



STREAMLINE AQUATICS
2022 ST SASA LAST CHANCE MEET
June 24-26, 2022
Sanction Number: ST-22-58

- 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 2022 SASA Last Chance short-course meet.
- Venue:** ●Barshop Natatorium located on the UIW Campus, 4301 Broadway, San Antonio, TX 78209
●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.
●There will be concessions available upstairs in the Barshop Natatorium. Please help us keep the facility clean.
●Spectators and athletes should bring their own chairs. Additional information will be sent out to the participating teams.
- 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 three feet three-and-one-half inches measured for a distance of one meter to five meters from both end walls
●The competition course has been certified in accordance with 104.2.2C(4)
●A copy of the 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, THE CITY OF BOERNE, AQUA SWIFT 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.
- Sanction:** ●This meet has been sanctioned by South Texas 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 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 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 events shall conform in every respect to all technical and administrative rules of USA Swimming.

Meet Format:

- All events are *timed finals*, seeded by time and gender only and swum fastest to slowest.
- The 1650 Freestyle will require positive check-in by 5:30 PM on Friday
- 400 IM will require positive check-in by 1:45 PM on Saturday.
- The 500 Freestyle will require positive check-in by 1:45 PM on Sunday.
- Fly Over Starts will be employed.*
- If there are schedule changes, notification will be made as soon as possible after entry deadline.
- We also *reserve the right to cap the number of swimmers* entered in the meet in order to stay within the four-hour rule
- Entries will be processed in the order they are received.

USA Swimming

Registration:

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

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

Qualifying

Times:

- There are no qualifying times for ALL events.

Age up Date:

- The age of the swimmer will be his/her age on June 24, 2022

Entry

Restrictions:

- Swimmers may enter a maximum of 6 events per day.
- The age of the swimmer will be his/her age on **June 24, 2022**
- Enter all events with short course yards times.

Time Trials:

- Time permitting, Time Trials may be offered to swimmers, who are already entered into the meet. Time Trial entries will count as one of the five allowable events each day. If offered, Time Trials will start 10 minutes after the conclusion of the session. Time Trial Entry Fees are \$15.00 per individual event.

Entry Deadline:

- Entries open at 2:00 PM, Thursday, June 9, 2022**
- Entries close Thursday, June 16, 2022 at 6:00 PM.**
- Entry fees must be received by **Tuesday, June 21, 2022** or swimmers will be removed from the meet.

Entries:

- Swimmers may enter a maximum of six (6) events per day
- The age of the swimmer will be his/her age on **June 24, 2022**. Enter all events with short course yard times.
- Email entries to: sasaentries@gmail.com
- 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 on Hy-Tek.
- They should email: swimmers name (as registered with USA Swimming), USA ID, club, club abbreviation, LSC, event number/name and entry times.
- Teams with five or more swimmers entered in the meet must submit their entries using currently approved team entry software. A \$5.00 processing fee per swimmer will be added to entries received via email without an accompanying Hy-Tek or Team Unify Entry File.
- Include the entry file and a Word or PDF 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.
- Please also include a list of all coaches and officials, who will be attending the meet, so that we may properly plan for hospitality.**
- 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:** ●**\$10.00 per individual event. \$8.00 per athlete Facility Surcharge**
●This includes the South Texas Swimming splash fee of \$1.25 per splash
●Please note a **\$5.00** per swimmer processing fee will be assessed for entries submitted without an accompanying Hy-Tek or Team Unify Entry File.
●Entry fees must be received **by Tuesday, June 21, 2022**
●Please include an 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.*
●Please make checks payable to **Streamline Aquatics** and mail to:
Angella Woodard
SASA Last Chance Meet
14514 Majestic Prince St.
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.**
●Swimmers not previously entered in the meet must present their USA swimming registration card or proof of membership using the USA Swimming Deck Pass app
●A coach may also present the club's official, watermarked roster from the USA Swimming club portal at Clerk of Course to be able to deck enter
●There are no exceptions to this policy"
- 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 and Events Committee Chair or designee.
- Deck Changing:** ●Deck changing is prohibited. Violators are subject to disqualification from the meet and disbarment from the facility.
- 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.**
- Awards:** ●No awards will be given

Meet Referee:	● Chris Lysinger	432-553-7507	lysinger.mid@sbcglobal.net
Admin Referee:	● Angella Woodard	210-408-7946	sasaentries@gmail.com
Meet Director:	● Phil Davis	210-805-3078 office	padavis@uiwtx.edu
Head Coach:	● Phil Davis	210-805-3078 office	padavis@uiwtx.edu

- 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, Chris Lysinger, lysinger.mid@sbcglobal.net
 - 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 and Athlete Protection and Concussion Training courses acknowledged by USA Swimming.
 - Please email the Meet Referee with your certification level and availability so he can plan accordingly.
 - 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 PM	Warm-up 4:30 PM	Coaches' meeting 5:50 PM	Meet begins 6:00 PM
● Saturday PM	Warm-up 1:15 PM	Coaches' meeting 2:20 PM	Meet begins 2:30 PM
● Sunday AM	Warm-up 1:15 PM	Coaches' meeting 2:20 PM	Meet begins 2:30 PM

● An e-mail will be sent to each team no later than **Tuesday, June 21, 2022**, with specific warm up times should warm ups need to be split into more than two sessions and/or warm-up start times adjusted.

- Timers:**
- Team lane timing assignments will be made proportionate to the number of entries.
 - Teams will be notified of timing responsibilities no later than **Tuesday, June 21, 2022**.
 - Please work with your parents to insure lane responsibilities are covered
 - Swimmers in the 400 IM will be responsible for providing their own timers – two timers per lane.
 - Swimmers in the 1650 Freestyle and the 500 Freestyle will be responsible for providing their own timers– two timers per lane and their own lap counters.

- Warm-up Procedures:**
- The South Texas Swimming Safety Guidelines and Warm-up Procedures on page eight will be in effect at this meet.
 - Lanes 10 and 11 will be available for warm-ups throughout the meet. Warm-up times and lane assignments for each team will be posted on the STSI website along with the psych sheet.
 - Teams will be notified of warm-up assignments. Warm-ups must be under the direct supervision of a coach at all times.

- Parking and Concessions:**
- There should be plenty of free parking in front and behind the Barshop Natatorium.
 - There will be concessions available upstairs in the Barshop Natatorium. Please help us keep the facility clean.



Order of Events / June 24-26, 2022 / Short Course Yards

All Events Swum as Mixed Gender

Except 13 & O - 50 and 100 Free (Alternating Heats by Gender)

***Event 1 – “Coach vs Swimmer” 50 Free Event is ONLY open for entries from an adult USA Registered Coach/ Athlete member to swim against a registered athlete member of their choosing from the same team.**

Athletes not chosen to swim Event 1 against their coach, should enter the 50 Free Event numbers 7, 13, or 14.

Note: The 50’s stroke and the 100 Free events are offered twice during the course of the meet. Swimmers have the option to swim the 50 Free, 50 Breast, 50 Back, 50 Fly and the 100 Free more than once.
Please be sure to select the correct event number(s).

Friday, June 24, 2022

Event #	Event
1*	Coach vs swimmer 50 Free Optional 5 Minute Break
2	100 Free
3	50 Breast
4	50 Free
5	200 IM
6	50 Fly
7	50 Back
8	* 11& Over 1650 Free

*- Swimmers in the 1650 Free must provide their own timers (2) and lap counters.

Saturday, June 25, 2022

9	200 Free
10	50 Back
11	100 Breast
12	10 & Over 200 Fly
13	12 & Under 50 Free
14	13 & Over 50 Free
15	100 IM
16	100 Fly
	Optional 10 Minute Break
17	* 11& Over 400 IM

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

Sunday, June 26, 2022

18	10 & Over 200 Back
19	50 Breast
20	13 & Over 100 Free
21	12 & Under 100 Free
22	10 & Over 200 Breast
23	50 Fly
24	100 Back
	Optional 10 Minute Break
25	*500 Free

* -Swimmers in the 500 Free must provide their own counters and timers (2).

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 10/9/2016