events
- 30 minutes prior to the event start time.
- Check-ins have three options:
 1. Indicates the athlete is present and will swim the event.
 2. **SCRATCH** or **SCR** Indicates the swimmer has scratched from this event and **will not** swim
 3. _____ Indicates swimmer is **not** swimming this event for reasons unknown

Relays:

- All relays are timed finals events
- Teams are not limited on the number of relay entries
- Relay swimmers must be qualified to swim and entered in an individual event
- Relays will be deck seeded
- The fastest two seeded heats of women and man will swim at finals, slowest to fastest
- All other heats will swim in prelims fastest to slowest, alternating women and men
- The 800 Free relay on Thursday will be seeded alternating women and men, in the following order: (1) second fastest heat women, (2) fastest heat women, (3) second fastest heat men, (4) fastest heat men, and (5) all remaining heats will swim alternating Women and Men, fastest to slowest.
- RELAY CARDS ARE DUE BY 1000 THE DAY OF THE RELAY. Any deck-entered relay will be limited to swimming in the morning session, unless there are open lanes in the evening session.

Entry

Restrictions:

- Individual swimmers may enter as many events as they may be qualified to swim but they may only compete in a total of seven (7) individual events during the entire meet with no more than three (3) individual events during any one day, plus one (1) relay event per day
- If you enter more than seven (7) individual events, you must scratch all events in excess of seven (7) Please refer to the "Scratch Rules" -above.



- OME:**
- All entries must be completed in USA Swimming's online meet entry (OME) system www.usaswimming.org/OME
 - Entries will open in OME on June 20, 2018 and will close at 2359 on July 20-, 2018
 - A HY-TEK HYV File will be available on the AAAA Web Site for running eligibility reports and working out relays, but teams may NOT submit entries using HY-TEK
 - Your entries have not been accepted until you have checked out and paid for your entries in OME
 - OME saves your entries and you can complete your entries in more than one sitting
 - However, once you check-out, you cannot delete an entry (but you can add additional entries until the entry deadline)
 - OME accepts Visa, MasterCard, American Express, and Discover. OME is the sole method of entry into the meet.
 - If you encounter difficulty using OME, please contact Jamie Lewis with USA Swimming jlewis@usaswimming.org or (719) 866-3581 work.
 - If you have an entry question, please contact Karen Kliewer at karenskhorus@aol.com
 - Late entries will accepted on deck only
 - The swimmer's valid USA Swimming ID card or Deck Pass and a copy of the swimmer's best times report from USA Swimming's Swims database must accompany all late entries
 - NO DECK REGISTRATIONS WILL BE ALLOWED - NO EXCEPTIONS!

- Entry Fees:**
- \$3.00 per individual swimmer (Senior Circuit Fee)
 - \$15 per individual event entry
 - \$30 per relay entry
 - \$20 Texas Senior Circuit team fee
 - Deck entries are \$ 30 per individual event, \$50 for relays
 - All fees are payable to: "Palo Alto College"

- Deck Entries:**
- Deck entries will be accepted
 - Deck Entries are \$30.00 per individual event, \$50.00 for relays
 - Entries for a current session begin at the start of warm-up
 - Deck entries will close 30 minutes before the start of each session
 - Swimmers who deck-enter the day before will be seeded into the events according to their time
 - Swimmers who deck-enter must pre-prove a qualifying time with the Administrative Official and will be entered in an open lane
 - Swimmers not previously entered in the meet must present their 2018 USA swimming registration or Deck Pass
 - A coach may also present the club's official, watermarked roster from the USA Swimming club portal.

- Scoring:**
- Scoring will be to sixteen places according to the following:
 - Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
 - Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

- Awards:**
- Individual events: Medals places one through eight
 - Relay events: Medals places one through three
 - Individual High Point to Top three women and top three men
 - There will be no awards ceremony
 - Awards may be picked up at the front desk Sunday following Finals.

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 (210-486-800) in advance of this meet with the name and age of any member on your team who may need assistance in entering the building.
- The Center Staff will make reasonable accommodations for swimmers, coaches, or spectators who wish to enter and use the 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 preferably 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.



Meet

Management:

■HY-TEK Meet Manager 7.0

■**Meet Director:**

■Shanea Allen

■210-486-3800

■sallen83@alamo.edu

■**Meet Referee:**

■J R Rightmyer

■210-857-4950

■john.rightmyer@gmail.com

■**Entries Chair:**

■Karen Kliewer

■210-842-7997

■karenskhorus@aol.com

■**Administrative Official:**

■Karen Kliewer

■210-842-7997

■karenskhorus@aol.com

Officials:

■All officials must be properly registered with USA Swimming for 2017 and certified by one or more LSCs

■The Meet Referee will make most deck assignments BEFORE the meet

■Therefore, all officials who desire to be assigned to deck positions must notify the Meet Referee of their intentions and availability NOT LATER than 1800, Sunday, July 22, 2018

■Please specify the sessions for which you will be available

■Please submit your information to: **john.rightmyer@gmail.com**

■You WILL NOT be assigned if your commitment and information are not received by the deadline

■Uniforms:

■**Preliminaries** – white polo shirts / blouses over khaki trousers, skirts, Bermuda-length shorts, or capris (NO JEANS OR FLIP-FLOPS PLEASE)

■**Finals** – navy blue polo shirts / blouses over khaki trousers or skirts (NOSHORTS, JEANS OR FLIP-FLOPS PLEASE)

■Please meet with the Referee in southwest corner 45 minutes prior to the scheduled start time of any session to receive assignments

Results

■Results displayed on the scoreboard are NEVER official!

■Official Results will be posted along the lobby hallway

■Unofficial Results will be available via Meet Mobile

■Official Scores Final Results, the Commlink and SwmmBkup Files will be available at: www.aaaa-sa.org as soon as the data are made available by the meet Host.



Order of Events and MINIMUM Long Course Qualifying Times Distances are in meters				
Women's Event #	Faster Than:	Event	Faster Than:	Men's Event #
Thursday, July 26th				
1	18:23.29	1500 Free	--	-
--	--	800 Free	8:59.49	2
3	--	800 Free Relay	--	4
Friday, July 27th				
5	2:54.79	200 Breast	2:40.59	6
7	2:34.79	200 Fly	2:20.19	8
9	0:28.49	50 Free	0:25.49	10
11	4:39.69	400 Free	4:21.69	12
13	4:50.29	400 Free Relay	4:20.59	14
Saturday, July 28th				
15	2:12.59	200 Free	2:01.69	16
17	1:20.89	100 Breast	1:12.69	18
19	2:32.79	200 Back	2:20.29	20
21	1:07.99	100 Fly	1:01.09	22
23	1:10.99	50 Back	1:04.59	24
25	5:22.89	400 I-M	5:00.49	26
27	4:52.79	400 Medley Relay	4:56.79	28
Sunday, July 29th				
29	2:32.89	200 I-M	2:19.09	30
31	1:01.39	100 Free	0:55.49	32
33	1:20.89	50 Breast	1:12.69	34
35	1:10.99	100 Back	1:04.29	36
37	1:07.99	50 Fly	1:01.09	38
39	9:30.49	800 Free	--	--
--		1500 Free	17:05.59	40

NOTES:

1. Fastest two heats of each relay will be swum in finals (slow to fast). Remaining heats will swim at the end of prelims, fast to slow, alternating women and men.
2. The 800/1500 Free events will swim as Timed Finals. The 800 and 1500 Free require positive check-in.
3. The fastest heat of the Men's 1500 and Women's 800 will swim with finals. All other heats of the 1500 and 800 Free will swim fastest to slowest following prelims.
4. A ten-minute break will be taken before the relay events.
5. The 400, 800 and 1500 Freestyles, the 400 IM, and the 800 Freestyle Relays will swim alternating Women and Men.
6. Athletes must provide their own timer for events 400-meter and longer, and provide their own counter when applicable.



SPEEDO SECTIONALS

2018

MAXIMUM TIME STANDARDS

WOMEN

MEN

SCY	LCM		LCM	SCY
24.49	28.09	50 Freestyle	25.29	21.69
53.09	1:00.69	100 Freestyle	54.79	47.39
1:53.79	2:10.99	200 Freestyle	2:00.49	1:43.79
5:05.09	4:35.29	400/500 Freestyle	4:15.79	4:42.79
10:28.79	9:27.39	800/1000 Freestyle	8:49.99	9:42.99
17:25.69	18:06.09	1650/1500 Freestyle	16:56.49	16:24.39
58.99	1:07.89	100 Backstroke	1:01.99	53.39
2:07.19	2:26.99	200 Backstroke	2:13.79	1:54.89
1:06.89	1:17.19	100 Breaststroke	1:09.69	59.79
2:24.69	2:46.69	200 Breaststroke	2:30.89	2:09.69
58.19	1:05.79	100 Butterfly	59.59	52.09
2:08.89	2:25.09	200 Butterfly	2:11.79	1:55.09
2:09.29	2:28.49	200 Individual Medley	2:15.19	1:57.09
4:33.39	5:12.99	400 Individual Medley	4:47.59	4:11.19

Individual event qualifying times cannot be faster than the times listed above. For minimum qualifying standards, please refer to the specific Speedo Sectional website. Qualification Period 6/1/2017 through Entry Deadline



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.

STSI Safety Guidelines and Warm-up Procedures last Revised 10/09/2016

