

# 2023 Texas Age Group Swimming Long Course Championships

## TAGS & TAGS Time Trials

July 26-30, 2023

Sanction: ST-23-66 Posted: 5/22/2023

**Entry deadline – NOON CDT, Monday, July 24**

(USA Swimming OME)

2023 LC TAGS Website - <https://www.teamunify.com/team/stnisd/page/aaaa-ns-meets-usas/tags>

**Welcome:** Alamo Area Aquatics Association and Northside Aquatics invites your team to join us at the Northside Swim Center for Texas Age Group Swimming Championships. The meet will be conducted in one (or two) 50 meter course, using Colorado Timing System and Hy-Tek Meet Manager software.

**Facility:** The Northside Swim Center has an outdoor 8 lane 50 meter competition pool as well as an indoor 8 lane 50 meter competition pool with a 10 lane dive well for constant warm-up and warm-down. The competition courses have been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

The Northside Swim Center is located at 8400 N Loop 1604 W, San Antonio, Texas 78249.

**Water Depths:** The indoor and outdoor pool depths, measured from the start end and turn end, is seven feet seven inches both measured at one and five-meters from either end wall in accordance with Article 103.2.3.

**Liability:** In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), The Alamo Area Aquatics Association (AAAA), the Northside Independent School District, and all meet staff and 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.

**Facility Rules:** As guests of the Northside Swim Center, all must adhere to the Northside Swim Center rules. Coaches must supervise their swimmers. Chewing gum and glass containers are not permitted in the building. Locks may not be left on lockers overnight. Children must be supervised at all times. Deck changing is prohibited. Any and all two-piece swim suits are prohibited everywhere within the Northside ISD Aquatic Complex

**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.

**Cell phone restrictions:** The presence or use of cell phones, smart phones or any other devices capable of producing audio recordings, 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.

**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 2023 with USA Swimming by the meet start date. Athletes who register with USA Swimming after the meet entry deadline may deck enter the meet only if they can present their 2023 USA Swimming registration card or proof of membership using the USA Swimming website. 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 administrative rules of USA Swimming.

**USA Swimming Registration:** All swimmers, coaches, and officials participating in this competition must be currently (2023) registered with USA Swimming. 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 deck enter, if offered, will be required to present their USA Swimming ID card or proof of membership using the USA Swimming website. Current national and LSC regulations do not allow for exceptions to these policies. South Texas Swimming does not allow on-deck USA Swimming registrations.

**General Meeting:** All swimmers must be represented at a pre-meet general meeting that will be held on Wednesday, July 26, 2023. The meeting will be held 10 minutes after the end of Session 1 under the large white tent on the Southeast corner of the pool deck. Any possible changes in the conduct of the meet will be decided at this meeting. It is each swimmer's and/or coach's responsibility to be aware of any decisions or changes that are made at this meeting.

**Team Scoring/Awards Eligibility:** All teams must comply with all TSA entry requirements. The team must be a member of the Texas Swimming Association (TSA) for their swimmers to compete in any event and to earn team points and awards. Swimmers must be currently registered as athletes for 2023 with USA Swimming by the entry deadline and must be registered as a member of one of the five Texas Local Swimming Committees (LSC's). Swimmers age 14 and under on July 26, 2023 are eligible to compete. The age of the swimmer will be his/her age on July 26, 2023. All swimmers must meet the 2023 TAGS time standards established for each event they enter and must have achieved those times between June 1, 2022 and July 23, 2023. Qualifying times can be found on the Texas Swimming Association website.

**TSA Membership Requirements:** All teams must be a member of TSA for their swimmers to compete in any event and to earn team points and awards. TSA dues are \$25.00 and must be paid through the TSA OME entry process. Late entries must pay the TSA dues at the time of entry if the respective team has not already paid the TSA dues. Will pay Via OME

**Unattached Swimmers:** A swimmer may swim "unattached" if he/she is ineligible to represent a team with whom they swim. Unattached swimmers may not earn team points. If an unattached swimmer is not representing a team, that individual must pay the \$25.00 TSA dues to be eligible for the meet. UNA swimmers must have their own registered coach assigned to them prior to entering the meet. Meet host will not be responsible for them.

**Meet Operations:** Current USA Swimming Rules and Regulations govern this meet. TSA rules will apply where allowed. TSA rules prevail over any inconsistencies between this Meet Information and current TSA rules.

**Meet Format:** Individual events in prelims may be conducted using both ends of the 50-meter pool. If chase starts are needed all odd heats will finish at the south end (flag end) and even heats finishing at the north end (scoreboard end). However, we reserve the right to run events on Wednesday evening from only one end of the pool or using two competition courses (one inside and one outside). Chase starts may be used at the discretion of the meet referee and meet director. Preliminary events will be seeded slowest to fastest. Events on Wednesday, the 1500 Free on Sunday will swim fastest to slowest. The 800 and 1500 Free require positive check-in and will swim alternating heats of girls and boys. There will be a 15 minute break on Wednesday between the 800 Free and the 800 Free Relay. There will be a 10 minute break during prelims on Sunday after the relay and before the start of the 1500 Free.

In prelim/final events, two heats in the 10 & under, 11- 12 and 13-14 age groups, will advance to finals.

All relays, the 800 Free, 10 & under 400 Free and 13-14 1500 Free are timed finals. In the 10 & under 400 Free and 13-14 1500 Free, the fastest heat of girls and boys will swim during finals. However, swimmers in the 1500 Free on Sunday may elect a morning swim. This election is due by 6 PM on Saturday. If no indication is made, the entry will be

seeded as if it is available for an evening swim. All other heats of the 1500 Free will swim as the final event in Sunday's prelim session, fast to slow, alternating girls and boys. There will be a 10 minute break after the 200 medley relay before the start of the 1500.

**Relays:** There is not a limit on the number of relays teams may enter. All relays are timed finals and all relays will start at the south end of the pool (flag end). The fastest 8 seed times in each age group electing to swim in finals will swim at night during finals. Teams may elect a morning swim. This election must be made by 6 PM the evening before the relay will swim (so on Wednesday at 6 PM for Thursday relays; on Thursday at 6 PM for Friday relays, etc.) If no election is made, the relay will be seeded as if it is available for an evening swim. Teams seeded in finals must swim or scratch.

Relay cards listing the order of swimmers must be turned in to clerk of course by 6 PM the evening before the relay will swim (same time that you will make an election for a morning swim). You will be able to change the order of the swimmers on the relay. If you fail to turn in a relay card by the 6 PM deadline, your relay will be scratched. If you plan to scratch a relay, fill out a relay card and write "scratch" on it. The order of swimmers on relay teams will be strictly enforced in accordance with 102.3.7 USA Swimming Rules and Regulations.

Relay only swimmers must be pre-entered (prior to the start of the meet) in the meet to be eligible to swim relays. After OME closes, relay only swimmers can be added to the meet for \$20.00 per athlete at any time, prior to the relay.

Relay qualifications: 1- Achieve the relay cut with 4 swimmers (relay only or qualified TAGS swimmers). Aggregate time up or swum time. 2- Each team may bring one relay only swimmer per age group and gender if they have 3 swimmers with individual TAGS times and swim all relays per age group and gender without the qualifying time. Example: team A has 3 11-12 boys qualified in individual events but no relays. They are allowed to bring one relay only swimmer and enter all 4 11-12 boys relays without having the qualifying times. Teams are only allowed one non-qualifying relay per age group/gender/event. The relay only swimmer must be the same on all non-qualifying relays. Example: A team cannot have 3 qualified and bring one swimmer for the 200 free relay and a different swimmer for the 800 free relay

**Positive Check In:** The 13-14 800 and 1500 Free will be deck seeded and require positive check in. Failure to check in at clerk of course before the deadline will result in the swimmer being scratched from the event. See the Meet Schedule for exact check-in times.

**Scratch Rule: Scratching for preliminaries is required.** You must scratch a prelim event you will not swim the next day (i.e. scratch deadline for Thursday's events is 10 minutes after the conclusion of the general meeting on Wednesday; on Thursday by 6 PM you must scratch any event you will not swim on Friday, etc.) See the Meet Schedule for exact times each day. Failure to scratch an event means that event (whether you swim or not) will count as one of your seven allowed events for the meet.

**Scratching for all final events is required** as outlined in the current USA Swimming rules 207.11.6D and 207.11.6E: Any finalist who fails to compete at finals or consolation finals, for which he has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations.

In this Prelim/Final meet, the finalists and alternates shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals, consolation finals or any other bonus final heat if he has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above banishment from competition, even though any qualified swimmer may be moved into finals.

**Entry Deadline:** The entry deadline is NOON CDT **Monday, July 24, 2023**. OME will automatically close at that time.

**Entry Fees:**

\$15.00 per individual event,

\$30 for relays.

\$15.00 per swimmer surcharge will be charged, including relay only swimmers.

Time Trials are \$30.00 per individual event.

Deck Entries are \$30.00 per individual event, \$60 for relays.

**Entries:** Swimmers may enter as many events as they are qualified to swim but they may only compete in a total of 7 individual events during the entire meet with no more than 3 individual events during any one day, plus 1 relay event per day. Time trial events will count as one of the 3 events allowed per swimmer per day, but not as one of the seven 7 individual meet events.

If you enter more than 7 events, you must scratch the events you don't want to swim. See "Scratch Rule" above.

**Alternates that may be used on a relay at the meet must be entered in OME.** Relay only swimmers can be added at any time prior to the relay for a fee of \$20.00.

Entries for TAGS must be completed in USA Swimming's online meet entry (OME) system. Entries will open in OME on June 1, 2023. You are not entered in the meet until you have checked out and paid for your entries in OME. OME saves your entries and you can complete your entries in more than one sitting. But once you check-out, you cannot delete an entry (but you can add additional entries until the entry deadline). OME accepts Visa, MasterCard, American Express, and Discover. **Coaches must register in OME to receive a deck pass.**

A Hy-Tek file is available on the Northside Aquatics website for running eligibility reports and working out relays, but teams may NOT submit entries using Hy-Tek.

**Non-conforming times and distance events:** Swimmers qualifying with a "non-conforming" time (SCY) should enter that event using the non-conforming time. This allows OME to prove a qualifying entry time. All events will be seeded LCM first then SCY (with the exception of the 800 Free and 1500 Free).

A swimmer that has the qualifying time for the 1650/1500 Freestyle also qualifies for the 800 Freestyle. If entering the 800 Freestyle with the 1650/1500 Freestyle qualification, the swimmer must enter the 800 Freestyle with their 1650/1500 Freestyle time. This will provide proof of qualification for the event and will allow the swimmers to be seeded in the correct order: 800 LCM, 1000 SCY, 1500 LCM, 1650 SCY. Conversely, a swimmer who qualifies for the 800/1000 Freestyle qualifies for the 1500 Freestyle. If entering the 1500 Freestyle with the 800/1000 Freestyle qualification, the swimmer must enter the 1500 Freestyle with their 800/1000 Freestyle time. This will provide proof of qualification for the event and will allow the swimmers to be seeded in the correct order: 1500 LCM, 1650 SCY, 800 LCM, 1000 SCY.

A 13-14 medley relay with a qualifying time in the 400 Medley automatically qualifies for the 200 medley relay. If entering the 200 medley relay teams should enter with their 400 medley qualifying time as the primary. 200 medley relay times will be seeded 2<sup>nd</sup>.

**Proof of Times:** OME will automatically provide proof of time. However, if you override a time in OME, you will be required to provide proof of time.

**Bonus Swims:** Swimmers with 1 regular cut are allowed to swim all their bonus times. (relay times are not included in the Bonus cuts).

**Deck Entries:** Deck entries will be accepted. Deck Entries are \$30.00 per individual event, \$60 for relays. You may deck enter for the current session beginning at the start of warm-up. Deck entries will close 30 minutes before the start of each session. Swimmers who deck enter must pre-prove a qualifying time with the Admin Referee and will be entered in an open lane. A zero heat will be added if necessary, but there will be no standbys for open lanes. Swimmers not previously entered in the meet must present their 2023 USA swimming registration.

**Time Trials:** Time Trials will be held, *time permitting*, for TAGS participants between preliminaries and finals on Friday and Saturday. Entries will be taken at the Clerk of Course located under the large white tent on the southwest corner for the Swim Center (outdoor pool by the Texas Flag) from 9 AM -11 AM on Friday and Saturday. There will be no time trials on Wednesday, Thursday or Sunday. The entry fee is \$30 per event. A swimmer may swim a maximum of one time trial per day. The 800 Free will only be offered for Time Trial on Friday and the 1500 Free will only be offered for Time Trial on Saturday. Time trial events count towards a swimmers maximum events per day as outlined in the "Entries" section. Time Trial results will be published with the Final Results: however, these times cannot be considered for state records. Events will swim mixed gender. Order of events will be: 50's, 100's, 200's, 400 IM, 400 FR and distance of that day. There will be NO break between the end of the prelim session and the start of time trials.

A qualifying TAGS time earned during time trials will NOT qualify a swimmer to swim that event at TAGS (time trials is past the qualifying period).

**Opening Ceremonies/Athlete Recognition:** There will be a short opening ceremony on Friday, July 28, 2023 at 8:50 AM. Each team will be introduced and recognized. Teams will gather around the Swim Center pool and will be recognized. The session will start approximately 10 minutes following the opening ceremony.

**Credentials/Registration/Deck Access:** All coaches, officials and participating athletes will be issued credentials. Only people with credentials will be allowed access to the deck. **Coaches must register in OME for a deck pass.**

Coaches and officials will be required to show their current USA Swimming registration card or proof of membership using the USA Swimming Deck Pass app in order to receive their credential. Coaches may pick up their team's credential tags at the Clerk of Course on starting Wednesday, July 26 between at 11:30 AM. Replacement credential tags will be available at a cost of \$50.

Volunteers will be given a credential to access the deck and help for that specific purpose. Any non-registered individuals not respecting these rules will be removed from that area or from the facility at the discretion of the Meet Director, Northside Swim Center staff. Deck passes are only available for coaches.

Deck passes will be limited based on a Team's number of swimmers entered in individual events. Teams with:

1 – 4 swimmers will be allowed 1 deck pass;

5 – 8 swimmers 2 deck passes,

9 – 18 swimmers 4 deck passes,

19 – 40 swimmers 5 deck passes and

41- 49 swimmers 7 deck passes.

Teams with 50 + swimmers may add up to 5 additional deck passes for \$20 each. Those additional deck passes will need to be cleared with the Meet Director.

**Timers:** *Athletes* will need to provide timers & counters for the 800 & 1500. Each team entered in the meet will be responsible for providing additional timers. Each team will be responsible for providing 1 timer for every 10 swimmers entered in the meet. However, each team must provide at least 1 timer. Timers will be called for prior to the start of each session. Admission is FREE for the sessions you time.

**Timers can sign-up in advance here. Please come ready to time.**

**Scoring:** All events will be scored by age group (10 & under, 11-12, 13-14). The top 16 places will score.

Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**Awards: Individual Events:** Medals 1st through 8<sup>th</sup>, Ribbons 9<sup>th</sup> through 16<sup>th</sup>

**Relay Events:** Medals 1st through 3rd, Ribbons 4th through 8th

**Teams:** TAGS Flags will be awarded to teams that finish in 1st through 10th place. The First Place team will receive the Leo Cancellare Award, TAGS traveling trophy.

**High Point Award:** A high point trophy will be given to the outstanding boy and girl swimmer in each age group based upon the total number of points in individual events during the meet.

**Team Age Group Award:** A white flag with red printing will be given to the first place girl's and boy's teams in the following age groups using individual and relay events only: 10 & Under, 11-12, and 13-14.

**Horizon Award:** Given to the team that has the greatest place improvement in the team standings. No previous score is necessary, but the team must have been entered and recognized in the meet. This award will be computed from last year's Long Course TAGS team rankings. No physical award is given.

Team Flags and High Point Trophies will be awarded within one hour of the conclusion of the meet. Medals and ribbons can be picked up at the Front Desk at the conclusion of the meet. Coaches, teams, and athletes failing to pick up their awards within one hour after the conclusion of the meet shall make arrangements to receive the awards with the Meet Director at no expense to Northside Aquatics within 24 hours of the conclusion of the meet.

<b>Meet Referee:</b>	Larry Benson		<a href="mailto:l-benson@sbcglobal.net">l-benson@sbcglobal.net</a>
<b>Admin Referee:</b>	Rick Allenstein		<a href="mailto:rallenstein@hotmail.com">rallenstein@hotmail.com</a>
<b>Meet Director</b>	BJ Allenstein	210-397-7516	<a href="mailto:brandon.allenstein@nisd.net">brandon.allenstein@nisd.net</a>
Meet Entries:	BJ Allenstein	210-397-7516	<a href="mailto:northsideaquaticsentries@gmail.com">northsideaquaticsentries@gmail.com</a>

**Officials:** All deck officials must be currently certified by USA Swimming and their LSC, and have a current background check. Help from visiting officials is always welcome. Officials are asked to complete the Google Form (located on the 2023 LC TAGS website) showing an interest in officiating so the team can plan accordingly. If anyone has any issues with the form, please contact the Meet Referee directly. All officials must attend a mandatory meeting one-hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. Finals uniform will be navy blue polo shirt over khaki shorts/pants/skirt, as appropriate. All officials will be issued credential tags. Only persons with credential tags will be allowed access to the deck. Officials should prominently display their meet credential while on deck. The wearing of name tags is encouraged.

**Official Certification:** Application for this meet has been submitted for approval as an Officials Qualifying Meet. Officials who are interested in being evaluated need to submit their completed application (link referenced above) to the Meet Referee by June 26, 2023. The application will request that evaluations will be available for all N3 certifications.

**Special Needs:** A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. Please notify the Northside Aquatics at 210-397-7516 or [northsideaquaticsentries@gmail.com](mailto:northsideaquaticsentries@gmail.com) in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The Northside Aquatics 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. 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.

**Racing Start Proficiency: (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 and find a coach to represent them.

**Results:** Final results will be posted on the Blue and White rolling boards located by Clerk of Course. The finals heat sheet will also be posted in these boards after the 30 minute scratch times. The results will be posted online after each session and emailed to all coaches that have completed the Coaches Contact Google Form. Results can be found on Meet Mobile or on the Northside Aquatics TAGS website.

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

**USA Swimming COVID-19:** 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 AND [THE LSC] AND EACH OF THEIR OFFICERS, 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 THEREWITH.**

**MAAPP:** 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.

**Deck Changing:** Deck changes are prohibited. Violators are subject to disqualification from the meet and disbarment from the facility.

**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 Program & Events Committee Chair or designee.

**Heat Sheets:** Heat sheets will be posted online on the Northside Aquatics TAGS website for FREE.

**Warm-Up Schedule:**

	Thurs.	Fri.	Sat.	Sun.
7:00 to 7:30	Group 1	Group 2	Group 3	Group 1
7:30 to 8:00	Group 2	Group 3	Group 1	Group 2
8:00 to 8:30	Group 3	Group 1	Group 2	Group 3
8:30 to 8:45	Dive/Sprint Pace for all athletes			

A 10 & under warm up area will be designated in the diving well.

\*\* Group assignments are TBA and will be emailed out to teams & posted on the Northside Aquatics TAGS website no later than Tuesday, July 25, 2023. Please be advised that the Meet Director and the Meet Referee MAY adjust teams to maintain balance at all three warm-ups.

**Timer Sign-Up:** A timer signup will be published on the 2023 LC TAGS website

**TAGS Apparel Pre-Order:** Apparel pre-order is available online until noon (date TBD). Pre-ordered apparel will be available for pick-up at the SwimFreak tent. A limited supply of apparel will be sold during the meet at the SwimFreak tent. The ONLY way to guarantee your TAGS apparel & your size is to Pre-order!

<https://www.swimfreak.com/pre-orders/tags>

## 2023 LONG COURSE TAGS TIME STANDARDS

Girls			Boys			
13-14	11-12	10&U	EVENT	10&U	11-12	13-14
28.99*	30.29*	33.49*	<b>50 Fr</b>	33.69*	29.39*	26.99*
1:01.89*	1:05.79*	1:13.29*	<b>100 Fr</b>	1:13.59*	1:04.29*	57.49*
2:13.59*	2:22.99*	2:39.29*	<b>200 Fr</b>	2:40.49*	2:19.29*	2:04.99*
4:41.19*	5:01.39*	5:40.09*	<b>400 Fr</b>	5:41.19	4:54.99*	4:26.09*
9:46.79*	X	X	<b>800 Fr</b>	x	X	9:16.29*
18:42.79*	X	X	<b>1500 Fr</b>	x	X	17:57.29*
X	35.69*	40.39*	<b>50 Bk</b>	39.79*	35.29*	X
1:11.39*	1:15.69*	1:25.49*	<b>100 Bk</b>	1:24.39*	1:15.09*	1:05.59*
2:32.59*	2:43.09*	x	<b>200 Bk</b>	x	2:40.19*	2:21.49*
X	40.29*	46.09*	<b>50 Br</b>	46.89*	39.19*	X
1:21.39*	1:27.19*	1:39.39*	<b>100 Br</b>	1:40.49*	1:23.99*	1:14.19*
2:54.79*	3:07.19*	x	<b>200 Br</b>	x	3:02.39*	2:41.09*
X	32.79*	37.29*	<b>50 Fly</b>	37.39*	32.49*	X
1:08.49*	1:13.49*	1:26.59*	<b>100 Fly</b>	1:26.69*	1:11.99*	1:02.99*
2:34.99*	2:50.29*	x	<b>200 Fly</b>	x	2:51.69*	2:20.89*
2:33.19*	2:42.49*	3:00.79*	<b>200 IM</b>	3:01.89*	2:37.19*	2:20.69*
5:23.39*	X	x	<b>400 IM</b>	x	X	5:01.79*
1:56.99	2:02.89	2:19.59	<b>200 FR</b>	2:19.79	2:01.29	1:49.49
4:13.59	4:27.69	5:10.79	<b>400 FR</b>	5:13.99	4:28.69	3:57.69
9:12.69			<b>800 FR</b>	x	x	8:43.49
2:10.69	2:17.49	2:39.49	<b>200 MR</b>	2:41.09	2:17.39	2:01.99
4:44.29	5:02.29	X	<b>400 MR</b>	x	5:02.99	4:25.79

## 2023 LONG COURSE TAGS BONUS TIME STANDARDS

Girls			Boys			
13-14	11-12	10&U	EVENT	10&U	11-12	13-14
29.49*	30.79*	33.99*	<b>50 Fr</b>	34.19*	29.89*	27.49*
1:02.39*	1:06.79*	1:14.79	<b>100 Fr</b>	1:14.09*	1:05.29*	57.99*
2:14.09*	2:23.49*	2:42.39	<b>200 Fr</b>	2:44.49	2:20.09	2:05.49*
4:42.39	5:03.39*	5:43.89	<b>400 Fr</b>	5:47.99	4:58.49	4:26.99
9:49.99*	X	X	<b>800 Fr</b>	X	X	9:19.29*
18:47.49*	X	X	<b>1500 Fr</b>	X	X	18:02.29*
X	36.09*	40.89*	<b>50 Bk</b>	40.29*	35.79*	X
1:12.39	1:16.69*	1:26.79	<b>100 Bk</b>	1:26.39	1:16.09*	1:06.09*
2:35.69	2:44.09	X	<b>200 Bk</b>	X	2:42.99	2:22.79*
X	40.79*	46.59	<b>50 Br</b>	47.39*	39.69*	X
1:21.99	1:28.19*	1:41.09	<b>100 Br</b>	1:41.49	1:25.19	1:14.69
2:57.19	3:08.29	X	<b>200 Br</b>	X	3:03.89	2:42.59
X	33.29*	38.19	<b>50 Fly</b>	37.89*	32.99*	X
1:09.29	1:14.49*	1:29.49	<b>100 Fly</b>	1:29.19	1:12.99*	1:03.49*
2:37.99	2:51.89	X	<b>200 Fly</b>	X	2:52.99*	2:22.69
2:34.39	2:43.99*	3:04.89	<b>200 IM</b>	3:05.79	2:38.59*	2:21.09
5:26.39	X	X	<b>400 IM</b>	X	X	5:02.79



## TAGS DAILY MEET SCHEDULE

The following schedule will be used as a guideline for all activities.

### WEDNESDAY, JULY 26

2:00 to 9:00 p.m.	Pool opens for warm-up.
3:00 p.m.	800 Free positive check-in deadline
3:00 p.m.	Relay cards due to Clerk of Course for today's session
3:00 to 3:45 p.m.	Warm-up for 800 Free (there will be a 15 min. break before the relay)
4:00 p.m.	Meet Start
10 min. after end of session	Pre-TAGS General Meeting – on deck at the Flag end of the pool
10 min. after General Mtg.	Relay cards due for tomorrow's relay events
10 min. after General Mtg.	Scratch deadline for Thursday's prelim events

### THURSDAY, JULY 27

7:00 to 7:30 a.m.	Group 1 Warm up
7:30 to 8:00 a.m.	Group 2 Warm up
8:00 to 8:30 a.m.	Group 3 Warm up
8:30 to 8:50 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Preliminaries start
4:00 to 5:00 p.m.	General Warm up
4:00 to 5:20 p.m.	Finalist Warm up
5:30 p.m.	Finals start for today's events
6:00 p.m.	Scratch deadline for Friday's prelim events.
6:00 p.m.	Relay cards due to Clerk of Course for Friday relays, Declare AM/PM

### FRIDAY, JULY 28

7:00 to 7:30 a.m.	Group 2 Warm up
7:30 to 8:00 a.m.	Group 3 Warm up
8:00 to 8:30 a.m.	Group 1 Warm up
8:30 to 8:50 a.m.	Dive/Sprint/Pace for all athletes
8:50 a.m.	Recognition of athletes (followed by a 10 minute break)
9:10 a.m.	Preliminaries start
4:00 to 5:00 p.m.	General Warm up
4:00 to 5:20 p.m.	Finalist Warm up
5:30 p.m.	Finals start for today's events
6:00 p.m.	Scratch deadline for Saturday's prelim events
6:00 p.m.	Relay cards due to Clerk of Course for Saturday relays, Declare AM/PM

### SATURDAY, JULY 29

7:00 to 7:30 a.m.	Group 3 Warm up
7:30 to 8:00 a.m.	Group 1 Warm up
8:00 to 8:30 a.m.	Group 2 Warm up
8:30 to 8:50 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Preliminaries start
4:00 to 5:00 p.m.	General Warm up
4:00 to 5:20 p.m.	Finalist Warm up
5:30 p.m.	Finals start for today's events
6:00 p.m.	Scratch deadline for Sunday's prelim events
6:00 p.m.	1500 Free positive check-in, Declare AM/PM
6:00 p.m.	Relay cards due to Clerk of Course for Sunday relays, Declare AM/PM

### SUNDAY, JULY 30

7:00 to 7:30 a.m.	Group 1 Warm up
7:30 to 8:00 a.m.	Group 2 Warm up
8:00 to 8:30 a.m.	Group 3 Warm up
8:30 to 8:50 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Preliminaries start
4:00 to 5:00 p.m.	General Warm up
4:00 to 5:20 p.m.	Finalist Warm up
5:30 p.m.	Finals start for today's events

**\*\*There will be a minimum three-hour break between the end of the Preliminary Session and the start of the Final Session. The Finals Session will start no earlier than 5:30 PM but may start later, based on the end of the Preliminary Session.**

**\*\* TAGS Committee meeting will be held at the end of prelims on Friday in Hospitality tent at the southeast corner of the Swim Center.**

**2023 Long Course  
TAGS Order of Events**

Wednesday, July 26, 2023		
Finals: Meet Starts 4:00 PM		
Girls Event #	Event Description	Boys Event #
1	13-14 800 Free*	2
3	13-14 800 Free Relay**	4
*The 800 Freestyle requires positive check-in. *These events will alternate girls and boys. *Swimmers must provide own timer and counter. **These events will alternate girls and boys.		

Thursday, July 27, 2023		
Prelims: Meet Starts 9:00 AM		
Finals: Meet Starts 5:30 PM		
Girls Event #	Event Description	Boys Event #
5	10 & Under 200 IM	6
7	11-12 200 IM	8
9	13-14 200 IM	10
11	10 & Under 50 Back	12
13	11-12 50 Back	14
15	13-14 100 Free	16
17	11-12 100 Free	18
19	10 & Under 100 Free	20
21	13-14 200 Fly	22
23	11-12 200 Fly	24
25	13-14 400 Medley Relay*	26
27	11-12 400 Medley Relay*	28
*The fastest heat that elect to swim in finals of girls and boys in each age group (11-12 and 13-14) will swim in finals		

Friday, July 28, 2023		
Prelims: Meet Starts 9:00 AM		
Finals: Meet Starts 5:30 PM		
Girls Event #	Event Description	Boys Event #
29	10 & Under 200 Free	30
31	11-12 200 Free	32
33	13-14 200 Free	34
35	10 & Under 50 Breast	36
37	11-12 50 Breast	38
39	13-14 100 Fly	40
41	10 & Under 100 Fly	42
43	11-12 100 Fly	44
45	13-14 400 IM	46
47	10 & Under 400 Free Relay*	48
49	11-12 400 Free Relay*	50
51	13-14 400 Free Relay*	52
*The fastest heat that elect to swim in finals of girls and boys in each age group (10 & Under, 11-12 and 13-14) will swim in finals		

Saturday, July 29, 2023		
Prelims: Meet Starts 9:00 AM Finals: Meet Starts 5:30 PM		
Girls Event #	Event Description	Boys Event #
53	11-12 200 Back	54
55	13-14 200 Back	56
57	10 & Under 50 Fly	58
59	11-12 50 Fly	60
61	13-14 100 Breast	62
63	10 & Under 100 Breast	64
65	11-12 100 Breast	66
67	13-14 400 Free	68
69	10 & Under 400 Free	70
71	11-12 400 Free	72
73	13-14 200 Free Relay*	74
75	10 & Under 200 Free Relay*	76
77	11-12 200 Free Relay*	78
*The fastest heat that elect to swim in finals of girls and boys in each age group (10 & Under, 11-12 and 13-14) will swim in finals		

Sunday, July 30, 2023		
Prelims: Meet Starts 9:00 AM Finals: Meet Starts 5:30 PM		
Girls Event #	Event Description	Boys Event #
79	13-14 100 Back	80
81	11-12 100 Back	82
83	10 & Under 100 Back	84
85	13-14 1500 Free**	86
87	11-12 200 Breast	88
89	13-14 200 Breast	90
91	10 & Under 50 Free	92
93	11-12 50 Free	94
95	13-14 50 Free	96
97	10 & Under 200 Medley Relay*	98
99	11-12 200 Medley Relay*	100
101	13-14 200 Medley Relay*	102
*The fastest heat that elect to swim in finals of girls and boys in each age group (10 & Under, 11-12 and 13-14) will swim in finals		
**The 1500 Freestyle requires positive check-in.		
**The fastest 8 girls and boys electing to swim in finals will swim at night.		
**During prelims the 1500 Freestyle will swim fast to slow		
**Alternating heats of girls and boys after the 200 Medley Relay and a 10 minute break.		

# 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.**