



# 2022 South Texas Age Group (STAGS) Championship Meet Information

Posted 4/19/22

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**Meet:** 2022 South Texas STAGS Long Course Championships  
Hosted by Alamo Area Aquatic Association (AAAA-NE)  
Held under the sanction of USA Swimming

**Dates:** Thursday through Sunday, July 14-17, 2022

**Sanction  
Number:** ST-22-46

**Venue:** Bill Walker Pool  
12002 Jones Maltsberger Rd (at Starcrest and Bitters Road)  
San Antonio, Texas 78216

**Eligibility:** This meet is open to all South Texas Swimming athletes, ages 18 & under who have achieved the [2021-2024 USA Swimming National Motivational](#) "A" and faster qualifying time standards in short course yards, short course meters, or long course meters. All athletes, including athletes entering time trials, if applicable, must be currently (2022) registered year-round members of USA Swimming. (Flex members are not eligible to compete at LSC championship meets.)

Athletes with disabilities may enter any event for which they have achieved the [LSC Para Motivational Time Standards](#) as published by the U.S. Paralympic Swimming qualifying time.

**Facility:** Walker Pool:

- One ten lane 50 meter racing course with outside lane buffers
- 2.29 meters (7.5 ft) wide lanes
- Course has been professionally certified and copies are on file with USA Swimming
- Water depth:
  - Start end 5.1 ft.
  - Turn end 8.4 ft.
- All Daktronics starting and timing with full digital and video boards
- Four (4) lanes x 25 yards pool
- Ten (10) lanes x 25 meter pool (Josh Davis Natatorium) adjacent to turn end of Walker Pool
- Off-deck indoor stadium seating for 750 spectators
- Outdoor bleacher seating for 250 spectators
- Concessions in Davis lobby
- Swim Shop in upstairs lobby of Walker Pool
- Dressing and locker rooms available in both facilities
- No tobacco, vape products or alcohol allowed on NEISD properties

The competition course has been certified in accordance with 103.3 and 103.4. The copy of such certification is on file with USA Swimming. The minimum water depth, measured in accordance with Article 103.2.3, is 5 feet 1 inches at the start end and the turn end is 8 feet 4 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.

**Liability:** In granting a Sanction, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the North East Independent School District, and all meet officials shall be free and held harmless from any liabilities for claims for damage arising by reason(s) arising by reason of injuries to anyone during the conduct of this meet.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, SOUTH TEXAS SWIMMING, THE ALAMO AREA AQUATIC ASSOCIATION (AAAA), THE NORTH EAST INDEPENDENT SCHOOL DISTRICT, AND SUBSIDIARIES AND EACH OF THEIR OFFICERS, PARTNERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**Sanction:** Held under the sanction of USA Swimming; this meet has been sanctioned by South Texas Swimming and current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), and any relevant sections of the South Texas Policies & Procedures Manual will apply. All swimmers must be registered as year-round athletes for 2022 with USA Swimming before 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 2022 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. Athletes who fail to meet this requirement will not be allowed to compete. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

**General Meeting:** The General Meeting will be held in the Piper-Bass Student Center located next to the Bill Walker Pool. The meeting will begin at 2:30 pm on Thursday, July 14, 2022.

**Format:** Championship Format: preliminaries and finals. A and B finals for all individual events, unless otherwise noted. Preliminary events will be seeded by time and gender, age combined, according to the Order of Events on page 8, except as noted. Events may be combined at the discretion of the Meet Referee. All preliminary events will be contested slowest to fastest, except as noted, in 10 lanes. The three fastest heats of each preliminary event, except for timed final events, will be championship seeded. All finals events will be contested in the specified age groups in the final sessions, swimming slowest to fastest by age group, in 8 lanes. Finals heats will swim in oldest to youngest age group order (15-18, 13-14, 11-12, 10 & under).

The 800 Free, 1500 Free, 400 IM, and 400 Free events will be seeded on deck after positive check-in and will swim fastest to slowest. Check-in for the Thursday afternoon events (800 Free, 1500 Free, 11-14 400 IM, and 10&U 400 Free) **is required by 2:30 pm at the General Meeting. Check in for Friday, Saturday, and Sunday distance events will be at 9:00 am the morning of the event.** The 800 Free, 1500 Free, 11-14 400 IM, and 10 & Under 400 Free events will be contested as timed finals only, age combined, and will swim fastest to slowest. For the 11-12 and 13-18 400 Free and 15-18 400 IM, there will be an A Final heat ONLY. Swimmers must provide their own backup timers for the 800 Free, 1500 Free, 400 Free, and 400 IM events. Swimmers must provide their own lap counters for the 800 and 1500 Free events.

All relay events will be timed finals and will swim in the preliminary sessions only. There will be a 10-minute break after the relay events.

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 (2022) registered year-round members of USA Swimming. (Flex members are not eligible to compete at LSC championship meets.) 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 ledge. 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 202.5.3. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make sure arrangements prior to the start of the meet.

### **Qualifying**

**Times:** The qualifying time standards for all individual events are the traditional dual-age group [2021-2024 USA Swimming National Motivational](#) "A" and faster times. Qualifying times must be achieved between April 1, 2021 and July 13, 2022. The time standard for 15-18 events is the 15-16 time standard for each gender. If entering with a non-conforming time (SCM or LCM), the swimmer must enter with the time achieved in the non-conforming course. Entries will be accepted in SCY, SCM, and LCM. Converted entry times will not be accepted. There are no qualifying times for relay events, or time trial events, if offered. Seeding for preliminary heats shall be in the following order: long course meters, short course meters, and short course yards.

Athletes with disabilities may enter any event for which they have achieved the [LSC Para Motivational Time Standards](#) as published by the U.S. Paralympic Swimming qualifying time. There is no age limit for athletes with disabilities who are entering with para motivational times.

**Proof of Time:** Proof of time must be submitted with the entries. All entry times must be verifiable using the USA-S SWIMS database. (Times in the SWIMS database earned at unsanctioned meets may not be used as proof of time.) 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 on July 14, 2022.

### **Entry**

**Restrictions:** An individual swimmer may enter a maximum of 3 individual events and 1 relay event per day and a total of 7 individual events for the meet, including time trials, if offered.

**Time Trials:** Time trials will only be open to athletes already entered in the meet. Time trials will only be conducted if time allows. Time trials will be conducted on Friday and Saturday at the discretion of the meet management (time permitting). Time trials will start no later than 30 minutes after the conclusion of the last preliminary event. The time trial deadline will be posted at the clerk of course.

Swimmers must be registered with South Texas Swimming to participate in time trials. Participation in a time trial event counts as one of the daily and total events allowed for swimmers already entered in the meet. A STAGS qualifying time earned during time trials will NOT qualify a swimmer to swim that event at this meet. The meet host will schedule time trials in the most efficient way possible without consideration of how many time trial events a single swimmer enters.

Time trial events will be published with the final meet results.

Time trial entry fees: Individual events \$24.00 – includes the STSI \$1.25 per event splash fee & \$10.00 per athlete facility charge for athletes not already entered into the meet.

### **Relay**

**Entries:** Relay entries are due no later than **Monday, July 11, 2022** at the same time that the final entries are due. All relays are timed finals and will be contested only in the preliminary sessions. There are no qualifying times for the relay events. 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.

Relay team members must be eligible to swim in the same age group. Swimmers cannot "age up" for relay events. A club may enter an unlimited number of relays per event 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.

Relay cards must be turned in to the Administrative Official/Referee or designee:

|                       |                                   |
|-----------------------|-----------------------------------|
| Friday Relay Events   | Cards due in on Friday @ 8:00 am  |
| Saturday Relay Events | Cards due in on Friday @ 6:00 pm  |
| Sunday Relay Events   | Cards due in on Saturday @ 6:0 pm |

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 2022 USA-S Rules and Regulations.

**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. Time trial events, if offered, cannot count as individual events for the purposes of swimming on a relay.

#### **Entry**

**Deadlines:** Entry deadline is **Monday, July 11, 2022 by 6:00pm**

#### **Entry**

**Procedures:** All teams will submit their entries via USA Swimming's OME (Online Meet Entry).

Any team submitting entries under the LSC Para Motivational Time Standards qualifying times may send an email to the entry chair with the team abbreviation, the swimmer's full name (as registered with USA Swimming), the swimmer's USA Swimming ID number, and swimmer's events by number, description, and entry time. Proof of time must be submitted with the entries.

When submitting entries, please register coaches for deck passes.

#### **Questions can be sent to:**

**Bill Spurgeon (Entry Chairman)**  
[wspurg@neisd.net](mailto:wspurg@neisd.net)

If you do not receive an email confirmation, please contact the entry chairman.

**Entry Fees:** \$12.00 per individual event (includes the STSI \$1.25 per event splash fee), \$24.00 per relay event, & \$10.00 per athlete facility charge.

Checks made payable to **AAAA-NEAT**.

Please mail entries and fees to

**Alamo Area Aquatic Assoc – NEAT**  
**Bill Walker Pool**  
**c/o David Johnson**  
**12002 Jones Maltzberger Road**  
**San Antonio, Texas 78216**

**Entries Fees must be received by July 14, 2022.** 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.

#### **Deck (late)**

##### **Entries:**

Deck entries will be accepted at \$24.00 per individual event (which includes the \$1.25 per event STSI splash fee), \$48.00 per relay event, & the \$10.00 per athlete facility charge for athletes not already entered in the meet. Meet management will not re-seed any pre-seeded 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. 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, preliminary event. Swimmers who fail to compete in the 400 IM, 400 Free, 800 Free, and 1500 Free events after positive check-in must positively check in for the remainder of the meet with meet administration. Illness and injury may be excused by the Meet Referee.

The top 16 finishers in each preliminary event will be announced by gender and age group, and posted shortly after the final heat. Swimmers who qualify for finals and elect NOT to compete in finals must scratch or declare an INTENT to scratch with the Administrative Official within 30 minutes of the announcement. Swimmers who declare an intent to scratch will then have 15 minutes after the completion of their last individual event of the session to confirm the scratch. Following the 15-minute deadline, if scratch confirmation is not received, it will be assumed the swimmer will compete in the finals event.

Any swimmer who finishes a preliminary event in (or tied for) places 1-16 and fails to compete in said final shall be barred from further competition in the remainder of the meet, including any preliminary, relay, time trial, and finals events occurring on that same (and subsequent) day(s). This policy does not apply to athletes who scratch from finals during the scratch deadline, alternates, swimmers with illness or injury and excused by the Meet Referee prior to the start of the event, or athletes finishing in 17th place and below in the preliminaries (including any athletes finishing in 17th place or below as the result of a swim-off). Athletes may not declare a false start ("DFS") to avoid competing in a finals event and will be subject to the scratch rule penalties, if applicable.

**Cell phone****Restrictions:**

Use of audio or visual recording devices, including a cell phone, is not permitting 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 Programs and Events Committee Chair or designee.

**Deck****Changing:**

Deck changes are prohibited.

**Special****Needs:**

Please notify the Facility Program & Safety Supervisory listed under Meet Management 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 |         |
| 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 have A & B finals, with the following exceptions. The 800 Free, 1500 Free, 10 & Under 400 Free, and 11-14 400 IM are timed finals only. There are A & B finals for each individual event, except for the 400 IM (15-18) and the 400 Free (11-12, 13-14, and 15-18), which will have an A final 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 in the prelims sessions only and will be conducted as timed finals. Only two relay teams per event per club will score.

**Meet Management:**

**Bill Spurgeon**  
**Meet Director/Entry Chair**  
**NEISD Pool Manager**  
[wspurg@neisd.net](mailto:wspurg@neisd.net)  
 210) 356-6929

**Brittany Thomas**  
[bthomas15@neisd.net](mailto:bthomas15@neisd.net)

**Lauren Nutt**  
**Administrative Assistant**  
**to the Director of Aquatics**  
[lnutt@neisd.net](mailto:lnutt@neisd.net)  
 (210) 356-6925

**Rick Russell**  
**Meet Referee**  
[Rd.russ@yahoo.com](mailto:Rd.russ@yahoo.com)  
 210-834-7409

**Doug Gjertsen**  
**Head Coach AAAA-NE**  
[dgjert@neisd.net](mailto:dgjert@neisd.net)  
 (210) 356-6927

**Mindy Donofrio**  
**Administrative Official**  
[Mindy311@sbcglobal.net](mailto:Mindy311@sbcglobal.net)  
 (210) 391-2024

**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 2022 and have a current Background Check, Concussion Protocols test, and Athlete Protection Course acknowledged by USA Swimming. An application to officiate will be posted on the South Texas Swimming site. You may email the Meet Referee with any questions. The uniform will be white polo shirts over khaki pants, skirts, or shorts for prelims and navy blue shirts/blouses over khaki pants or skirts for finals. Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials' briefing to receive your assignments. The wearing of name tags is strongly encouraged.

**Officials Certification:** This meet will be a National Qualifying Meet for Officials. Officials who are interested in being evaluated need to submit a completed application to the Meet Referee by June 28, 2021. Applications for evaluation can be obtained from the South Texas Swimming website. The USA Swimming evaluator will be (TBD). Officials may apply to be evaluated for the following: TBD.

**Daily  
Schedule:**

**Thursday (Timed Finals)**

2:30 pm General Meeting (Piper Bass Student Center)  
2:30 pm Facility Doors Open  
3:30 pm Warm-up begins  
4:45 pm Clear Competition Pool  
5:00 pm Session begins

Check in time for Thursday afternoon distance events (11-14 400IM, 10&U 400 Free, 800 Free and 1500 Free) is required by 2:30pm Thursday afternoon.

**Preliminaries (Fri, Sat, & Sun):**

7:00 am - Facility Doors Open  
7:20 am - Warm-up begins  
8:30 am - Push-Pace Lanes 0 & 9  
One Way Sprints Lanes 1 – 8  
8:45 am - Clear Competition Pool  
9:00 am – Session begins

**Finals \*(Friday, Saturday, and Sunday)**

3:00 pm – Doors open  
4:00 pm - Warm-up begins  
4:30 pm - Push-Pace Lanes 0 & 9  
One Way Sprints Lanes 1 – 8  
4:45 pm - Clear Competition Pool  
5:00 pm - Session begins

**\*Sunday finals competition will begin at 4:00 pm unless the number of entries does not permit the earlier start time.**

**Note: Depending on the number of entries for each preliminary session, facility management may create two warm-up sessions.**

The check in times for the 15-18 400 IM, 11-12 400 Free, and 13-18 400 Free events is by **9:00 AM on the morning of the event**. If additional coach meetings are required, the meet host and meet referee will announce the meeting times.

**Alternates:**

Swimmers who qualify as alternates for final events and wish to compete should no shows occur, must be within an area previously designated by the Meet Referee and be immediately available. "Immediately" is defined as being in the alternate's area, properly attired, and ready to swim when called.

**Timers:**

**Individuals who volunteer to be a timer during the meet will be given a complimentary t-shirt. (One per person).** Swimmers competing in the 400, 800 & 1500 Free and 400 IM events must provide their own back-up timers. Swimmers competing in the 800 and 1500 freestyle events also must provide their own lap counters.

**Warm-up**

**Procedures:**

Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement. Athletes must be directly supervised by a USA Swimming certified coach at all times. Warm-up times and lane assignments for each team will be posted on the STSI website and on [www.aaaa-sa.org](http://www.aaaa-sa.org) along with the psych sheet by July 13, 2022. Warm-ups **MUST** be under the direct supervision of a coach at all times.



**2022 STSI Long Course STAGS Championships  
Order of Events**



| Women's Event # | Thursday July 14, 2022 | Men's Event# |
|-----------------|------------------------|--------------|
| 1               | 11-14 400 IM *         | 2            |
| 3               | 10 & Under 400 Free *  | 4            |
| 5               | 11-18 800 Free * +     | 6            |
| 7               | 11-18 1500 Free * ++   | 8            |

\* The 11-14 400 IM, 10 & Under 400 Free, 800 Free, and 1500 Free events will be contested as Timed Finals, age combined, alternating female and male heats, and will swim *fastest to slowest*. These events require positive check-in by 2:30pm on Thursday and will be deck seeded.



+ The qualifying time standard for 15-18 events is the 15-16 time standard for each gender.

++ Swimmers in the 1500 Free can request an 800 split time.

| Women's Event #        | Friday July 15, 2022        | Men's Event # | Women's Event #        | Saturday July 16, 2022      | Men's Event # |
|------------------------|-----------------------------|---------------|------------------------|-----------------------------|---------------|
| 9                      | 12 & Under 200 Free Relay   | 10            | 25                     | 12 & Under 200 Medley Relay | 26            |
| 11                     | 13-18 400 Medley Relay      | 12            | 27                     | 13-18 400 Free Relay        | 28            |
| <b>10-minute break</b> |                             |               | <b>10-minute break</b> |                             |               |
| 13                     | 12 & Under 50 Fly           | 14            | 29                     | 12 & Under 50 Breaststroke  | 30            |
| 15                     | 18 & Under 100 Free         | 16            | 31                     | 18 & Under 200 Free         | 32            |
| 17                     | 11-18 200 Backstroke        | 18            | 33                     | 18 & Under 100 Backstroke   | 34            |
| 19                     | 18 & Under 100 Breaststroke | 20            | 35                     | 11-18 200 Fly               | 36            |
| 21                     | 15-18 400 IM *              | 22            | 37                     | 13-18 400 Free *            | 38            |
| 23                     | 11-12 400 Free *            | 24            |                        |                             |               |

- There will be a 10-minute break after the relay events.
- All relay events are timed final events only and will swim in prelims.
- There are A & B Finals for each individual event, except for the 400 IM (15-18) and the 400 Free (11-12, 13-14, 15-18), which will have an A Final only.
- The qualifying time standard for 15-18 events is the 15-16 time standard for each gender.

\* Swimmers in the 400 IM and 400 Free events must provide their own back-up timer.

\* The 400 IM and 400 Free events on Friday require positive check-in by 9:00am on Friday and will be deck seeded.

\* The 400 Free events on Saturday require positive check-in by 9:00am Saturday and will be deck seeded.

| Women's Event #        | Sunday July 17, 2022      | Men's Event# |
|------------------------|---------------------------|--------------|
| 39                     | 12 & Under 400 Free Relay | 40           |
| 41                     | 13-18 200 Free Relay      | 42           |
| <b>10-minute break</b> |                           |              |
| 43                     | 12 & Under 50 Backstroke  | 44           |
| 45                     | 18 & Under 100 Fly        | 46           |
| 47                     | 11-18 200 Breaststroke    | 48           |
| 49                     | 18 & Under 50 Free        | 50           |
| 51                     | 18 & Under 200 IM         | 52           |

- There will be a 10-minute break after the relay events.
- All relay events are timed final events only and will swim in prelims.

The qualifying time standard for 15-18 events is the 15-16 time standard for each gender.



# 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 WARM UP |
|----------|-----------|---------------|-----------------|
| 10 Lanes | 0 and 9   | 1,2,,6, and 7 | 3 through 5     |
| 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 backstroke 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.**