



2022 ST SASA 'Tis the Season

December 16-18, 2022

Sanction Number: ST-22-76

- Welcome:**
- Streamline Aquatics invites you to join us at the Barshop Natatorium on the campus of The University of the Incarnate Word to compete in our December open unclassified short-course meet.
- Location:**
- The Barshop Natatorium is located on UIW's Campus at 4301 Broadway, San Antonio, TX 78209. 210-805-3078
 - The pool is located on the West side of campus over the river bridge and on the right.
- Facility:**
- This meet will be conducted in one 11 lane, 25-yard pool, with eight lanes for competition and two lanes for warm up and warm down
 - We will use Hy-Tek Meet Manager software and Daktronics timing system.
 - A tent may be used for spectator seating
- Water Depth:**
- The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet at the start end and the turn end is 3 feet 3 1/2 feet measured for a distance of 1.0 meter to 5.0 meters from both end walls.
 - The competition course has been certified in accordance with 104.2.2C(4)
 - The copy of such certification is on file with USA Swimming.
- Liability:**
- In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), The University of the Incarnate Word, Barshop Natatorium, and Streamline Aquatics 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.
 - 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, UNIVERSITY OF THE INCARNATE WORD, STREAMLINE AQUATICS, 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.
- Sanctions:**
- Held under the sanction of USA Swimming. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") and any relevant sections of the South Texas Policies & Procedures Manual will govern this meet.
 - All swimmers must be registered as athletes for 2022 or 2023 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 2022 or 2023 USA Swimming registration card –OR- a coach may present the club's official, watermarked roster from the USA Swimming club portal, or proof of membership using the USA Swimming app.

- Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

USA Swimming

- Registration:**
- All swimmers, coaches, and officials participating in this competition must be currently (2022 or 2023) 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 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
 - South Texas Swimming does not allow on-deck USA Swimming registrations.

- Age up Date:** ● The age of the swimmer will be his / her age on December 16, 2022

Qualifying

- Times:**
- There are no qualifying times, i.e., this meet is *unclassified*
 - Athletes may enter the meet with NT, however, we would encourage you to estimate a SCY time
 - You may convert a LCM time. A good estimated SCY time will ensure your athlete is seeded in the proper heat -- this provides the best competition for all athletes.

- Meet Format:**
- All events will be mixed gender events and the seeding will be based solely on time and not gender. There will be no lane separation between genders.
 - The Host reserves the right to cap the number of swimmers entered in each session in order to stay within the four-hour rule
 - Swimmers will be entered in the order entries are received.
 - *Events 200 yards and shorter will be pre-seeded*
 - *Events longer than 200 yards will require positive check-in.*
 - *All events will swim fastest to slowest. Flyover Starts will be used for Timed Finals on Friday and in Prelims on Saturday and Sunday.*
 - Saturday and Sunday Prelim Events will be circle seeded.
 - If there are schedule changes, notification will be made as soon as possible after entry deadline.
 - The 1000 and 1650 Freestyle will be offered as mixed timed final events. Swimmers may choose to swim either the 1000 Freestyle or the 1650 Freestyle. Depending on the number of entries, the events may be swum together with lane assignments being made with like distances seeded together in a single heat.
 - Saturday and Sunday individual events will be prelim-finals
 - In finals, events will be separated by gender and age, and seeded by time.
 - Two heats (**top 16 swimmers**) in each age group, 10 and under, 11-12 and 13 and over will qualify to swim in finals for 50- and 100-yard events
 - In 200 yard and longer events, only one heat (**top 8 swimmers**) will qualify to swim in finals.
 - 200 Free, 200 IM, 500 Free - 10 and under, 11-12, 13 and over
 - 200 Strokes, 400 IM – 10-12, 13 and over

- Check-in:** All distance events require a positive check-in
- The 400 I-M will require positive check-in by 4:45 PM on Friday.
 - The 1000 and 1650 Freestyle will require a positive check-in by 4:45 PM on Friday
 - The 500 Free will require positive check-in by 8:45 AM on Saturday/Sunday

- Time Trials:** ● No Time Trials will be offered.

- Schedule:**
- | | | |
|-----------------------|-------------------|-----------------|
| ● Friday Timed Finals | Warm-up @ 4:15 PM | Start @ 5:30 PM |
| ● Saturday Prelims: | Warm-up @ 7:45 AM | Start @ 9:30 AM |
| ● Saturday Finals: | Warm-up @ 4:30 PM | Start @ 6:00 PM |
| ● Sunday Prelims: | Warm-up @ 7:45 AM | Start @ 9:30 AM |
| ● Sunday Finals | Warm-up @ 4:00 PM | Start @ 5:30 PM |
- *An e-mail will be sent to each team no later than **Tuesday, December 13, 2022**, with specific warm up times.

Scratch Rule: ● *Note - All scratches must be done by the coaches. The only exception to this policy that will be made is that the parent of an "Unattached Swimmer" will be allowed to scratch their own athlete.*
● *The scratch table will be located in the Coaches Hospitality Area.*

- **Prelims** -- There is no penalty for failing to scratch from a pre-seeded preliminary event
- Swimmers who check-in for the 1000 Free, 1650 Free, 500 Free and 400 IM and who fail to compete 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.

- **Finals** -- The top qualifiers in each preliminary event will be posted and announced by gender and age group shortly after the final heat.
- Top qualifiers and the two announced alternates, have 30 minutes to decide whether they will swim in finals. Swimmers placing lower than 10th or 18th (event dependent), are not required to scratch but may have an opportunity to move into finals depending upon the number of scratches received.
- *As a courtesy, we ask that coaches to please also scratch swimmers placing 11th or 19th or higher (event dependent) if they **do not want to** come back to swim in finals, should scratches move them up to a swimming in finals position.*
- If a top 10 or top 18 qualifier elects not to swim in finals, the coach must scratch, or declare intent to scratch, at the scratch table located in the Coaches Hospitality Area within 30 minutes following the announcement. Swimmers who declare an intent to scratch will then have 10 minutes after the completion of their last individual event of the session to confirm the scratch. Following the 10-minute deadline, if scratch confirmation is not received, it will be assumed the swimmer will compete in the finals event.
- The athletes swimming in finals will be posted as soon as possible after the 30-minute scratch period.
- 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.

**Entry
Deadline:**

- Streamline reserves the right to cap entries in order to comply with the USA Swimming four-hour rule.
- Entries **open, Tuesday, November 29, 2022 at 2 PM.**
- Entries **close, Monday, December 5, 2022 at noon.** *Times from earlier entries submissions may be updated by the entry closing date.*
 - Entry fees must be mailed and received by **Saturday, December 10, 2022.** Payment will not be accepted at the meet.

Entries:

- Swimmers may enter a **maximum of six events** on **Friday** and a **maximum of three individual events** on **Saturday** and **three individual events** on **Sunday**. The age of the swimmer will be his/her age on **December 16, 2022**. Enter all events with short course yards times
- **All 50's offered on Friday are open to any age group. 12 & Under swimmers may swim the 50 stroke events offered on Friday, a second time, as it will also be offered for the 12 & Under age groups on Saturday or Sunday.**
- When submitting files to the Entries Chair, please include the name, email address, and phone number of the person submitting the entries
- Entries must be emailed to Angella Woodard at sasaentries@gmail.com
- Please do not use any other email address for submitting your entries!!! If you do not receive an email confirmation, your entries were not received
- Please mail a hard copy of what you emailed
- Teams with *fewer than five* swimmers are not required to submit entries via Team Unify or Hy-Tek. A \$5.00 per swimmer processing fee will be added for entries submitted without an accompanying Hy-Tek or Team Unify entry file.

- They should email: swimmers name (as registered with USA Swimming), USA ID, club, club abbreviation, LSC, event number/name and entry times. A \$5.00 per swimmer processing fee will be added per swimmer for all entries submitted without a Team Unify or Hy-Tek entry file.
- Teams with five or more swimmers entered in the meet must submit their entries using Team Unify or Hy-Tek Team Manager software
- Include the Team Unify or Hy-Tek entry file and a PDF or Word document of the entries **by swimmer** with each entry file, including any subsequent revisions
- It is necessary to include a hard copy of your entries with your check.
- No paper, phone or fax entries will be accepted
- Entries received without accurate USA Swimming registration numbers will NOT be accepted or processed.

Heat Sheets: ● Heat Sheets will be posted for free on SASA website. Paper copies will NOT be sold.

- Entry Fees:** ● **\$12.00 per individual event. \$11.00 per athlete surcharge**
- This includes the South Texas Swimming splash fee of \$1.25 per splash
 - A \$5.00 per swimmer processing fee will be added, if submitted without an accompanying Team Unify or Hy-Tek entry file.
 - Entry fees must be received by **Saturday, December 10, 2022.**
 - Please include an entry fee report with your check
 - Once entries have been accepted, no refunds will be given for any reason.
 - Make checks payable to **Streamline Aquatics** and mail to:
 - Meet Director- SASA 'Tis the Season
 - 14514 Majestic Prince Street
 - San Antonio, TX 78248-1133

- Deck Entries:**
- Deck entries will be accepted only for open lanes - **No new heats will be created**
 - You may deck enter for the current session beginning at the start of warm-up
 - Deck entries will close 45 minutes before the start of each session
 - You may deck enter the next sessions' events after deck entries close for the current session.
 - The deck entry fee is **\$20.00** per individual event.
 - The meet surcharge fee of \$11.00 per athlete only will be collected from swimmers not previously entered into the meet.
 - **Swimmers not previously entered in the meet must present their USA swimming registration card or prove current registration using their account in the USA Swimming App at Clerk of Course to be able to deck enter. No exceptions.**

Awards: ● Ribbons, first through eighth place will be awarded for 10 and under (except for the 10 and over events which will be awarded as 10-12 Events), 11-12, and 13 and Over in individual events.

- Officials:**
- Help from visiting officials will be needed
 - Visiting officials are asked to indicate their availability with the team's entry or email the meet referee, Tom Schultz at tschultz@gvtc.com no later than **December 13, 2022.**
 - 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
 - All deck officials must be registered with USA Swimming and their local LSC for 2022 or 2023 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming
 - 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
 - Please email the Meet Referee with your certification level and availability so he can plan accordingly.
 - The wearing of name tags is strongly encouraged.

Meet

Administration:	● Meet Referee:	Tom Schultz	210-284-8116	tschultz@gvtc.com
	● Meet Director:	Phillip Davis	210-805-3078 office	padavis@uiwtx.edu
	● Admin Official:	Angella Woodard	210-408-7946	sasaentries@gmail.com
	● Head Coach:	Phillip Davis	210-805-3078 office	padavis@uiwtx.edu

- Timers:**
- Lane assignment will be made by team and lane, based proportionately by team entries
 - Lane assignments will be e-mailed the week of the meet
 - Please help us out by lining up timers from your team.
 - Swimmers in the 500, 1000, and 1650 Freestyle will be responsible for providing their own timers – two timers per lane and for providing their own lap counters.

Unaccompanied

- Swimmers:**
- Any swimmer entered in this 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.

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.

Deck Changing:

- Deck changes are prohibited.

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 and Events Committee Chair or designee.

Special Needs:

- Please notify the Barshop Natatorium (210-805-3078) in advance of this event with the name and age of any member on your team who needs assistance to enter the building
- The Natatorium 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 this LSC that 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.
- 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 entry deadline.

Parking:

- There should be plenty of free parking in front and behind the Barshop Natatorium.

Concessions:

- There will be concessions available. Please help us keep the facility clean.



ALL EVENTS WILL BE SWUM AS MIXED GENDER

Friday, December 16, 2022
 (Note: All Friday Events are Timed Final Events)

MIXED	Event
1	Mixed 10 & Over 400 IM
2	Mixed 50 Back
3	Mixed 50 Free
4	Mixed 50 Fly
5	Mixed 50 Breast
6*	Mixed 1000 Free*
7*	Mixed 1650 Free*

● Swimmers in the 1000 Free and 1650 Free must provide their own counter and 2 timers.

* Positive Check-in for 400 IM by 4:45 PM

* Positive Check-in for 1000 Free and 1650 Free by 4:45 PM

ALL EVENTS WILL BE SWUM AS MIXED GENDER IN PRELIMS ONLY

Saturday, December 17, 2022
 (Note: All Saturday Individual Events are Prelim/Final Events)

MIXED	Event
8	Mixed 200 Free
9	Mixed 12 & Under 50 Fly
10	Mixed 100 Breast
11	Mixed 12 & Under 50 Back
12	Mixed 10 and Over 200 Fly
13	Mixed 100 Free
14	Mixed 12 & Under 100 IM
	Optional Five-Minute Break
15*	Mixed 12 & Under 500 Free-*

● Swimmers in the 500 Free must provide their own counters and two timers.

* Positive Check-in for 500 Free by 8:45 AM



ALL EVENTS WILL BE SWUM AS MIXED GENDER IN PRELIMS ONLY

Order of Events / Distances are in yards
Sunday, December 18, 2022
 (Note: All Sunday Individual Events are Prelim/Final Events)

MIXED	Event
16	Mixed 200 IM
17	Mixed 50 Free
18	Mixed 10 and Over 200 Back
19	Mixed 12 & Under 50 Breast
20	Mixed 100 Back
21	Mixed 10 and Over 200 Breast
22	Mixed 100 Fly
	Optional 5 Minute Break
23-*	Mixed 13 and Over 500 Free*

● Swimmers in the 500 Free must provide their own counters and two timers.

***Positive Check-in for 500 Free by 8:45 AM**

SOUTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

I. Assigned Warm-up Procedures

- a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
- b. All warm-up activities will be coordinated by the coach(es) supervising that lane.
- c. Dive sprints shall occur from only the designated end of the pool, swimmers must exit on the opposite end of the pool, and may be done only under the direct supervision of the coach.

II. Open Warm-up Procedures

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first half of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times and from the designated end. Swimmers must exit the pool on the opposite end.
- d. There will be no diving in the general warm-up lanes—circle swimming only.
- e. No kickboards, pull buoys, or hand paddles may be used.

III. Safety Guidelines

- a. Coaches are responsible for the following:
 1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
 3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
- b. The host team will be responsible for the following:
 1. A minimum of four marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
 2. Marshals will have the authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these procedures.
 3. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 4. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and the following statement will appear in the meet information: "South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
 5. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
 6. Hazards in locker rooms, on deck, or in areas used by coaches, swimmers, or officials will be either removed or clearly marked.

B. MISCELLANEOUS NOTES

- I. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- V. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Meet Referee.

NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.

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