

# 2018 South Texas Short Course “B” Championships Meet Information



Date posted: 11/13/17

**Meet:** •2018 South Texas Short Course “B” Championships  
•Hosted by Alamo Area Aquatic Association  
•Held under the Sanction of USA Swimming.

**Dates:** •Saturday and Sunday, January 13 and 14, 2018

**Sanction Number:** •STA-18-06 and STA-18-06TT

**Venue:** •San Antonio Natatorium  
1430 W. Cesar Chavez Blvd  
•San Antonio, Texas, 78207  
•210-207-3299  
• (2 blocks south of Colorado and Commerce streets)

*The meet hotel is the Drury Inn and Suites Northwest San Antonio. See information on page 6 in this announcement for special rates using the Group Number. The Hotel Reservation Deadline is **December 19, 2017.***

**Eligibility:** •This meet is open to all swimmers who are currently registered with South Texas Swimming, and who have achieved the qualifying time standards (2017-2020) USA Swimming National Motivational B times; see pages 8-11) through age 18.

**Facility:** •Eight 25 yard lanes. The minimum water depth, measured in accordance with Article 103.2.3, is five feet six inches at the start end and the turn end is four feet six inches measured for a distance of 1.0 meter to 5.0 meters from both end walls. The course has not been professionally certified IAW 104.2.2C (4). Eight lane adjacent pool available for warm ups and warm downs. All automatic Daktronics starting and timing system. Meet Manager 5.0 will be used. Limited deck seating of approximately 500 thus, lawn chairs are recommended. Concessions will be offered and team banners may not be displayed in the facility.

**Liability:** •In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), Alamo Area Aquatics Association, the San Antonio Natatorium, the City of San Antonio, 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.

**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 & 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 proof of membership using the USA Swimming Deck Pass app (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 event shall conform in every respect to all technical and administrative rules of USA Swimming.  
•Athletes who fail to meet this requirement will not be allowed to compete.

**Format:** •Timed finals  
•Events will be seeded by age, time, and gender according to the Order of Events on page 7, except as noted.  
•Age groups of identical events *may* be combined at the discretion of the Meet Referee.  
•All events will be swum fastest to slowest.  
•The 400 IM and 500 Free events will alternate female and male heats, and will swim fastest to slowest.  
•The 400 IM and 500 Free will be seeded on deck after positive check-in. Check-in for these events is required.  
•Swimmers must provide their own backup timers for the 400 IM and 500 Free events, and provide their own lap counters for the 500 Free event.  
•Meet Management reserves the right to alter meet operations based on the number of participants.

## USA Swimming

**Registration:** •All swimmers, coaches, and officials participating in this competition must be currently (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 app (or a coach may 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.

## Unaccompanied

**Swimmers:** •Any swimmer entered in the meet 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.

## Qualifying

**Times:** •The qualifying time standards for all individual events are the traditional dual-age group 2017-2020 USA Swimming National Motivational B times. The qualifying time standard for the 15 to 18 events will be the 15 and 16 standard for each gender.  
•Swimmers may **not** enter any event in which they have achieved the 2017-2020 USA Swimming National Motivational BB time standard or faster in any course.  
•Qualifying times must be achieved prior to the first or second entry deadlines.  
•If entering with a non-conforming time (SCM or LCM), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted.  
•Seeding shall be in the following order: yards, long course meters, short course meters (YLS).

## Proof of Time:

•Proof of time must be submitted with the entries.  
•All entry times must be verifiable using the USA-S SWIMS database.  
•In cases where a claimed time does not appear in SWIMS due to a clerical or posting error, a copy of the official meet results, signed by the Meet Referee, will be an acceptable proof of time.  
•Times used to enter a meet must have been achieved in a USA-S Sanctioned, Approved, or Observed meet.  
•All proof of times are the responsibility of the entering teams, not the meet host.  
•Entries without an acceptable proof of time will not be accepted.

**Age up Date:** •The age of the swimmer will be his / her age Saturday, January 13, 2018.

## Entry

**Restrictions:** •An individual swimmer may enter a maximum of five (5) individual events on Saturday (Sessions 1 & 2), and a maximum of five (5) individual events on Sunday (Session 3).  
•Swimmers who have achieved the 2017-2020 USA Swimming National Motivational BB time standard or faster **in any course** may not swim those individual events in the STSI B Championship Meet.

## Time Trials:

•Time trials will be offered time permitting, starting 20 minutes after the conclusion of Session 1 on Saturday and Session 3 on Sunday. Swimmers need to be mindful that they may not exceed five events in one day.  
•If offered, Time Trial entries will close at **Noon** on **Saturday and Sunday**. After the final meet entry deadline has passed, a notice will be sent out to the teams confirming the availability of time trials each day.  
•Time Trials may be pre-entered by sending an email titled "Time Trial Entries" to [dmw15479@aol.com](mailto:dmw15479@aol.com). The email **MUST** include the Swimmer's Full Legal name, Team, USA ID Number, Event Name, Seed Time and Entry Day for each Time Trial Event they wish to enter.  
•The final entry deadline for Time Trial Pre-Meet Entries is **Thursday, January 11, 2018 by 12-noon**.  
•Payment for emailed Time Trial Entries must be made to the Administrative Official no later than Noon on the day that Time Trials are offered. If payment is not received, the swimmer will be removed from the Time Trial Event(s).  
•Time trial entrants who are not already entered in the meet must present their current USA Swimming registration card or proof of membership using the USA Swimming Deck Pass (or a coach may present the club's official, watermarked roster from the USA Swimming club portal) to enter into events. Swimmers may enter up to three time trial events per day if they are not already entered into the meet. The meet host will schedule time trials in the most efficient way possible, which might include combining events by stroke, distance, and/or gender. For this reason, swimmers are not guaranteed rest between time trial events.

- Swimmers must be registered with one of the teams listed in the “Team Alignments” section on page 1 to participate in time trials. Participation in a time trial event counts as one of the daily total events allowed for swimmers already entered in the meet. A qualifying time earned during time trials will NOT qualify a swimmer to swim that event at this meet.
- Time trial event results will be published with the final meet results.
- Time trial entry fees: Individual events \$18.00

**Relays:** •There are no relays offered for this meet.

- Deadlines:**
- There are two entry deadlines for this meet.
  - The first deadline is 11 days prior to the start date of the meet, Tuesday, January 2, 2018.
    - The first entry deadline is for athletes who have achieved qualifying times prior to this date.
    - This deadline is required to verify swimmers and times in the SWIMS database and correct errors.
  - Final entry deadline is Monday, January 8, 2018 by noon and is dependent on the availability of potential qualifying meets one week in advance of the meet.
    - Only swimmers who have achieved a qualifying time after the first entry deadline may enter using the second entry deadline.
    - Teams may use the second entry deadline to update swimmer times if necessary.
  - After the first meet entry deadline, any swimmer who achieves the 2017-2020 USA Swimming National Motivational BB time or faster **in any course** for a previously entered event must inform the Entries Chair by the second entry deadline so the athlete can be taken out of that event.

### Entry

- Requirements:**
- All entries must contain the following information:
    - The name, email address, and phone number of the person preparing the entries in case clarification is needed
    - An attachment of the Hy-Tek Team Manager or Team Unify export file
    - An attached document listing the entries (by swimmer) with proofs of time
    - An attached document of the meet entry fees report
  - If the entry time is not available in SWIMS, proof of time requires all of the following:
    - Name and date of meet
    - Website address where the results are posted OR a hard copy of the results signed by the meet referee
    - Page number where the results may be found
  - Final entries are only required if there is a change in a team’s preliminary entries.
    - The final entries must indicate, by swimmer, the change that was made to the preliminary entry.
  - Teams with exceptions will be e-mailed notice of same.
  - Teams and entrants are responsible to check the exception report when notified.

### Entry

- Procedures:**
- \$9.00 per individual event – includes the STSI splash fee of \$1.25 per event.
  - Checks made payable to San Antonio Nadadores.
  - Entry fees must be received by Thursday, January 11 by 6:00 PM, and mailed to Don Walker, 18419 Crossprairie, San Antonio, TX 78258.
  - If payment is not received on time the affected swimmers will be scratched from the meet.
  - Please include the meet entry fee report with your check.
  - Once the entry fees are accepted, they will not be refunded for any reason, even if a swimmer should fail to compete.
  - No paper, phone, or fax entries will be accepted.
  - If you do not receive an e-mail confirmation, your entries were not received.

### Deck (late)

- Entries:**
- Deck entries will be accepted at \$18.00 per individual event.
  - Swimmers may deck enter for the current session beginning at the start of warm-ups.
  - Deck entries will close 45 minutes prior to the start of each session.
  - Swimmers may deck enter for subsequent sessions after deck entries close for the current session.
  - At the discretion of meet administration, a Heat “A” may be added for late entries, if needed.
  - Swimmers *not previously entered in the meet* must present their 2018 USA Swimming registration card or proof of membership using the USA Swimming Deck Pass app (or a coach may present the club’s official, watermarked roster from the USA Swimming club portal) to the Clerk of Course to deck enter. *No exceptions.*
    - In addition, the swimmer must present proof of time before a deck entry will be accepted.

## Warm-up

### Procedures:

- The South Texas Swimming Safety Guidelines and Warm-up Procedures on page 12 ~~43~~ will be in effect at this meet.
- South Pool will be available for warm-ups throughout the meet. The Diving well will be closed for the entire meet.
- Warm-up times and lane assignments for each team will be posted on the STSI Web site along with the psych sheet by January 11, 2018.
- Warm-ups MUST be under the direct supervision of a coach at all times.

## Scratch

### Rules:

- There is no penalty for failing to scratch from a pre-seeded event.
- Swimmers who fail to compete in the 400 IM or 500 Free events after positive check-in will be disqualified from their next individual event and must positively check in for the remainder of the meet with meet administration. In the event the swimmer has no additional events in the meet, or the missed event occurs on Sunday, the swimmer will be fined \$100.
  - Illness and injury may be excused by the Meet Referee

## Cell phone

### Restrictions:

- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- There are no exceptions to this policy.
- Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.

## Swimmer

### Photographs and Videos:

There may be one or more photographers and/or videographers on deck at this meet. In the event such 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 strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race.

### 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 Operations Vice-Chair.

## Deck

### Changing:

Deck changes are prohibited.

## Special

### Needs:

- Please notify the San Antonio Natatorium, 210-207-3299 in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
- The host 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.
- Adaptive swimmers who would like their events to be seeded in the lane next to the starter should notify the entry chair by the second entry deadline.

## Awards:

Awards will be given by gender in the following age groups: 10 & Under, 11-12, 13-14, and 15-18

\*Note: The 400 IM will be awarded as follows: 12-14 and 15-18

- Individual events: first through third place: Medals
- Individual events: fourth through eighth place: Ribbons
- Team Awards: first through third place: Banners

**Note:** Banners will be provided **upon request by the club** (please email the meet director if you would like your banner and it will be shipped to your club).

- There will be no awards presentation.
- Clubs must pick-up awards during the meet from the awards desk area.

**Scoring:**

<b>Place ⇒</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Ind. event points</b>	20	17	16	15	14	13	12	11
<b>Place ⇒</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Ind. event points</b>	9	7	6	5	4	3	2	1

**Management****Meet Director/Entries Chair:**

Don Walker  
[dmw15479@aol.com](mailto:dmw15479@aol.com)  
 210-861-0789

**Meet Referee:**

Tim Byerly  
[timbyerly1@aol.com](mailto:timbyerly1@aol.com)  
 361-548-0879

**Administrative Official:**

Angella Woodard  
[call408swim@sbcglobal.net](mailto:call408swim@sbcglobal.net)  
 210-408-7946

**Officials:**

- All currently certified and in-training USA Swimming officials are cordially invited to participate.
- All deck and administrative officials must be registered with USA Swimming and their local LSC for 2018 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming.
- Please email the Meet Referee with your certification level and availability so he can plan accordingly.
- The uniform will be white polo shirts over khaki pants or skirts
- Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials' briefing and to receive your assignments
- The wearing of name tags is strongly encouraged.

**Daily****Schedule:****•Sessions One and Three:**

- Warm-ups begin 7:00 AM
- Clear competition pool 8:20 AM
- Coaches meeting 8:20 AM
- Sessions begin 8:30 AM

**•Session Two:**

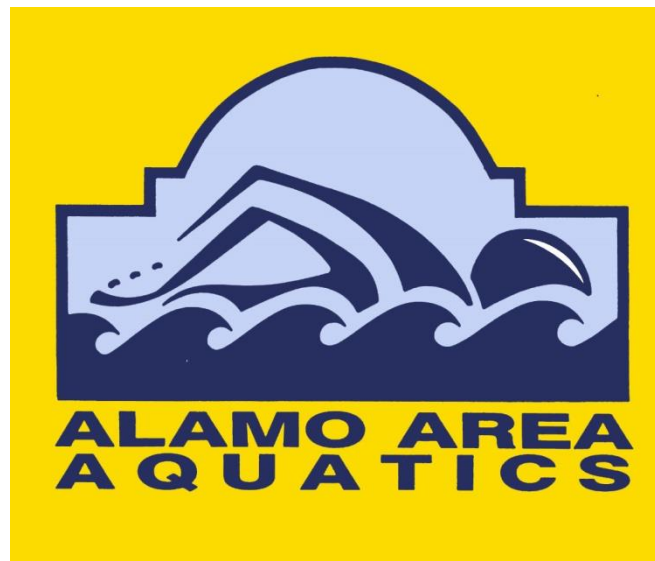
- Warm-ups begin 3:30 PM
- Clear competition pool 4:45 PM
- Sessions begin 5:00 PM

•Check-in time for the 400 IM (Session One) is 9:30 AM. Check-in time for the 500 Free (Session Two) is 6:00 PM.

•If additional coaches meetings are required, the meet host and meet referee will announce the meeting times.

**Timers:**

- Each participating team is required to provide back-up timers in proportion to the number of swimmers entered in the meet.
- Swimmers competing in the 500 Free and 400 individual medley events must provide their own back-up timers (2). Swimmers competing in the 500 Free must provide their own lap counters.



## Team Hotel Information

# DRURY HOTELS.

A Room Block has been reserved at the Drury Inn & Suites San Antonio Northwest Medical Center, 9806 Interstate Hwy. 10 West, San Antonio, TX 78240, Telephone: (210) 561-2510, [www.druryhotels.com](http://www.druryhotels.com)

Room	Single Rate	Double Rate	Triple Rate	Quad Rate
Non-smoking 2 Queen Beds Deluxe	85.49	85.49	85.49	85.49
Non-smoking 2 Room Suite 2 Queen Beds	109.24	109.24	109.24	109.24

### Group room rates include the following for overnight guests:

- **Free Hot Breakfast** - Start every day with make-your-own Belgian waffles, scrambled eggs, sausage, fresh fruit, oatmeal, biscuits and gravy, KELSO+BROS® coffee and more. Free hot breakfast is served daily from 6–9:30 a.m. on weekdays and 7–10 a.m. on weekends.
- **Free Evening Drinks and Snacks\*** - Join us from 5:30–7 p.m. every evening to enjoy free hot food and cold beverages at our 5:30 Kickback®. We feature a rotating menu of hot food, beer, wine, mixed drinks and soft drinks.
- **Free Wi-Fi Throughout the Hotel** - Get the score, check your social networks or email family members from anywhere in the hotel – for free!
- **Free Soft Drinks and Popcorn** - Freshly popped popcorn and a refreshing beverage make a great snack! Stop by the lobby for free soft drinks and popcorn every day from 3–10 p.m.
- **On-Site Facilities** - Take advantage of the business center, fitness center or pool while you're away from home. Print your boarding pass, finish a presentation or check e-mail in our business centers.

### METHOD OF RESERVATIONS

**Individual** reservations can be made by reserving online, go to [www.druryhotels.com](http://www.druryhotels.com), then enter **Group number of 2324637**.

Reservations may also be made by calling **1-800-325-0720** and refer to the Group number of **2324637**.

Individual reservations must be cancelled prior to 12:00 p.m. on the confirmed date of arrival in order to avoid a fee equal to one night's room rate plus tax. We require a valid credit card and photo ID to be presented at check in. **Check In Time:** 3:00 p.m. **Check Out Time:** 11:00 a.m. Arrangements may be made for baggage storage with the Hotel's front desk staff.

### CUTOFF DATE

Reservations by attendees must be received on or before **Tuesday, December 19, 2017** (the "Cutoff Date"). After the Cutoff Date, Hotel will release the unreserved rooms for general sale. Reservations received after the Cutoff Date will be confirmed on a space-available basis at prevailing rates.



**2018 STSI Short Course B Championships  
Order of Events  
Session One  
Saturday, January 13th, 8:30 AM**



Women's Event	Event	Men's Event
1	11-12 100 IM	2
3	10 & Under 100 IM	4
5	11-18 200 Free	6
7	10 & Under 200 Free	8
9	15-18 100 Back	10
11	13-14 100 Back	12
13	11-12 100 Back	14
15	10 & Under 100 Back	16
17	15-18 50 Free	18
19	13-14 50 Free	20
21	11-12 50 Free	22
23	10 & Under 50 Free	24
25	12-18 400 IM **	26

\*\* Positive check-in for the 400 IM is required by 9:30 AM.

\*\* Swimmers in the 400 IM must provide their own backup timers (2).

**Session Two  
Saturday, January 13th, 5:00 PM**

Women's Event	Event	Men's Event
27	11-12 50 Breast	28
29	10 & Under 50 Breast	30
31	15-18 100 Free	32
33	13-14 100 Free	34
35	11-12 100 Free	36
37	10 & Under 100 Free	38
39	11-18 200 Breast	40
41	10 & Under 100 Fly	42
43	15-18 100 Fly	44
45	13-14 100 Fly	46
47	11-12 100 Fly	48
49	10 & Under 500 Free **	50
51	11-18 500 Free **	52

\*\* Positive check-in for the 500 Free is required by 6:00 PM.

\*\* Swimmers in the 500 Free must provide their own backup timers (2) and lap counter.

**Session Three  
Sunday, January 14th, 8:30 AM**

Women's Event	Event	Men's Event
53	11-12 50 Fly	54
55	10 & Under 50 Fly	56
57	11-18 200 Back	58
59	15-18 100 Breast	60
61	13-14 100 Breast	62
63	11-12 100 Breast	64
65	10 & Under 100 Breast	66
67	11-18 200 IM	68
69	10 & Under 200 IM	70
71	11-18 200 Fly	72
73	10 & Under 50 Back	74
75	11-12 50 Back	76

B Championship Qualifying Times						
	Short Course Yards		Short Course Meters		Long Course Meters	
<b>10 and Under GIRLS</b>	Faster than USA Swimming B Time	Slower than USA Swimming BB Time	Faster than USA Swimming B Time	Slower than USA Swimming BB Time	Faster than USA Swimming B Time	Slower than USA Swimming BB Time
50 Free	38.89	35.19	42.99	38.89	44.09	39.89
100 Free	1:29.59	1:19.99	1:38.99	1:28.39	1:42.39	1:31.49
200 Free	3:19.19	2:57.39	3:40.09	3:15.99	3:45.79	3:20.99
500/400 Free	8:26.09	7:35.49	7:22.89	6:38.59	7:36.79	6:51.09
50 Back	46.99	41.89	51.99	46.29	54.89	48.89
100 Back	1:41.99	1:30.69	1:52.69	1:40.19	1:59.19	1:45.99
50 Breast	53.29	47.49	58.89	52.49	1:00.49	53.99
100 Breast	1:58.09	1:44.99	2:10.49	1:55.99	2:16.69	2:01.49
50 Fly	47.39	41.79	52.39	46.19	53.59	47.29
100 Fly	1:53.99	1:39.09	2:05.99	1:49.49	2:09.99	1:52.99
100 IM	1:42.59	1:31.69	1:53.39	1:41.29		
200 IM	3:38.49	3:15.59	4:01.49	3:36.19	4:09.39	3:43.19
	Short Course Yards		Short Course Meters		Long Course Meters	
<b>10 and Under BOYS</b>	Faster than USA Swimming B Time	Slower than USA Swimming BB Time	Faster than USA Swimming B Time	Slower than USA Swimming BB Time	Faster than USA Swimming B Time	Slower than USA Swimming BB Time
50 Free	38.09	34.49	41.99	38.09	43.59	39.49
100 Free	1:27.79	1:18.79	1:36.99	1:26.99	1:40.69	1:30.29
200 Free	3:06.69	2:47.99	3:26.29	3:05.69	3:33.49	3:12.09
500/400 Free	8:16.69	7:26.99	7:14.69	6:31.19	7:29.49	6:44.59
50 Back	47.69	42.39	52.69	46.79	55.29	49.19
100 Back	1:40.19	1:29.69	1:50.69	1:39.09	1:55.69	1:43.59
50 Breast	52.09	46.59	57.59	51.39	59.69	53.29
100 Breast	1:53.59	1:41.89	2:05.59	1:52.59	2:11.29	1:57.69
50 Fly	45.69	40.49	50.49	44.79	51.79	45.99
100 Fly	1:52.39	1:37.99	2:04.19	1:48.29	2:07.79	1:51.39
100 IM	1:39.39	1:29.39	1:49.79	1:38.79		
200 IM	3:35.49	3:13.19	3:58.09	3:33.49	4:06.19	3:40.79

Revised 10/24/17  
Time standards current from USA Swimming website document dated 9/30/16



B Championship Qualifying Times						
11-12 GIRLS	Short Course Yards		Short Course Meters		Long Course Meters	
	Faster than USA Swimming B Time	Slower than USA Swimming BB Time	Faster than USA Swimming B Time	Slower than USA Swimming BB Time	Faster than USA Swimming B Time	Slower than USA Swimming BB Time
50 Free	33.79	31.49	37.29	34.69	38.49	35.79
100 Free	1:13.59	1:08.29	1:21.29	1:15.49	1:24.49	1:18.49
200 Free	2:41.19	2:29.69	2:58.09	2:45.39	3:03.49	2:50.39
500/400 Free	7:09.09	6:38.39	6:15.49	5:48.69	6:23.89	5:56.49
1650/1500 Free	24:53.99	23:07.29	24:45.29	22:59.19	25:45.79	23:55.39
50 Back	38.29	35.59	42.39	39.29	44.29	41.19
100 Back	1:25.19	1:18.49	1:34.19	1:26.69	1:38.89	1:31.09
200 Back	2:56.59	2:43.99	3:15.19	3:01.29	3:24.79	3:10.19
50 Breast	43.09	39.99	47.59	44.19	48.99	45.49
100 Breast	1:34.39	1:27.39	1:44.29	1:36.59	1:49.49	1:41.39
200 Breast	3:23.09	3:08.59	3:44.49	3:28.39	3:52.69	3:36.09
50 Fly	36.69	34.09	40.59	37.69	41.29	38.29
100 Fly	1:25.09	1:18.29	1:33.99	1:26.49	1:36.19	1:28.49
200 Fly	3:00.89	2:47.89	3:19.79	3:05.59	3:24.89	3:10.19
100 IM	1:24.39	1:18.39	1:33.19	1:26.59		
200 IM	3:00.69	2:47.79	3:19.69	3:05.39	3:26.29	3:11.49
400 IM	6:05.79	5:39.69	6:44.19	6:15.39	6:57.39	6:27.59
11-12 BOYS	Short Course Yards		Short Course Meters		Long Course Meters	
	Faster than USA Swimming B Time	Slower than USA Swimming BB Time	Faster than USA Swimming B Time	Slower than USA Swimming BB Time	Faster than USA Swimming B Time	Slower than USA Swimming BB Time
50 Free	32.59	30.29	35.99	33.39	37.39	34.69
100 Free	1:10.99	1:05.89	1:18.49	1:12.89	1:21.49	1:15.69
200 Free	2:35.69	2:24.59	2:52.09	2:39.79	2:57.89	2:45.19
500/400 Free	6:57.29	6:27.49	6:05.19	5:39.09	6:15.49	5:48.69
1650/1500 Free	24:21.89	22:37.49	24:13.39	22:29.59	25:13.59	23:25.49
50 Back	38.19	35.29	42.19	38.99	44.19	40.89
100 Back	1:22.19	1:15.79	1:30.89	1:23.69	1:36.79	1:29.09
200 Back	2:52.69	2:40.29	3:10.79	2:57.19	3:20.79	3:06.49
50 Breast	42.89	39.59	47.39	43.69	49.29	45.39
100 Breast	1:32.49	1:25.49	1:42.29	1:34.39	1:46.69	1:38.49
200 Breast	3:14.89	3:00.99	3:35.39	3:19.99	3:44.69	3:28.69
50 Fly	37.09	34.19	40.99	37.79	41.99	38.69
100 Fly	1:23.29	1:16.49	1:32.09	1:24.49	1:33.99	1:26.29
200 Fly	2:56.59	2:43.99	3:15.19	3:01.19	3:22.09	3:07.69
100 IM	1:20.89	1:14.99	1:29.39	1:22.89		
200 IM	2:57.59	2:44.19	3:16.19	3:01.49	3:24.69	3:09.29
400 IM	5:41.79	5:17.39	6:17.69	5:50.69	6:32.69	6:04.69

Revised 10/24/17  
Time standards current from USA Swimming website document dated 9/30/16

\* The 12-year-old time standard for the 400 IM for **championship meets** is the 13-14 time standard.

B Championship Qualifying Times						
	Short Course Yards		Short Course Meters		Long Course Meters	
13-14 GIRLS	Faster than USA Swimming B Time	Slower than USA Swimming BB Time	Faster than USA Swimming B Time	Slower than USA Swimming BB Time	Faster than USA Swimming B Time	Slower than USA Swimming BB Time
50 Free	32.69	30.29	36.09	33.49	37.29	34.59
100 Free	1:10.79	1:05.79	1:18.29	1:12.69	1:21.19	1:15.39
200 Free	2:33.19	2:22.19	2:49.29	2:37.19	2:55.09	2:42.59
500/400 Free	6:49.39	6:20.09	5:58.29	5:32.69	6:07.19	5:40.89
1650/1500 Free	23:23.49	21:43.19	23:15.29	21:35.69	24:06.39	22:23.09
100 Back	1:17.19	1:11.69	1:25.29	1:19.19	1:29.99	1:23.59
200 Back	2:47.29	2:35.39	3:04.89	2:51.69	3:13.19	2:59.39
100 Breast	1:28.69	1:22.39	1:37.99	1:30.99	1:42.29	1:34.99
200 Breast	3:11.99	2:58.29	3:32.19	3:16.99	3:41.39	3:25.59
100 Fly	1:16.89	1:11.39	1:24.99	1:18.89	1:27.29	1:21.09
200 Fly	2:50.09	2:37.89	3:07.89	2:54.49	3:13.29	2:59.49
200 IM	2:51.49	2:39.19	3:09.49	2:55.89	3:17.39	3:03.39
400 IM	6:05.79	5:39.69	6:44.19	6:15.39	6:57.39	6:27.59
	Short Course Yards		Short Course Meters		Long Course Meters	
13-14 BOYS	Faster than USA Swimming B Time	Slower than USA Swimming BB Time	Faster than USA Swimming B Time	Slower than USA Swimming BB Time	Faster than USA Swimming B Time	Slower than USA Swimming BB Time
50 Free	29.99	27.89	33.19	30.79	34.39	31.99
100 Free	1:05.59	1:00.89	1:12.49	1:07.29	1:15.39	1:09.99
200 Free	2:22.99	2:12.79	2:37.99	2:26.69	2:44.09	2:32.29
500/400 Free	6:26.59	5:58.99	5:38.29	5:14.19	5:49.09	5:24.09
1650/1500 Free	22:18.89	20:43.19	22:11.09	20:35.99	23:06.49	21:27.39
100 Back	1:12.09	1:06.89	1:19.59	1:13.89	1:24.39	1:18.29
200 Back	2:37.09	2:25.89	2:53.59	2:41.19	3:02.69	2:49.69
100 Breast	1:21.39	1:15.59	1:29.89	1:23.49	1:34.89	1:28.09
200 Breast	2:58.39	2:45.59	3:17.09	3:02.99	3:26.29	3:11.59
100 Fly	1:11.49	1:06.39	1:18.89	1:13.29	1:21.29	1:15.49
200 Fly	2:38.29	2:26.99	2:54.99	2:42.49	3:02.19	2:49.19
200 IM	2:39.99	2:28.59	2:56.79	2:44.19	3:05.29	2:51.99
400 IM	5:41.79	5:17.39	6:17.69	5:50.69	6:32.69	6:04.69

B Championship Qualifying Times						
	Short Course Yards		Short Course Meters		Long Course Meters	
15-18 GIRLS	Faster than USA Swimming B Time	Slower than USA Swimming BB Time	Faster than USA Swimming B Time	Slower than USA Swimming BB Time	Faster than USA Swimming B Time	Slower than USA Swimming BB Time
50 Free	32.09	29.79	35.39	32.89	36.39	33.79
100 Free	1:09.59	1:04.59	1:16.89	1:11.39	1:19.29	1:13.59
200 Free	2:29.89	2:19.19	2:45.59	2:33.79	2:50.89	2:38.69
500/400 Free	6:40.69	6:12.09	5:50.69	5:25.59	5:58.40	5:32.89
1650/1500 Free	23:05.19	21:26.19	22:57.09	21:18.69	23:43.89	22:02.19
100 Back	1:15.39	1:10.09	1:23.39	1:17.39	1:28.29	1:21.99
200 Back	2:44.09	2:32.39	3:01.39	2:48.39	3:09.09	2:55.59
100 Breast	1:26.89	1:20.69	1:36.09	1:29.19	1:39.59	1:32.49
200 Breast	3:08.19	2:54.69	3:27.89	3:13.09	3:36.29	3:20.79
100 Fly	1:15.39	1:09.99	1:23.29	1:17.29	1:25.59	1:19.49
200 Fly	2:46.79	2:34.89	3:04.29	2:51.09	3:08.19	2:54.79
200 IM	2:48.19	2:36.19	3:05.79	2:52.59	3:13.49	2:59.69
400 IM	5:57.59	5:31.99	6:35.09	6:06.89	6:47.89	6:18.79
	Short Course Yards		Short Course Meters		Long Course Meters	
15-18 BOYS	Faster than USA Swimming B Time	Slower than USA Swimming BB Time	Faster than USA Swimming B Time	Slower than USA Swimming BB Time	Faster than USA Swimming B Time	Slower than USA Swimming BB Time
50 Free	28.89	26.79	31.89	29.59	32.59	30.19
100 Free	1:02.89	58.39	1:09.49	1:04.49	1:12.29	1:07.09
200 Free	2:17.29	2:07.49	2:31.79	2:20.89	2:37.39	2:26.09
500/400 Free	6:12.59	5:45.99	5:26.09	5:02.79	5:33.69	5:09.89
1650/1500 Free	21:35.39	20:02.89	21:27.89	19:55.89	22:08.99	20:33.99
100 Back	1:08.39	1:03.49	1:15.59	1:10.19	1:20.39	1:14.69
200 Back	2:29.89	2:19.19	2:45.59	2:33.79	2:53.79	2:41.39
100 Breast	1:17.59	1:12.09	1:25.79	1:19.59	1:29.89	1:23.49
200 Breast	2:48.69	2:36.59	3:06.39	2:53.09	3:16.49	3:02.49
100 Fly	1:08.29	1:03.39	1:15.49	1:10.09	1:17.39	1:11.79
200 Fly	2:31.39	2:20.59	2:47.29	2:35.39	2:52.69	2:40.39
200 IM	2:32.69	2:21.79	2:48.79	2:36.69	2:56.59	2:43.99
400 IM	5:29.09	5:05.59	6:03.59	5:37.69	6:14.09	5:47.29

# 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.**