



# 2019 South Texas Junior STAGS Championship Meet Information



Date posted: 12/13/18

**Meet:** **2019 South Texas Junior STAGS Short Course Championships**  
Hosted by Aqua Swift Aquatics  
Held under the sanction of USA Swimming  
[www.southtexasjrstags.com](http://www.southtexasjrstags.com)

**Dates:** February 1-3, 2019

**Sanction  
Number:** STA-19-04; STA-19-04tt

**Venue:** Palo Alto College Natatorium  
1400 W. Villaret Blvd.  
San Antonio, TX 78224  
210-486-3000



**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 BB times but slower than the STSI STAGS qualifying times (see pages 9-14) through age 18.

**Facility:** All deep two, 8 lane, 25-yard competition pools with a separate warm-up/cool-down pool. A Daktronics timing system and a Hy-tek Meet Manager Software will be utilized. 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 in the building or in the parking lot. A Concession Stand will be provided. The competition course has been certified in accordance with 104.2.2.C(3) & (4). The copy of such certification is on file with USA Swimming. The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet 0 inches at the start end and the turn end is 9 feet 0 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls

**Liability:** In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), Aqua Swift Aquatics, Palo Alto College Natatorium, 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. 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 & Procedures Manual will apply. All swimmers must be registered as athletes for 2019 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 2019 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:** All events are timed finals. There are two sessions on Saturday and Sunday: mornings (12&U) and afternoons (13 and over).  
All Events will be seeded fastest to slowest by age, time, and gender according to the Order of Events on page 7 and 8, except as noted.  
Age groups of identical events *may* be combined at the discretion of the Meet Referee.  
The 1650 Free, 400 IM and 500 Free will swim fastest to slowest.

The 1650 Free, 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 500 Free, 1650 Free, and 400 IM events, and provide their own lap counters for the 500 and 1650 Free events.

There will be a 10-minute break after the 1650 Free and the 10 & Under 500 Free events on Friday.

Meet Management reserves the right to alter meet operations based on the number of participants.

The 1650 Free, 400 IM, and 10 & Under 500 Free will be seeded on deck. Check-in for these events is required on Friday by 5:00 PM.

For Women's and Men's 11-12 500 Free, positive check-in is required by 10:00 AM on the morning of the event. For Women's and Men's 13-18 500 Free, positive check-in is required by 5:30 PM on Saturday and 4:30 PM on Sunday.

There will be a 10-minute break after the relay events.

Girls events will all be swum in the south pool. Boys events will all be swum in the north pool.

## USA Swimming

**Registration:** All swimmers, coaches, and officials participating in this competition must be currently (2019) 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, without the use of the backstroke ledges. 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. All unaccompanied swimmers will be temporarily assigned to a registered USA coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule 202.5.2.

## Qualifying

**Times:** The qualifying time standards for all individual events are the traditional dual-age group 2017-2020 USA Swimming National Motivational BB times for yards, long course meters, and short course meters but slower than the STAGS qualifying times; see pages 9-13. The qualifying time standard for the 15-18 events will be the 15-16 standard for each gender. Swimmers may **not** enter any event in which they have achieved the 2019 STSI STAGS qualifying time standard or faster **in any course – yards, long course meters, or short course meters**. In addition, they cannot swim that stroke and distance on any relay team. Qualifying Time Standards are on pages 9-13. Qualifying times must be achieved prior to the first entry deadline. The second entry deadline is for newly qualifying swimmers is January 28<sup>th</sup>, 2019 at 12:00 PM. There are no qualifying times for relay events.

**If entering with a non-conforming time (LCM/SCM), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted. Seeding for heats shall be in the following order: yards then long course meters then short course meters.**

**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 is 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 on February 1, 2019.

## Entry

**Restrictions:** An individual swimmer may enter a maximum of three (3) individual and one (1) relay event per day. Swimmers who have achieved the 2019 STSI STAGS qualifying time standard or faster in any course may not swim those individual events in the STSI Junior STAGS Championship Meet. Neither may they swim that stroke and distance on any relay team.

**Time Trials:** There will be no time trials offered.

## Relay

**Entries:** All relays are timed finals. There are no qualifying times for relay events. Relay cards are due to the Meet Director or designee on the day of the event by **9:00 AM** for 12U Relays each day and **by the start of the afternoon (PM) session** for the 13-18 Relays. Relay team entry times may be determined by the sum of the individual team member's times for the like strokes/distances or the actual time of that relay team achieved in sanctioned competition. If a relay card is not turned in, the relay will be scratched. The order of swimmers on the relay team will be strictly enforced in accordance with 102.3.7 of the 2018 USA-S Rules and Regulations.

Relay team members must be eligible to swim in the same age group. Swimmers cannot "age up" for relay events. Unlimited number of relays per event per club (A, B, C, etc.) but only two relays per event per club will score. It is recommended that relay swimmer names be included with entries to help enter the relays efficiently at the start of the session.

Swimmers who have achieved the 2019 STSI STAGS qualifying standard or faster in any course may not swim that stroke and distance on any relay team.

**Relay-only swimmers are not permitted.** All relay swimmers must be entered in at least one individual event to be eligible to swim on any relay.

## Entry

**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 22, 2019 by 12:00 Noon CST**. The first entry deadline is for athletes who have achieved qualifying times prior to this date. If possible, please enter relay teams at the first deadline. This deadline is required to verify swimmers and times in the SWIMS database and correct errors.

The final entry deadline is **Monday, January 28, 2018, by 12:00 Noon CST** and is dependent on the availability of potential qualifying meets one week in advance of the meet. *This will also be the final deadline for all relay entries.* 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 2019 STSI STAGS qualifying 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

**Procedures:** Teams must enter using the USA Swimming On-line Meet Entry (OME) system. This is the only accepted process for pre-entering the meet. Use the following link to register all athletes. <https://www.usaswimming.org/Events> You will search South Texas Jr. STAGS 2019 Deadline 22. This link will close January 22<sup>nd</sup> at noon.

**-If you are needing to update an athlete's time, you may update the time in the original OME entry until the 28<sup>th</sup>.**

**-You only need to use the South Texas Jr. STAGS Deadline 28 if you are registering an athlete that just received their qualifying time after the 22<sup>nd</sup> deadline.**

If you need to use the second deadline to enter, you will also utilize OME. You will search South Texas Jr. STAGS Deadline 28. This link will open January 22<sup>nd</sup> at 12:01 pm and close January 28<sup>th</sup> at noon. This should only be used for the following

**-Athletes that achieved a new Jr. STAGS qualifying time after January 22<sup>nd</sup>.**

**-All relay deadlines**

If you are needing to update an athlete's time from a previous entry; then you must email [entries@southtexasjrstags.com](mailto:entries@southtexasjrstags.com). You will receive a confirmation email in 24 hours with the updated entry. You will not be charged to update a time. All times will be checked in SWIMS.

If a team must submit a paper entry, a \$50.00 fee will be charged to the team. You must fill out the forms attached to the meet information on page 15 & 16. All entries must be emailed to [entries@southtexasjrstags.com](mailto:entries@southtexasjrstags.com) before the entry deadline. If a form is incomplete or is not signed by the head coach, they will not be accepted. If you do not receive an email within 24 hours of submitting the paper entries, they were not accepted.

\*\*If you are using a LCM time for the 500/400 or the 1650/1500 events the OME system will allow you to use both courses to enter into the correct event.

### Entry

**Fees/payment:** \$10.50 per individual event and \$21.00 per relay team. – includes the STSI splash fee of \$1.25 per event. Checks made payable to, and mailed to:

**Aqua Swift Aquatics**  
9215 Warriors Creek Dr,  
San Antonio, TX 78230

*Entry fees must be received by January 31<sup>st</sup>, 2019.*

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)

Deck entries will be accepted at \$25.00 per individual event \$40.00 per relay which includes the \$1.25 STSI splash fee. Swimmers may deck enter for the current session beginning at the start of warm-ups.

Deck entries will close 30 minutes prior to the start of each session.

Swimmers may deck enter for subsequent sessions after deck entries close for the current session.

No new heats will be created. Swimmers not previously entered in the meet must 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) 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.

### Scratch

#### Rules:

There is no penalty for failing to scratch from a *pre-seeded* event.

Failure to compete in a positive check-in event (or in finals where finals are offered) in a Championship Meet, per event = \$50. Positive check in events are 1650 Free, 400 IM or 500 Free

Failure to compete in a positive check-in event (or in finals where finals are offered) on the last day of a Championship Meet or when the athlete has no remaining events, per event = \$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:

Per 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 Programs & Events Committee Chair or designee.

**Deck Changing:**

Deck changes are prohibited.

**Special Needs:**

Please notify the Meet Director, Blaine Rucker [entries@southtexasjrstags.com](mailto:entries@southtexasjrstags.com) or (830) 446-2697, in advance of this event with the name and age of any member on your team who needs assistance to enter the facility. 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

Relay Events: first through third 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. **Awards will not be mailed.**

**Scoring:**

<b>A Finals 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>B Finals 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

All individual events are timed finals only.

<b>Relay 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>Relay points</b>	40	34	32	30	28	26	24	22
<b>Relay 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>Relay points</b>	18	14	12	10	8	6	4	2

All relay events will swim as timed finals. Only two relay teams per event per club will score.

**Meet Management**

Entries Chair & Meet Director:  
Blaine Rucker / (830) 446-2697  
Entries: [entries@southtexasjrstags.com](mailto:entries@southtexasjrstags.com)  
Contact: [blaine@southtexasjrstags.com](mailto:blaine@southtexasjrstags.com)  
All entries must be submitted on OME through USA Swimming

Meet Referee:  
Ross Robinson / (210) 262-7129  
[ross.robinson@frostbank.com](mailto:ross.robinson@frostbank.com)

Coach:  
Jason Schmeltzer (845) 494-8450  
[jason@aquaswiftaquatics.com](mailto:jason@aquaswiftaquatics.com)

Admin Official:  
Karen Kleiwer / (210) 842-7997  
[karenskhorus@aol.com](mailto:karenskhorus@aol.com)

**Officials:** All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and their local LSC for 2019 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, skirts, or shorts. 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:**

**Friday, timed-finals:**

Warm-ups begin	4:30 PM**
Clear competition pool	5:45 PM
Coaches meeting	5:50 PM
Sessions begin	6:00 PM

Check-in time for the 1650 freestyle, the 10 & Under 500 freestyle, and the 400 individual medley will close Friday by **5:00PM**.

\*\*Subject to change depending on meet size. Any changes will be communicated to teams.

**Saturday 12U AM Session:**

Warm-ups begin	7:00 AM**
Clear competition pool	8:50 AM
Coaches' meeting (Sat only)	8:50 AM
Sessions begin	9:00 AM

**Saturday 13-18 PM Session:**

Warm-ups begin	2:30 PM **
Clear competition pool	3:50 PM
Coaches' meeting (Sat only)	3:50 PM
Sessions begin	4:00 PM

**Sunday 12U AM Session:**

Warm-ups begin	7:00 AM**
Clear competition pool	8:50 AM
Sessions begin	9:00 AM

**Sunday 13-18 PM Session:**

Warm-ups begin	1:30 PM**
Clear competition pool	3:15 PM
Sessions begin	3:30 PM

**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 and 1650 freestyle and 400 individual medley events must provide their own back-up timers. Swimmers competing in the 500 and 1650 freestyle events also must provide their own lap counters.

**Warm-up  
Procedures:**

The South Texas Swimming Safety Guidelines and Warm-up Procedures on page 14 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.

Psych sheets, warm-up times, lane assignments, and other meet information will be posted on [www.southtexasjrstags.com](http://www.southtexasjrstags.com) and the STSI Web site by January 30<sup>th</sup>. Warm-ups MUST be under the direct supervision of a coach at all times.



## South Texas Short Course Jr. STAGS 2019 Order of Events



Women's Event #	Friday February 1, 2019 6:00 PM	Men's Event#
1	11-12 1650 Free **	2
3	13-14 1650 Free **	4
5	15-18 1650 Free **	6
7	10 & Under 500 Free **	8
9	12 400 IM **	10
11	13-14 400 IM **	12
13	15-18 400 IM **	14

\*\*Friday events require positive check-in and will be deck seeded. Check-in time for the Friday distance events (1650 Freestyle, 400 Individual Medley, 10 & Under 500 Freestyle) is 5:00 PM.

\*\*Swimmers must provide their own backup timers for the 1650 Freestyle, 400 Individual Medley, and 500 Freestyle events, and provide their own lap counters for the 500 and 1650 Freestyle events.

\* The qualifying time standard for the 12 400 IM is 13-14 time standard for each gender.

Women's Event #	Saturday AM Session February 2, 2019 9:00 AM	Men's Event #	Women's Event #	Saturday PM Session February 2, 2019 4:00 PM	Men's Event #
15	10 & Under 100 IM	16	47	13-14 50 Free	48
17	11-12 100 IM	18	49	15-18 50 Free	50
19	10 & Under 50 Free	20	51	13-14 100 Fly	52
21	11-12 50 Free	22	53	15-18 100 Fly	54
23	10 & Under 100 Fly	24	55	13-14 200 Breaststroke	56
25	11-12 100 Fly	26	57	15-18 200 Breaststroke	58
27	11-12 200 Breaststroke	28	59	13-14 200 Free	60
29	10 & Under 200 Free	30	61	15-18 200 Free	62
31	11-12 200 Free	32	63	13-14 100 Backstroke	64
33	10 & Under 100 Backstroke	34	65	15-18 100 Backstroke	66
35	11-12 100 Backstroke	36	67	15-18 400 Free Relay	68
37	10 & Under 50 Breaststroke	38	69	13-14 400 Free Relay	70
39	11-12 50 Breaststroke	40	<b>71</b>	<b>13-14 Girls 500 Free **</b>	
41	11-12 200 Free Relay	42	<b>73</b>	<b>15-18 Girls 500 Free **</b>	
43	10 & Under 200 Free Relay	44			
<b>45</b>	<b>11-12 Girls 500 Free **</b>				

There will be a 10-minute break after the relay events.

\*\* Check-in time for Events 45 (11-12 Girls 500 Freestyle) is 10:00 AM on the day of the event.

\*\* Check-in time for Events 71, 73 (13-18 Girls 500 Free) is 5:30 PM, or 1 hour after the meet starts, on Saturday afternoon.

\*\*Swimmers must provide their own backup timers and lap counter for the 500 Freestyle events.

**Note:** The time standard for 15-18 events is the 15-16 time standard for each gender.

<b>Women's Event #</b>	<b>Sunday AM Session February 3, 2019 9:00 AM</b>	<b>Men's Event #</b>	<b>Women's Event #</b>	<b>Sunday PM Session February 3, 2019 3:30 PM</b>	<b>Men's Event #</b>
75	10 & Under 50 Fly	76	105	13-14 100 Free	106
77	11-12 50 Fly	78	107	15-18 100 Free	108
79	10 & Under 100 Free	80	109	13-14 200 Fly	110
81	11-12 100 Free	82	111	15-18 200 Fly	112
83	11-12 200 Fly	84	113	13-14 100 Breaststroke	114
85	10 & Under 100 Breaststroke	86	115	15-18 100 Breaststroke	116
87	11-12 100 Breaststroke	88	117	13-14 200 Backstroke	118
89	11-12 200 Backstroke	90	119	15-18 200 Backstroke	120
91	10 & Under 200 IM	92	121	13-14 200 IM	122
93	11-12 200 IM	94	123	15-18 200 IM	124
95	10 & Under 50 Backstroke	96	125	15-18 400 Medley Relay	126
97	11-12 50 Backstroke	98	127	13-14 400 Medley Relay	128
99	11-12 200 Medley Relay	100		<b>13-14 Boys 500 Free **</b>	<b>130</b>
101	10 & Under 200 Medley Relay	102		<b>15-18 Boys 500 Free **</b>	<b>132</b>
	<b>11-12 Boys 500 Free **</b>	<b>104</b>			

There will be a 10-minute break after the relay events.

\*\* Check-in time for Events 104 (11-12 Boys 500 Freestyle) is 10:00 AM.

\*\* Check-in time for Events 130 & 132 (13-18 Boys 500 Free) is 4:30 PM, or 1 hour after the meet starts, on Saturday afternoon.

**Note:** The time standard for 15-18 events is the 15-16 time standard for each gender.

**NOTE:** If entering with a non-conforming time (LCM/SCM), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted.



# JR. STAGS Championship Qualifying Times

Revised 10/02/17

Time standards current from USA Swimming website document dated 9/30/16

	Short Course Yards		Long Course Meters		Short Course Meters	
10 and Under GIRLS	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time
50 Free	35.19	31.39	39.89	35.69	38.89	34.89
100 Free	1:19.99	1:09.99	1:31.49	1:17.89	1:28.39	1:15.49
200 Free	2:57.39	2:34.59	3:20.99	2:49.49	3:15.99	2:43.89
500/400 Free	7:35.49	6:44.89	6:51.09	6:05.39	6:38.59	5:53.39
50 Back	41.89	36.69	48.89	43.69	46.29	43.09
100 Back	1:30.69	1:19.29	1:45.99	1:32.69	1:40.19	1:27.69
50 Breast	47.49	41.79	53.99	47.49	52.49	46.19
100 Breast	1:44.99	1:31.89	2:01.49	1:46.29	1:55.99	1:41.49
50 Fly	41.79	36.19	47.29	40.49	46.19	39.79
100 Fly	1:39.09	1:24.09	1:52.99	1:35.99	1:49.49	1:32.99
100 IM	1:31.69	1:20.79	1:41.29	1:29.19	1:41.29	1:29.19
200 IM	3:15.59	2:52.69	3:43.19	3:17.09	3:36.19	3:10.79
	Short Course Yards		Long Course Meters		Short Course Meters	
10 and Under BOYS	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time
50 Free	34.49	30.99	39.49	35.49	38.09	34.19
100 Free	1:18.79	1:09.69	1:30.29	1:19.89	1:26.99	1:16.99
200 Free	2:47.99	2:29.39	3:12.09	2:50.79	3:05.69	2:44.99
500/400 Free	7:26.99	6:37.39	6:44.59	5:59.59	6:31.19	5:47.79
50 Back	42.39	37.09	49.19	42.99	46.79	40.99
100 Back	1:29.69	1:19.19	1:43.59	1:31.49	1:39.09	1:27.49
50 Breast	46.59	40.99	53.29	46.99	51.39	45.29
100 Breast	1:41.89	1:30.19	1:57.69	1:44.19	1:52.59	1:39.59
50 Fly	40.49	35.39	45.99	40.19	44.79	39.09
100 Fly	1:37.99	1:23.49	1:51.39	1:34.99	1:48.29	1:32.29
100 IM	1:29.39	1:19.49	1:38.79	1:27.89	1:38.79	1:27.89
200 IM	3:13.19	2:50.99	3:40.79	3:15.39	3:33.49	3:08.89

## Jr. STAGS Championship Qualifying Times

Revised 10/2/17

Time standards current from USA Swimming website document dated 9/30/16

11-12 GIRLS	Short Course Yards		Long Course Meters		Short Course Meters	
	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time
50 Free	31.49	27.79	35.79	31.19	34.69	30.29
100 Free	1:08.29	1:00.19	1:18.49	1:08.19	1:15.49	1:05.79
200 Free	2:29.69	2:12.39	2:50.39	2:28.29	2:45.39	2:22.69
500/400 Free	6:38.39	5:56.99	5:56.49	5:19.79	5:48.69	5:07.79
1650/1500 Free	23:07.29	21:20.59	23:55.39	22:04.99	22:59.19	21:13.09
50 Back	35.59	32.39	41.19	37.49	39.29	36.29
100 Back	1:18.49	1:09.49	1:31.09	1:19.49	1:26.69	1:17.69
200 Back	2:43.99	2:30.19	3:10.19	2:51.59	3:01.29	2:47.29
50 Breast	39.99	36.89	45.49	41.99	44.19	40.79
100 Breast	1:27.39	1:19.79	1:41.39	1:33.79	1:36.59	1:28.89
200 Breast	3:08.59	2:54.09	3:36.09	3:19.49	3:28.39	3:12.39
50 Fly	34.09	30.59	38.29	34.09	37.69	33.39
100 Fly	1:18.29	1:09.09	1:28.49	1:18.89	1:26.49	1:16.79
200 Fly	2:47.89	2:34.99	3:10.19	2:55.59	3:05.59	2:50.69
100 IM	1:18.39	1:10.39	1:26.59	1:19.89	1:26.59	1:19.89
200 IM	2:47.79	2:30.69	3:11.49	2:53.99	3:05.39	2:48.39
400 IM - 12 only	5:39.69	5:07.89	6:27.59	5:49.19	6:15.39	5:37.19
* The 12-year-old time standard for the 400 IM for championship meets is the 13-14 time standard.						

### Jr. STAGS Championship Qualifying Times

Revised 10/2/17

Time standards current from USA Swimming website document dated 9/30/16

11-12 BOYS	Short Course Yards		Long Course Meters		Short Course Meters	
	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time
50 Free	30.29	27.69	34.69	31.59	33.39	30.79
100 Free	1:05.89	1:00.99	1:15.69	1:08.79	1:12.89	1:06.39
200 Free	2:24.59	2:13.39	2:45.19	2:32.49	2:39.79	2:27.49
500/400 Free	6:27.49	5:57.69	5:48.69	5:21.89	5:39.09	5:12.99
1650/1500 Free	22:37.49	20:52.99	23:25.49	21:37.39	22:29.59	20:45.69
50 Back	35.29	32.29	40.89	37.49	38.99	35.69
100 Back	1:15.79	1:09.29	1:29.09	1:21.49	1:23.69	1:16.59
200 Back	2:40.29	2:27.99	3:06.49	2:52.19	2:57.19	2:43.49
50 Breast	39.59	36.19	45.39	41.59	43.69	39.99
100 Breast	1:25.49	1:18.39	1:38.49	1:30.39	1:34.39	1:26.59
200 Breast	3:00.99	2:47.09	3:28.69	3:12.59	3:19.99	3:04.59
50 Fly	34.19	30.89	38.69	34.49	37.79	33.79
100 Fly	1:16.49	1:09.59	1:26.29	1:18.59	1:24.49	1:16.89
200 Fly	2:43.99	2:31.39	3:07.69	2:53.19	3:01.19	2:47.29
100 IM	1:14.99	1:09.09	1:22.89	1:16.39	1:22.89	1:16.39
200 IM	2:44.19	2:30.89	3:09.29	2:53.89	3:01.49	2:46.69
400 IM - 12 only	5:17.39	4:51.99	6:04.69	5:36.59	5:50.69	5:23.79
* The 12-year-old time standard for the 400 IM for championship meets is the 13-14 time standard.						

### Jr. STAGS Championship Qualifying Times

Revised 10/2/17

Time standards current from USA Swimming website document dated 9/30/16

13-14 GIRLS	Short Course Yards		Long Course Meters		Short Course Meters	
	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time
50 Free	30.29	26.39	34.59	30.19	33.49	29.39
100 Free	1:05.79	57.09	1:15.39	1:05.09	1:12.69	1:02.69

200 Free	2:22.19	2:05.59	2:42.59	2:22.59	2:37.19	2:16.99
500/400 Free	6:20.09	5:38.39	5:40.89	5:04.29	5:32.69	4:52.29
1650/1500 Free	21:43.19	20:02.99	22:23.09	20:39.79	21:35.69	19:55.99
100 Back	1:11.69	1:04.69	1:23.59	1:15.39	1:19.19	1:13.59
200 Back	2:35.39	2:21.49	2:59.39	2:40.89	2:51.69	2:36.69
100 Breast	1:22.39	1:14.99	1:34.99	1:27.79	1:30.99	1:24.79
200 Breast	2:58.29	2:43.79	3:25.59	3:09.19	3:16.99	3:01.89
100 Fly	1:11.39	1:04.19	1:21.09	1:12.69	1:18.89	1:10.59
200 Fly	2:37.89	2:25.79	2:59.49	2:45.69	2:54.49	2:41.09
200 IM	2:39.19	2:22.99	3:03.39	2:44.59	2:55.89	2:38.99
400 IM	5:39.69	5:07.89	6:27.59	5:49.19	6:15.39	5:37.19
	<b>Short Course Yards</b>		<b>Long Course Meters</b>		<b>Short Course Meters</b>	
<b>13-14 BOYS</b>	<b>Faster than USA Swimming BB Time</b>	<b>Slower than STAGS Qualifying Time</b>	<b>Faster than USA Swimming BB Time</b>	<b>Slower than STAGS Qualifying Time</b>	<b>Faster than USA Swimming BB Time</b>	<b>Slower than STAGS Qualifying Time</b>
50 Free	27.89	24.69	31.99	28.19	30.79	27.39
100 Free	1:00.89	53.29	1:09.99	1:00.39	1:07.29	57.99
200 Free	2:12.79	1:57.59	2:32.29	2:13.89	2:26.69	2:08.29
500/400 Free	5:58.99	5:21.79	5:24.09	4:47.39	5:14.19	4:35.39
1650/1500 Free	20:43.19	19:07.59	21:27.39	19:48.39	20:35.99	19:00.89
100 Back	1:06.89	1:01.19	1:18.29	1:12.29	1:13.89	1:08.19
200 Back	2:25.89	2:14.69	2:49.69	2:35.19	2:41.19	2:28.79
100 Breast	1:15.59	1:09.79	1:28.09	1:21.29	1:23.49	1:17.09
200 Breast	2:45.59	2:32.89	3:11.59	2:56.79	3:02.99	2:48.89
100 Fly	1:06.39	1:00.59	1:15.49	1:07.69	1:13.29	1:05.59
200 Fly	2:26.99	2:15.69	2:49.19	2:36.19	2:42.49	2:29.99
200 IM	2:28.59	2:14.79	2:51.99	2:33.39	2:44.19	2:27.79
400 IM	5:17.39	4:51.99	6:04.69	5:36.59	5:50.69	5:23.79

### Jr. STAGS Championship Qualifying Times

Revised 10/2/17

Time standards current from USA Swimming website document dated 9/30/16

	<b>Short Course Yards</b>		<b>Long Course Meters</b>		<b>Short Course Meters</b>	
<b>15-18 GIRLS</b>	<b>Faster than USA Swimming BB Time</b>	<b>Slower than STAGS Qualifying Time</b>	<b>Faster than USA Swimming BB Time</b>	<b>Slower than STAGS Qualifying Time</b>	<b>Faster than USA Swimming BB Time</b>	<b>Slower than STAGS Qualifying Time</b>
50 Free	29.79	25.99	33.79	29.99	32.89	29.19
100 Free	1:04.59	56.09	1:13.59	1:04.69	1:11.39	1:02.29
200 Free	2:19.19	2:03.89	2:38.69	2:21.59	2:33.79	2:15.99

500/400 Free	6:12.09	5:25.79	5:32.89	4:59.29	5:25.59	4:47.29
1650/1500 Free	21:26.19	19:47.29	22:02.19	20:20.49	21:18.69	19:40.39
100 Back	1:10.09	1:04.19	1:21.99	1:15.39	1:17.39	1:11.49
200 Back	2:32.39	2:20.69	2:55.59	2:42.09	2:48.39	2:35.49
100 Breast	1:20.69	1:14.49	1:32.49	1:25.39	1:29.19	1:22.39
200 Breast	2:54.69	2:41.29	3:20.79	3:05.39	3:13.09	2:58.19
100 Fly	1:09.99	1:03.69	1:19.49	1:12.69	1:17.29	1:10.59
200 Fly	2:34.89	2:22.89	2:54.79	2:41.39	2:51.09	2:37.99
200 IM	2:36.19	2:22.09	2:59.69	2:44.29	2:52.59	2:38.69
400 IM	5:31.99	5:06.49	6:18.79	5:49.69	6:06.89	5:38.69

	Short Course Yards		Long Course Meters		Short Course Meters	
	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time	Faster than USA Swimming BB Time	Slower than STAGS Qualifying Time
<b>15-18 BOYS</b>						
50 Free	26.79	23.39	30.19	27.29	29.59	26.49
100 Free	58.39	50.59	1:07.09	58.69	1:04.49	56.29
200 Free	2:07.49	1:52.49	2:26.09	2:10.19	2:20.89	2:04.59
500/400 Free	5:45.99	5:07.49	5:09.89	4:39.59	5:02.79	4:27.59
1650/1500 Free	20:02.89	18:30.39	20:33.99	18:59.09	19:55.89	18:23.89
100 Back	1:03.49	58.19	1:14.69	1:08.89	1:10.19	1:04.79
200 Back	2:19.19	2:08.49	2:41.39	2:28.89	2:33.79	2:21.99
100 Breast	1:12.09	1:05.69	1:23.49	1:16.99	1:19.59	1:13.49
200 Breast	2:36.59	2:24.09	3:02.49	2:48.39	2:53.09	2:39.79
100 Fly	1:03.39	56.39	1:11.79	1:05.59	1:10.09	1:03.49
200 Fly	2:20.59	2:09.79	2:40.39	2:27.99	2:35.39	2:23.09
200 IM	2:21.79	2:06.49	2:43.99	2:26.29	2:36.69	2:20.69
400 IM	5:05.59	4:42.09	5:47.29	5:20.59	5:37.69	5:11.69

# SOUTH TEXAS SWIMMING, Inc.

## Safety Guidelines and Warm-up Procedures

### A. WARM-UP PROCEDURES

#### I. Assigned Warm-up Procedures (**Prelims**)

- 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 (**Finals**)

### 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 10/9/2016

## South Texas Jr. STAGS Online Meet Entry Paper Entry *Individual*

Swimmer's Name: \_\_\_\_\_  
First
Middle
Last

Team: \_\_\_\_\_ DOB: \_\_\_\_\_

USA#: \_\_\_\_\_

Event #	Age	Event Name	Seed Time	In SWIMS (Office Only)
<b>Session I – Friday, February 1<sup>st</sup> @ 6:00 PM</b>				
<b>Session II – Saturday, February 2<sup>nd</sup> @ 9:00 AM</b>				
<b>Session III – Saturday, February 2<sup>nd</sup> @ 4:00 PM</b>				
<b>Session IIV – Sunday, February 3<sup>rd</sup> @ 9:00 AM</b>				
<b>Session V – Sunday, February 3<sup>rd</sup> @ 3:30 PM</b>				

By signing this sheet, I am guaranteeing that that above swimmer is currently registered with USA Swimming and has a valid seed time in the SWIMS database.

\_\_\_\_\_  
 Coach Signature

\_\_\_\_\_  
 Print Coach Name



1<sup>st</sup> Swimmer's Name: \_\_\_\_\_  
First Middle Last

DOB: \_\_\_\_\_ USA#: \_\_\_\_\_

2<sup>nd</sup> Swimmer's Name: \_\_\_\_\_  
First Middle Last

DOB: \_\_\_\_\_ USA#: \_\_\_\_\_

3<sup>rd</sup> Swimmer's Name: \_\_\_\_\_  
First Middle Last

DOB: \_\_\_\_\_ USA#: \_\_\_\_\_

4<sup>th</sup> Swimmer's Name: \_\_\_\_\_  
First Middle Last

DOB: \_\_\_\_\_ USA#: \_\_\_\_\_

Alternate Swimmer's Name: \_\_\_\_\_  
First Middle Last

DOB: \_\_\_\_\_ USA#: \_\_\_\_\_

Alternate Swimmer's Name: \_\_\_\_\_  
First Middle Last

DOB: \_\_\_\_\_ USA#: \_\_\_\_\_

Event #	Event Name	Seed Time	All Swimmers Slower than STAGS (Office)
Session II – Saturday, February 2 <sup>nd</sup> @ 9:00 AM			
Session III – Saturday, February 2 <sup>nd</sup> @ 4:00 PM			
Session IIV – Sunday, February 3 <sup>rd</sup> @ 9:00 AM			
Session V – Sunday, February 3 <sup>rd</sup> @ 3:30 PM			

By signing this sheet, I am guaranteeing that that above swimmers are currently registered with USA Swimming and have not achieved at STAGS time in the designated stroke and distance.

\_\_\_\_\_  
Coach Signature

\_\_\_\_\_  
Print Coach Name