

# 2019 South Texas Junior STAGS Long Course Championship Meet Information



Date posted: 5/3/19

**Meet:** 2019 South Texas Junior STAGS Long Course Championship  
Hosted by Corpus Christi Aquatic Alliance - Club Estates Marlins  
Held under the sanction of USA Swimming

**Dates:** Friday through Sunday, July 19-21, 2019

**Sanction  
Number:** ST-19-50

**Venue:** Corpus Christi Independent School District Natatorium  
3202 Cabaniss Parkway  
Corpus Christi, TX 78415  
(361) 878-2333

From South I-37, take State Hwy 358 (SPID) toward Padre Island. Exit at the Kostoryz exit, turn right onto Kostoryz and proceed south to Saratoga Blvd. Turn right onto Saratoga, and take the first left, the pool is on your left in the Cabaniss Athletic Complex.

From US 77 North, turn right on FM665 at Driscoll, TX. Proceed toward Corpus Christi. The road will change to FM43. Turn left onto Ayers Street (State Hwy 286). Go straight to Saratoga Blvd., turn right on Saratoga and proceed east toward the Cabaniss Field Athletic Complex. The pool will be on your right in the Cabaniss Field Athletic Complex

**Eligibility:** This meet is open to all swimmers ages 18 and younger who are currently registered with South Texas Swimming, and who have achieved the Junior STAGS qualifying time standard in short course yards, short course meters, or long course meters (see pages 9-13). The qualifying time standard for the 15-18 events will be the 15-16 standard for each gender.

**Facility:** All deep 8 lane, 50-meter competition pool 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. No tobacco or alcohol is allowed in the building or in the parking lot. No concessions 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), Corpus Christi Aquatic Alliance, CCAA – Club Estates Marlins, CCISD 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

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 1500 Free, 400 IM and 400 Free will swim fastest to slowest.

The 1500 Free, 400 IM and 400 Free will be seeded on deck after positive check-in. Check-in for these events is required.

Swimmers in the 1500 Free may request an 800 split time. Swimmers should notify the Meet Referee in advance to request an 800 split and they must complete the 1500 Free distance. In addition, swimmers must provide at least one backup timer if they are requesting an 800 split time.

Swimmers must provide their own backup timers for the 400 Free, 1500 Free, and 400 IM events, and provide their own lap counters for the 1500 Free event.

There will be a 10-minute break after the 1500 Free and the 10 & Under 400 Free events on Friday.

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

The 1500 Free, 400 IM, and 10 & Under 400 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 11-12 400 Free, positive check-in is required by 10:00 AM on the morning of the event. For Women's and Men's 13-18 400 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.

**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 prove their USA Swimming membership 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 Junior STAGS times in short course yards, short course meters, or long course meters (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. Swimmers that have achieved the qualifying times prior to the first deadline, must enter by the first entry deadline – July 8, 2019. The second entry deadline, July 15, 2019 is for newly qualifying swimmers and final relay names. There are no qualifying times for relay events.

**If entering with a non-conforming time (SCY/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: long course meters, short course meters, then short course yards.**

**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 used to enter a meet must have been achieved in a USA-S Sanctioned, Approved, or Observed meet. All proof of times are the responsibility of the entering teams, not the meet host. Entries without an acceptable proof of time will not be accepted.

**Age up Date:** The age of the swimmer will be his/her age on July 19, 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 prior to the meet start date may not swim those individual events in the STSI Junior STAGS Championship Meet, nor 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 2019 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 prior to the meet start date 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, **Monday, July 8, 2019 by 7:00 p.m.** 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, July 15, 2018, by 7:00 p.m.** 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 and second meet entry deadlines, 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:** All teams with five or more swimmers must submit entries using HY-Tek Team Manager or its equivalent to the Entries Chair. Email is the preferred method of delivery; if you need to submit entries in another format, please contact the entries chair to make other arrangements.

Please rename the entry file to clearly identify the meet sanction number, your club code and the file (such as ST-19-##\_code\_Entries.zip). Include a Meet Entry report of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer. Rename the Meet Entry Report using the meet sanction number, your club code, and the report name (such as ST-19-##\_code\_EntriesByAthlete.pdf). No paper, phone, or fax entries will be accepted. **If you don't receive an email confirmation, your entries were not received.**

Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) or with inaccurate or missing USA Swimming IDs will not be entered into the meet and any entry fees will not be refunded. Athletes will not be entered into the Meet Manager if the Meet Entry Report is not received. Athletes will not be permitted to compete in the meet until satisfactory fee payment arrangements have been made with the Meet Entries Chair.

Teams with fewer than five swimmers may send an email with the Entries 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 proof of entry time.

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 sent to Cori Gilbert at ccaentries@gmail.com. If you do not receive an email confirmation within 24 hours, your entries were not received.

## **Entry**

**Fees/payment:** \$11.00 per individual event and \$20.00 per relay team. – includes the STSI splash fee of \$1.25 per event.

Checks made payable to, and mailed to:

**CCAA-Club Estates Marlins**  
**C/O Annette DuVall**  
P.O. Box 270216  
Corpus Christi, TX 78427

*Entry fees must be received by July 18<sup>th</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 \$20.00 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. Swimmers who fail to compete in a positive check-in event after positive check-in closes will be disqualified from their next individual event. If the athlete has no remaining individual events, the fine is \$100 per event. Illness and injury may be excused by the Meet Referee.

## **Cell phone**

### **Restrictions:**

The presence or use of cell phones, smart phones, or any other devices capable of producing audio recordings and/or photographic or video images in locker rooms, restrooms, or changing areas is strictly and specifically prohibited at all times. 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, (Annette DuVall via email [annetteduvalcpa@gmail.com](mailto:annetteduvalcpa@gmail.com)), 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/Administrative Official:

Cori Gilbert 361-563-2597

[Cfgilbert3@gmail.com](mailto:Cfgilbert3@gmail.com)

### Meet Referee:

Richard Zbranak 512-916-1200

[txson6@gmail.com](mailto:txson6@gmail.com)

### Meet Director/Head Coach:

Annette DuVall 361-946-5815

[annetteduvallcpa@gmail.com](mailto:annetteduvallcpa@gmail.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 1500 freestyle, the 10 & Under 400 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 12&U 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

#### Sunday 12&U AM Session:

Warm-ups begin	7:00 AM**
Clear competition pool	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 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 400 and 1500 freestyle and 400 individual medley events must provide their own back-up timers. Swimmers competing in the 1500 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.

Psych sheets, warm-up times, lane assignments, and other meet information will be posted on STSI Website as well as ccmarlins.org by July 17<sup>th</sup>. Warm-ups MUST be under the direct supervision of a coach at all times.

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



Women's Event #	Friday July 19, 2019 6:00 PM	Men's Event#
1	11-12 1500 Free **	2
3	13-14 1500 Free **	4
5	15-18 1500 Free **	6
7	10 & Under 400 Free **	8
9	12 & Under 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 (1500 Freestyle, 400 Individual Medley, 10 & Under 400 Freestyle) is 5:00 PM.

\*\*Swimmers must provide their own backup timers for the 1500 Freestyle, 400 Individual Medley, and 400 Freestyle events, and provide their own lap counters for the 1500 Freestyle events. Swimmers in the 1500 Free may request an 800 split time. Swimmers should notify the Meet Referee in advance to request an 800 split and they must complete the 1500 Free distance. In addition, swimmers must provide at least one backup timer if they are requesting an 800 split time.

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

Women's Event #	Saturday AM Session July 20, 2019 9:00 AM	Men's Event #	Women's Event #	Saturday PM Session July 20, 2019 4:00 PM	Men's Event #
15	10 & Under 50 Free	16	43	13-14 50 Free	44
17	11-12 50 Free	18	45	15-18 50 Free	46
19	10 & Under 100 Fly	20	47	13-14 100 Fly	48
21	11-12 100 Fly	22	49	15-18 100 Fly	50
23	11-12 200 Breaststroke	24	51	13-14 200 Breaststroke	52
25	10 & Under 200 Free	26	53	15-18 200 Breaststroke	54
27	11-12 200 Free	28	55	13-14 200 Free	56
29	10 & Under 100 Backstroke	30	57	15-18 200 Free	58
31	11-12 100 Backstroke	32	59	13-14 100 Backstroke	60
33	10 & Under 50 Breaststroke	34	61	15-18 100 Backstroke	62
35	11-12 50 Breaststroke	36	63	15-18 400 Free Relay	64
37	11-12 200 Free Relay	38	65	13-14 400 Free Relay	66
39	10 & Under 200 Free Relay	40	<b>67</b>	<b>13-14 Girls 400 Free **</b>	
<b>41</b>	<b>11-12 Girls 400 Free **</b>		<b>69</b>	<b>15-18 Girls 400 Free **</b>	

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

\*\* Check-in time for Events 41 (11-12 Girls 400 Freestyle) is 10:00 AM on the day of the event.

\*\* Check-in time for Events 67, 69 (13-18 Girls 400 Free) is 5:30 PM, or 1 hour after the meet starts, on Saturday afternoon.

\*\*Swimmers must provide their own backup timers for the 400 Freestyle events.

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

Women's Event #	Sunday AM Session July 21, 2019 9:00 AM	Men's Event #	Women's Event #	Sunday PM Session July 21, 2019 3:30 PM	Men's Event #
71	10 & Under 50 Fly	72	101	13-14 100 Free	102
73	11-12 50 Fly	74	103	15-18 100 Free	104
75	10 & Under 100 Free	76	105	13-14 200 Fly	106
77	11-12 100 Free	78	107	15-18 200 Fly	108
79	11-12 200 Fly	80	109	13-14 100 Breaststroke	110
81	10 & Under 100 Breaststroke	82	111	15-18 100 Breaststroke	112
83	11-12 100 Breaststroke	84	113	13-14 200 Backstroke	114
85	11-12 200 Backstroke	86	115	15-18 200 Backstroke	116
87	10 & Under 200 IM	88	117	13-14 200 IM	118
89	11-12 200 IM	90	119	15-18 200 IM	120
91	10 & Under 50 Backstroke	92	121	15-18 400 Medley Relay	122
93	11-12 50 Backstroke	94	123	13-14 400 Medley Relay	124
95	11-12 200 Medley Relay	96		<b>13-14 Boys 400 Free **</b>	<b>126</b>
97	10 & Under 200 Medley Relay	98		<b>15-18 Boys 400 Free **</b>	<b>128</b>
	<b>11-12 Boys 400 Free **</b>	<b>100</b>			

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

\*\* Check-in time for Events 100 (11-12 Boys 400 Freestyle) is 10:00 AM.

\*\* Check-in time for Events 126 & 128 (13-18 Boys 400 Free) is 4:30 PM, or 1 hour after the meet starts, on Sunday afternoon.

\*\*Swimmers must provide their own backup timers for the 400 Freestyle events.

**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 (SCM or SCY), 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 B Time	Slower than STAGS Qualifying Time	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time
50 Free	38.89	31.39	44.09	35.69	42.99	34.89
100 Free	1:29.59	1:09.99	1:42.39	1:17.89	1:38.99	1:15.49
200 Free	3:19.19	2:34.59	3:45.79	2:49.49	3:40.09	2:43.89
500/400 Free	8:26.09	6:44.89	7:36.79	6:05.39	7:22.89	5:53.39
50 Back	46.99	36.69	54.89	43.69	51.99	43.09
100 Back	1:41.99	1:19.29	1:59.19	1:32.69	1:52.69	1:27.69
50 Breast	53.29	41.79	1:00.49	47.49	58.89	46.19
100 Breast	1:58.09	1:31.89	2:16.69	1:46.29	2:10.49	1:41.49
50 Fly	47.39	36.19	53.59	40.49	52.39	39.79
100 Fly	1:53.99	1:24.09	2:09.99	1:35.99	2:05.99	1:32.99
100 IM	1:42.59	1:20.79	N/A	N/A	1:53.39	1:29.19
200 IM	3:38.49	2:52.69	4:09.39	3:17.09	4:01.49	3:10.79
	Short Course Yards		Long Course Meters		Short Course Meters	
10 and Under BOYS	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time
50 Free	38.09	30.99	43.59	35.49	41.99	34.19
100 Free	1:27.79	1:09.69	1:40.69	1:19.89	1:36.99	1:16.99
200 Free	3:06.69	2:29.39	3:33.49	2:50.79	3:26.29	2:44.99
500/400 Free	8:16.69	6:37.39	7:29.49	5:59.59	7:14.69	5:47.79
50 Back	47.69	37.09	55.29	42.99	52.69	40.99
100 Back	1:40.19	1:19.19	1:55.69	1:31.49	1:50.69	1:27.49
50 Breast	52.09	40.99	59.69	46.99	57.59	45.29
100 Breast	1:53.59	1:30.19	2:11.29	1:44.19	2:05.59	1:39.59
50 Fly	45.69	35.39	51.79	40.19	50.49	39.09
100 Fly	1:52.39	1:23.49	2:07.79	1:34.99	2:04.19	1:32.29
100 IM	1:39.39	1:19.49	N/A	N/A	1:49.79	1:27.89
200 IM	3:35.49	2:50.99	4:06.19	3:15.39	3:58.09	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 B Time	Slower than STAGS Qualifying Time	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time
50 Free	33.79	27.79	38.49	31.19	37.29	30.29
100 Free	1:13.59	1:00.19	1:24.49	1:08.19	1:21.29	1:05.79
200 Free	2:41.19	2:12.39	3:03.49	2:28.29	2:58.09	2:22.69
500/400 Free	7:09.09	5:56.99	6:23.89	5:19.79	6:15.49	5:07.79
1650/1500 Free	24:53.99	21:20.59	25:45.79	22:04.99	24:45.29	21:13.09
50 Back	38.29	32.39	44.29	37.49	42.39	36.29
100 Back	1:25.19	1:09.49	1:38.89	1:19.49	1:34.19	1:17.69
200 Back	2:56.59	2:30.19	3:24.79	2:51.59	3:15.19	2:47.29
50 Breast	43.09	36.89	48.99	41.99	47.59	40.79
100 Breast	1:34.39	1:19.79	1:49.49	1:33.79	1:44.29	1:28.89
200 Breast	3:23.09	2:54.09	3:52.69	3:19.49	3:44.49	3:12.39
50 Fly	36.69	30.59	41.29	34.09	40.59	33.39
100 Fly	1:25.09	1:09.09	1:36.19	1:18.89	1:33.99	1:16.79
200 Fly	3:00.89	2:34.99	3:24.89	2:55.59	3:19.79	2:50.69
100 IM	1:24.39	1:10.39	N/A	N/A	1:33.19	1:19.89
200 IM	3:00.69	2:30.69	3:26.29	2:53.99	3:19.69	2:48.39
400 IM - 12 only	6:05.79	5:07.89	6:57.39	5:49.19	6:44.19	5:37.19
<p><b>* The 12-year-old time standard for the 400 IM for championship meets is the 13-14 time standard.</b></p>						

## 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 B Time	Slower than STAGS Qualifying Time	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time
50 Free	32.59	27.69	37.39	31.59	35.99	30.79
100 Free	1:10.99	1:00.99	1:21.49	1:08.79	1:18.49	1:06.39
200 Free	2:35.69	2:13.39	2:57.89	2:32.49	2:52.09	2:27.49
500/400 Free	6:57.29	5:57.69	6:15.49	5:21.89	6:05.19	5:12.99
1650/1500 Free	24:21.89	20:52.99	25:13.59	21:37.39	24:13.39	20:45.69
50 Back	38.19	32.29	44.19	37.49	42.19	35.69
100 Back	1:22.19	1:09.29	1:36.79	1:21.49	1:30.89	1:16.59
200 Back	2:52.69	2:27.99	3:20.79	2:52.19	3:10.79	2:43.49
50 Breast	42.89	36.19	49.29	41.59	47.39	39.99
100 Breast	1:32.49	1:18.39	1:46.69	1:30.39	1:42.29	1:26.59
200 Breast	3:14.89	2:47.09	3:44.69	3:12.59	3:35.39	3:04.59
50 Fly	37.09	30.89	41.99	34.49	40.99	33.79
100 Fly	1:23.29	1:09.59	1:33.99	1:18.59	1:32.09	1:16.89
200 Fly	2:56.59	2:31.39	3:22.09	2:53.19	3:15.19	2:47.29
100 IM	1:20.89	1:09.09	N/A	N/A	1:29.39	1:16.39
200 IM	2:57.59	2:30.89	3:24.69	2:53.89	3:16.19	2:46.69
400 IM - 12 only	5:41.79	4:51.99	6:32.69	5:36.59	6:17.69	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

	Short Course Yards		Long Course Meters		Short Course Meters	
13-14 GIRLS	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time
50 Free	32.69	26.39	37.29	30.19	36.09	29.39
100 Free	1:10.79	57.09	1:21.19	1:05.09	1:18.29	1:02.69
200 Free	2:33.19	2:05.59	2:55.09	2:22.59	2:49.29	2:16.99
500/400 Free	6:49.39	5:38.39	6:07.19	5:04.29	5:58.29	4:52.29
1650/1500 Free	23:23.49	20:02.99	24:06.39	20:39.79	23:15.29	19:55.99
100 Back	1:17.19	1:04.69	1:29.99	1:15.39	1:25.29	1:13.59
200 Back	2:47.29	2:21.49	3:13.19	2:40.89	3:04.89	2:36.69
100 Breast	1:28.69	1:14.99	1:42.29	1:27.79	1:37.99	1:24.79
200 Breast	3:11.99	2:43.79	3:41.39	3:09.19	3:32.19	3:01.89
100 Fly	1:16.89	1:04.19	1:27.29	1:12.69	1:24.99	1:10.59
200 Fly	2:50.09	2:25.79	3:13.29	2:45.69	3:07.89	2:41.09
200 IM	2:51.49	2:22.99	3:17.39	2:44.59	3:09.49	2:38.99
400 IM	6:05.79	5:07.89	6:57.39	5:49.19	6:44.19	5:37.19
	Short Course Yards		Long Course Meters		Short Course Meters	
13-14 BOYS	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time
50 Free	29.99	24.69	34.39	28.19	33.19	27.39
100 Free	1:05.59	53.29	1:15.39	1:00.39	1:12.49	57.99
200 Free	2:22.99	1:57.59	2:44.09	2:13.89	2:37.99	2:08.29
500/400 Free	6:26.59	5:21.79	5:49.09	4:47.39	5:38.29	4:35.39
1650/1500 Free	22:18.89	19:07.59	23:06.49	19:48.39	22:11.09	19:00.89
100 Back	1:12.09	1:01.19	1:24.39	1:12.29	1:19.59	1:08.19
200 Back	2:37.09	2:14.69	3:02.69	2:35.19	2:53.59	2:28.79
100 Breast	1:21.39	1:09.79	1:34.89	1:21.29	1:29.89	1:17.09
200 Breast	2:58.39	2:32.89	3:26.29	2:56.79	3:17.09	2:48.89
100 Fly	1:11.49	1:00.59	1:21.29	1:07.69	1:18.89	1:05.59
200 Fly	2:38.29	2:15.69	3:02.19	2:36.19	2:54.99	2:29.99
200 IM	2:39.99	2:14.79	3:05.29	2:33.39	2:56.79	2:27.79
400 IM	5:41.79	4:51.99	6:32.69	5:36.59	6:17.69	5:23.79

## Jr. STAGS Championship Qualifying Times

Revised 10/2/17

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

15-18 GIRLS	Short Course Yards		Long Course Meters		Short Course Meters	
	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time
50 Free	32.09	25.99	36.39	29.99	35.39	29.19
100 Free	1:09.59	56.09	1:19.29	1:04.69	1:16.89	1:02.29
200 Free	2:29.89	2:03.89	2:50.89	2:21.59	2:45.59	2:15.99
500/400 Free	6:40.69	5:25.79	5:58.49	4:59.29	5:50.69	4:47.29
1650/1500 Free	23:05.19	19:47.29	23:43.89	20:20.49	22:57.09	19:40.39
100 Back	1:15.39	1:04.19	1:28.29	1:15.39	1:23.39	1:11.49
200 Back	2:44.09	2:20.69	3:09.09	2:42.09	3:01.39	2:35.49
100 Breast	1:26.89	1:14.49	1:39.59	1:25.39	1:36.09	1:22.39
200 Breast	3:08.19	2:41.29	3:36.29	3:05.39	3:27.89	2:58.19
100 Fly	1:15.39	1:03.69	1:25.59	1:12.69	1:23.29	1:10.59
200 Fly	2:46.79	2:22.89	3:08.19	2:41.39	3:04.29	2:37.99
200 IM	2:48.19	2:22.09	3:13.49	2:44.29	3:05.79	2:38.69
400 IM	5:57.59	5:06.49	6:47.89	5:49.69	6:35.09	5:38.69

15-18 BOYS	Short Course Yards		Long Course Meters		Short Course Meters	
	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Faster than USA Swimming B Time	Slower than STAGS Qualifying Time
50 Free	28.89	23.39	32.59	27.29	31.89	26.49
100 Free	1:02.89	50.59	1:12.29	58.69	1:09.49	56.29
200 Free	2:17.29	1:52.49	2:37.39	2:10.19	2:31.79	2:04.59
500/400 Free	6:12.59	5:07.49	5:33.69	4:39.59	5:26.09	4:27.59
1650/1500 Free	21:35.39	18:30.39	22:08.99	18:59.09	21:27.89	18:23.89
100 Back	1:08.39	58.19	1:20.39	1:08.89	1:15.59	1:04.79
200 Back	2:29.89	2:08.49	2:53.79	2:28.89	2:45.59	2:21.99
100 Breast	1:17.59	1:05.69	1:29.89	1:16.99	1:25.79	1:13.49
200 Breast	2:48.69	2:24.09	3:16.49	2:48.39	3:06.39	2:39.79
100 Fly	1:08.29	56.39	1:17.39	1:05.59	1:15.49	1:03.49
200 Fly	2:31.39	2:09.79	2:52.69	2:27.99	2:47.29	2:23.09
200 IM	2:32.69	2:06.49	2:56.59	2:26.29	2:48.79	2:20.69
400 IM	5:29.09	4:42.09	6:14.09	5:20.59	6:03.59	5:11.69

# 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.*

## **Hotel Information**

**Hotel information will be posted as soon as possible.**

**Updates will be posted as soon as possible.**