



# 2023 South Texas Age Group (STAGS) Championship Meet Information



Posted 4/26/23

**Meet:** 2023 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 13-16, 2023

**Sanction**

**Number:** ST-23-51

## NEW Changes to this Meet's Format for 2023:

- **Individual events at this meet require an A or faster time standard by age group (10&U, 11-12, 13-14, 15-16, and 17-18).** *Note:* Athletes ages 17-18 must have an A or faster time for their age group (not for the 15-16 age group).
- A & B finals for 17-18s, 15-16s, and 13-14s, except as noted.
- A & B final for 10&Us for 50s; A final only for 100s and 200s.
- A & B final for 11-12s for 50s and 100s; A final only for 200s and 400s.
- Events on Friday will swim girls first, then boys (not alternating girls/boys by heat). There will be no breaks between events.
- Finals events will swim youngest to oldest, by age group.
- The meet host will post prelims and finals heat sheets, estimated session timelines, warmup assignments, and timer assignments via [this meet's event page on the South Texas Swimming website](#) or by link to another site. All heat and lane assignments and results will be available on Meet Mobile for free.

**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 offered, must be currently registered year-round members of USA Swimming in good standing as of the meet date(s). (Flex members are not eligible to compete at LSC championship meets, including time trials, if offered.)

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
- Daktronics timing system and Omega starting system and Meet Manager software
- 2.29 meters (7.5 ft) wide lanes
- Four (4) lanes x 25 yards pool (Closed during competition)
- 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
- Concessions in Davis lobby
- Swim Shop in upstairs lobby of Walker Pool
- Dressing and locker rooms available in both facilities
- No outside food or drink permitted
- 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:**

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 adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. All swimmers must be current athlete members in good standing with USA Swimming before the meet start date. Athletes who register with USA Swimming and/or South Texas Swimming after the meet entry deadline may deck enter the meet only if they can present their current USA Swimming registration card or proof of membership using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app). 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 13, 2023.

**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 and age combined, according to the Order of Events, except as noted. Events and heats of events in prelims, finals, and time trials (if offered) 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 youngest to oldest age group order (10 & under, 11-12, 13-14, 15-16, 17-18).

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 4:00 pm on Thursday. Check in for Friday, Saturday, and Sunday distance events will be at 9:00 am on 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 and age combined, and will swim fastest to slowest. There will be an A final only for the 11-18 400 Free and 15-18 400 IM events. 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 registered year-round members of USA Swimming in good standing as of the meet date(s). (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 app (or a coach may present the club's official roster from the USA Swimming app). 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 Swimming 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, 2022 and July 12, 2023.** If entering with a non-conforming time (SCM or SCY), 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 13, 2023.

**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 conducted if determined by the meet host and time allows.** Time trials will only be open to athletes already entered in the meet. 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 as Premium athletes 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 10, 2023** 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 up to three 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 @ 6:00 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 2023 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:**

There are two entry deadlines for this meet. The first deadline is Monday, July 3, 2023. The first entry deadline is for athletes who have achieved qualifying times from April 1, 2022 through July 2, 2023. The second (final) entry deadline is Monday, July 10, 2023 by 9:00 PM. Only swimmers who have achieved a qualifying time between July 3-9, 2023 may enter using the second entry deadline. Teams may use the second entry deadline to update swimmer times if necessary.

**Entry Procedures:**

All entries must contain the following information: the name, email address, and phone number of the person preparing the entries in case clarification is needed; an attachment of the Hy-Tek Team Manager or Team Unify export file; an attached document listing the entries (by swimmer) with proofs of time; and an attached document of the meet entry fees report.

Teams with exceptions will be e-mailed notice of same. Teams and entrants are responsible to check the exception report and correct any errors prior to the deadline given to them by the meet host.

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.

Questions can be sent to **Cory Bolleter (Entry Chairman)**, [cbolle@neisd.net](mailto:cbolle@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 **NEISD Aquatics**. Please mail entries and fees to

NEISD Aquatics Bill Walker Pool  
c/o Bill Spurgeon  
12002 Jones Maltsberger Road  
San Antonio, Texas 78216

**Entries Fees must be received by July 13, 2023.** 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 current USA Swimming ID card or proof of membership using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app) 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 will be barred from all further individual and relay events of that day, and then must positively check in for the remainder of the meet with meet administration, per USA Swimming rule 207.11.6.C. Illness and injury may be excused by the Meet Referee.

The top 8 (for events with "A" finals only) or top 16 (for events with "A" and "B" finals) qualifiers in each preliminary event will be announced 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.

Per USA Swimming rule 207.11.6.D, any swimmer who qualifies for a final (by being a "top 8" or "top 16" qualifier) and fails to compete in said final shall be barred from further competition in the remainder of the meet. Illness and injury may be excused by the Meet Referee and this policy does not apply to alternates or athletes seeded in 9th (for events with "A" finals only) or 17th (for events with "A" and "B" finals) place and below. 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 15-16, 17-18  
 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, except as noted. Events with only an A final will only score to 8th place.

<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

Only two relay teams per event per club will score.

**Meet Management:**

Bill Spurgeon  
 Meet Director  
[wspurg@neisd.net](mailto:wspurg@neisd.net)  
 210) 356-6926

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

Cory Bolleter  
 Entry Chairman / Pool Manager  
[Cbolle@neisd.net](mailto:Cbolle@neisd.net)  
 210) 356-6929

Brittany Thomas  
 Safety Supervisor  
[bthomas15@neisd.net](mailto:bthomas15@neisd.net)  
 (210)-356-6928

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

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 and administrative officials must be current members in good standing with USA Swimming and their local LSC. 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 or skirts for events on Friday evening and during the prelims session, and navy polo shirts over khaki pants or skirts for finals sessions on Saturday and Sunday. 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.

**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, which will be posted on this meet's page on the [South Texas Swimming website](#). The USA Swimming evaluator and the available positions will be posted with the application, when available.

**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 4:00pm 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).** Each participating team is required to provide parents to serve as timers in proportion to the number of swimmers entered in the meet. Timer assignments will be sent to teams one week prior to the meet start date. In the event that parents do not fill their team's assigned timer spots, the coach(es) for that team will be required to time in their place so as not to delay the start of the meet. 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 Free events also must provide their own lap counters.

**Medical**

**Supervision:** During the meet, facility personnel, lifeguards, and AEDs will be present to provide any necessary medical supervision and treatment for athletes participating in the meet.

**Meet**

**Documents:** All meet documents, including the heat sheet for each session, the timeline for each session, the warmup schedule, and timer assignments, will be posted [on this meet's event page on the South Texas Swimming website](#), or the meet host may establish a link from the South Texas Swimming website to the website where these documents will be posted.

The heat and lane assignments for all sessions and all meet results will also be available on Meet Mobile. The meet host may also choose to sell heat sheets for a fee but must also make this information available via website and Meet Mobile for free.

**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.





## 2023 STSI Long Course STAGS Championships Order of Events



Women's Event #	Thursday July 13, 2023	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

All events on Thursday will be contested as timed finals and age combined, and will swim *fastest to slowest*. These events require positive check-in by 4:00pm on Thursday and will be deck seeded. Swimmers in the 1500 Free can request an 800 split time.

Women's Event #	Friday July 14, 2023	Men's Event #	Women's Event #	Saturday July 15, 2023	Men's Event #
9	10 & Under 200 Free Relay	10	31	10 & Under 200 Medley Relay	32
11	11-12 200 Free Relay	12	33	11-12 200 Medley Relay	34
13	13-14 400 Medley Relay	14	35	13-14 400 Free Relay	36
15	15-16 400 Medley Relay	16	37	15-16 400 Free Relay	38
17	17-18 400 Medley Relay	18	39	17-18 400 Free Relay	40
<b>10-minute break</b>			<b>10-minute break</b>		
19	12 & Under 50 Fly	20	41	12 & Under 50 Breaststroke	42
21	18 & Under 100 Free	22	43	18 & Under 200 Free	44
23	11-18 200 Backstroke	24	45	18 & Under 100 Backstroke	46
25	18 & Under 100 Breaststroke	26	47	11-18 200 Fly	48
27	15-18 400 IM *	28	49	13-18 400 Free *	50
29	11-12 400 Free *	30			

- 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 (15-16 and 17-18) and the 400 Free (11-12, 13-14, 15-16, and 17-18), which will have an A Final only.
- There are A & B finals for 50s for 10 & Under events and A finals only for 100s and 200s of 10 & Under events.
- There are A & B finals for 50s and 100s for 11-12 events and A finals only for 200s/400s of 11-12 events.
- 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 16, 2023	Men's Event#
51	10 & Under 400 Free Relay	52
53	11-12 400 Free Relay	54
55	13-14 200 Free Relay	56
57	15-16 200 Free Relay	58
59	17-18 200 Free Relay	60
<b>10-minute break</b>		
61	12 & Under 50 Backstroke	62
63	18 & Under 100 Fly	64
65	11-18 200 Breaststroke	66
67	18 & Under 50 Free	68
69	18 & Under 200 IM	70

- All relay events are timed final events only and will swim in prelims.
- There are A & B finals for 50s for 10 & Under events and A finals only for 100s and 200s of 10 & Under events, there are A & B finals for 50s and 100s for 11-12 events and A finals only for 200s of 11-12 events, and there are A & B finals for all 50s/100s/200s for 13-14, 15-16, and 17-18 events.

# 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
10 Lanes (0-9)	0 and 9	1, 2, 6, and 7	3 through 5
10 Lanes (1-10)	1 and 10	2, 3, 7, and 8	4 through 6
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 two marshals, with a minimum of one of each gender, 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.**