



# Alamo Area Aquatic Association Meet Information



Conducted under Sanction of USA Swimming  
Sanction Number: ST-22-115 Posted: 11/07/22

- Meet Name:** •2022 ST AAAA-NS Winter Wonderland
- Meet Date(s):** •December 9, 10, and 11
- Entries Open:** •Monday, November 28, noon for AAAA  
•Wednesday, November 30, noon for all other teams
- Entry Deadline:** •Friday, December 2, 2022 at noon
- Venue:** •Northside ISD Natatorium  
•8400 N. Loop 1604 W  
•San Antonio, Texas 78249  
•210-397-7525

## Daily Schedules:

- |                                |         |                            |         |
|--------------------------------|---------|----------------------------|---------|
| •Preliminaries (Friday-Sunday) |         | •Finals (Friday-Sunday)    |         |
| •Coaches meet (Friday only) @  | 6:45 am | •Warm-ups begin @          | 4:00 pm |
| •Warm-ups begin @              | 7:00 am | •Officials meet @          | 4:15 pm |
| •Officials meet @              | 7:45 am | •Sprint lanes @            | 4:30 pm |
| •Sprint lanes open @           | 8:00 am | •Clear competition pools @ | 4:50 pm |
| •Clear competition pools @     | 8:20 am | •Competition begins @      | 5:00 pm |
| •Competition begins @          | 8:30 am |                            |         |

- Format:**
  - Championship, i.e., Preliminaries and Finals conducted in the INDOOR pool
  - Preliminaries will be conducted in two eight lane 25 yard pools
  - Championship seeding, fastest to slowest for preliminaries
  - Odd-numbered heats in the north pool / Even-numbered heats in the south pool
  - The 500-, 1650-yard freestyle and the 400-yard individual medley will require a positive check-in by 7:30 am on the day of the event and then be seeded on-deck.
    - Swimmers who check-in for these events and subsequently fails to appear for competition will be disqualified from their next scheduled event.
    - The 1650 freestyle is Timed Finals during prelims.
  - All other events will be pre-seeded, there is no penalty for scratching (No Show) from a pre-seeded preliminary event.
  - Finals will be conducted in one eight lane 25 yard pool
  - Two finals heats (B then A) will advance to the final sessions each day with the exception of the 500 Free and 400 IM, which will only advance one heat to finals.
  - All finals events will be youngest to oldest within the event (10 & Under, 11-12, 13-14, 15 & Over)
  - Diving well will be used for warm-up/cool-down during the meet.
  - Meet may be run using Flyover starts except for backstroke.
  - Entry times will be seeded: SCY, SCM, LCM
  - No relays
  - No time trials.

- Facilities:**
  - Two eight (8) lane 25 yard competition courses – INDOOR
  - Colorado automatic starting and timing
  - Spectrum Backstroke Start Devices may be in use
  - Each of the courses has been certified in accordance with USA Swimming Rule 104.2.2 (C) and copies are on file with USA Swimming
  - Additional lanes will be available for constant warm-ups and cool downs in the diving well.
  - Any and all two-piece swim suits are prohibited everywhere within the Northside ISD Aquatic Complex

- Water Depths** •The indoor 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.

## Deck

- Changing:**
  - Deck changing is prohibited
  - Violators are subject to disqualification from the meet and disbarment from the facility

- Age up Date:** •December 9, 2022

## Scoring and

### Awards:

- Medals for 1-3, Ribbons 4-8
- Ages 10 & Under, 11-12, 13-14, and 15 & Over

## Entry

### Restrictions:

- This Meet is open to all 2022/2023 Registered USA Swimming athletes that qualify for the events (USAS B Times)
- Maximum of three (3) events per day and seven (7) events for the entire meet
- All entries must include a seed time
- Entries received without a seed time (NT) or times slower than those specified will not be accepted and no refunds will be made
- Entries will be processed in the order received
- Swimmers entering with a “non-conforming” time (LCM or SCM) should enter the event using the nonconforming time, which will allow for proof-of-time.
- The meet will be seeded SCY, LCM, SCM
- Entries will be processed in the order they are received.
- Entries will be closed when any session reaches an estimated four (4) hours in length

## Entry Fees

Includes \$2.00

### Splash Fee:

- \$15.00 per individual event (this includes the \$1.25 STSI Splash fee and \$.75 AAAA Splash fee) / No refunds
- No Personal Checks accepted
- Checks payable to: Northside Aquatics
  - Mail to: Northside Aquatics  
c/o Brandon Allenstein  
8400 N Loop 1604 W  
San Antonio, TX 78249

## Late / Deck

### Entries:

- No late entries

## Qualifying

### Times:

- Swimmers must at some time (lifetime best) achieved at least a 2021-2024 National Motivational “B” Time for each and every event entered
- Please refer to the order of events on page four (4) and five (5)
- Entry times may be challenged and if found to be fraudulent via SWIMS Database, the swimmers will be disqualified from further participation in the meet.
- No entry fees will be refunded.

## Drones:

- Per USA Swimming Rule 103.13 and NISD district policy, 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 and Events Committee Chair or designee and NISD.

## Liability:

- In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the Northside Independent School District, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet. 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 is sanctioned by South Texas Swimming and the current USA Swimming rules, including Minor Athlete Abuse Prevention Policy (“MAAPP”), and any relevant sections of the current South Texas Policies and Procedures Manual will govern this meet.
- All swimmers must be registered for 2022 or 2023 with USA Swimming by the meet start date.
- Conduct of these sanctioned events shall conform in every respect to all Technical and Administrative Rules of USA Swimming.

## USA Swimming

### Registration:

- All swimmers, coaches, and officials participating in this competition must be currently (2022 or 2023) registered with USA Swimming
- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302
- All should also be prepared to present their USA Swimming ID Card as proof of their registration to the Meet Director or designee at any time
- Swimmers who **1)** late enter when possible; **2)** need to be late-entered because of clerical errors by the entering team or the Meet Host; or **3)** are not entered in this meet and choose to enter time trials, if offered, will be required to present their USA Swimming ID card or proof of membership using the USA Swimming Application

- A coach may also 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

**Cell Phone**

**Restrictions:**

- The presence and / 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, rest rooms, or changing areas is strictly and specifically prohibited at all times.
- There are no exceptions to this prohibition.
- Violators are subject to disqualification from the meet, disbarment from the facility and arrest.

**Photographs And Videos:**

- No team or parent photographers will be allowed on deck.
- In the event such *Media* 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 prohibited from the area immediately behind the starting blocks, and are specifically prohibited from making shots during the start phase of any race

**Entry**

**Procedures:**

- The **only** acceptable mode of entry is via Hy-Tek Commlink File
- Hard copy (PDF) **MUST** accompany
- Entries received without a seed time will not be entered into the meet and fees will not be refunded
- Please e-mail entries to the Entry Chair noted below
- An HYV File for importing events and time standards into Team Manager is available from the Club Calendar and Results Page of the Alamo Area Aquatics Web Site: [alamoareaaquatics.com/page/aaaa-meets](http://alamoareaaquatics.com/page/aaaa-meets)

**E-Mail**

**Entries:**

- Entries in Commlink Format only, **MUST** be sent or delivered to:
  - NISD Entries Chair:**
  - [northsideaquaticsentries@gmail.com](mailto:northsideaquaticsentries@gmail.com)
- E-mail submissions to any other address cannot be accepted.
- The Commlink File must be renamed to clearly identify the entering team, the shorter the better
- Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded
- Athletes **WILL NOT** be entered into Meet Manager until the Meet Entry Report (PDF) is received as an attachment to the e-mail, or hand-delivered.

**Meet**

**Management:**

Meet Manager 7.0			
•Meet Director	Brandon Allenstein	210-397-7516	<a href="mailto:brandon.allenstein@nisd.net">brandon.allenstein@nisd.net</a>
•Meet Referee	Manny Lozano		<a href="mailto:mlozanojr@att.net">mlozanojr@att.net</a>
•Admin Official	Rick Allenstein	210-602-6418	<a href="mailto:rallenstein@gmail.com">rallenstein@gmail.com</a>
•Entries Chair	Brandon Allenstein	210-397-7516	<a href="mailto:northsideaquaticsentries@gmail.com">northsideaquaticsentries@gmail.com</a>

**Unaccompanied**

**Swimmers:**

- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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

**Rules:**

- The 2022/2023 USA Swimming Technical Rules and any relevant sections of the STSI Policies and Procedures Manual will apply to this competition

**Warm-ups:**

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page five (5)
- Continuous warm-up and warm-down will be available in the diving well.
- Please review the daily schedules above.

**Scratch**

**Rules:**

- There is no penalty for scratching from a pre-seeded event.
- For finals qualifiers, after the official announcement and or posting of the results of any given preliminary event have been made, individual competitors who qualify for finals must scratch with the Admin Official within 30 minutes of that announcement / posting or they must compete in the finals session under the penalty of disqualification from the swimmers next individual event.
- Failure to compete by reason of illness or injury are exempted, as are alternates
- If you are not planning on attending / swimming in finals, please scratch regardless of your place in prelims

**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 Aquatic Complex (210-397-8985) in advance of this meet with the name and age of any member on your team who may need assistance to enter the building.

- The 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 Host and the Meet Referee before the competition begins, and preferable at the time entries are submitted, if any specialized equipment is required and / or if they are to be considered for judging under Article 105.

**Officials:**

- All 2022/2023 STSI certified and in training USA Swimming registered officials are cordially invited to participate
- The required uniform is:
  - Prelims:
    - White collared shirts / blouses over khaki trousers, Bermuda-length shorts, skirts or capris
    - PLEASE: **NO** jeans, cut-offs or flip flops
  - Finals:
    - Navy Blue collared shirts / blouses over khaki trousers or skirts
- Please report to the Meet Referee in accordance with the Daily Schedule on page one (1) to be briefed and receive assignments
- The wearing of name tags is strongly encouraged

**Timers:**

- Volunteer timers will be needed to conduct the meet
- Competitors in the 1650 freestyle must provide their own backup timers.

**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.

# Order of Events

## Minimum Qualifying Times: 2021-2024 National Motivational “B” Times

Friday, December 9, 2022 – 8:30 am Prelims / 5:00 pm Finals						
Girl’s Event #	Equal to or Faster than:	Age Group	Distance	Stroke	Equal to or Faster than:	Boy’s Event #
1	3:38.49	10 & Under	200	Individual Medley	3:35.49	2
	3:00.19	11-12			2:57.29	
	2:49.79	13-14			2:39.99	
	2:46.79	15 & Over			2:31.69	
3	38.89	10 & Under	50	Freestyle	38.09	4
	33.59	11-12			32.59	
	32.59	13-14			29.89	
	31.79	15 & Over			28.39	
5	3:20.89	11-12	200	Breaststroke	3:14.09	6
	3:10.89	13-14			2:56.59	
	3:05.99	15 & Over			2:48.19	
7	1:41.99	10 & Under	100	Backstroke	1:39.79	8
	1:24.79	11-12			1:22.19	
	1:16.69	13-14			1:11.49	
	1:14.69	15 & Over			1:08.09	
9	47.39	10 & Under	50	Butterfly	45.69	10
	36.49	11-12			37.09	
11	24:53.99	11-12	*1650	Freestyle	24:21.89	12
	23:23.49	13-14			22:18.89	
	23:05.19	15 & Over			21:35.39	

\*Requires a positive check-in by 7:30 am on the day of the event

Saturday, December 10, 2022 – 8:30 am Prelims / 5:00 pm Finals						
Girl’s Event #	Equal to or Faster than:	Age Group	Distance	Stroke	Equal to or Faster than:	Boy’s Event #
NA	NA	10 & Under	*500	Freestyle	8:16.69	14
		11-12			6:57.29	
		13-14			6:26.59	
		15 & Over			6:10.59	
15	53.19	10 & Under	50	Breaststroke	52.09	16
	42.99	11-12			42.89	
17	1:53.99	10 & Under	100	Butterfly	1:51.39	18
	1:24.39	11-12			1:22.89	
	1:16.39	13-14			1:11.19	
	1:14.69	15 & Over			1:07.49	
19	2:56.59	11-12	200	Backstroke	2:51.99	20
	2:46.79	13-14			2:36.29	
	2:42.99	15 & Over			2:27.99	
21	1:42.59	10 & Under	100	Individual Medley	1:38.79	22
	1:24.09	11-12			1:20.89	
23	1:29.59	10 & Under	100	Freestyle	1:27.79	24
	1:13.59	11-12			1:10.99	
	1:10.59	13-14			1:05.59	
	1:08.89	15 & Over			1:02.39	
25	6:24.19	11-12	*400	Individual Medley	NA	
	6:03.59	13-14				
	5:55.89	15 & Over				

\*Requires a positive check-in by 7:30 am on the day of the event

# Order of Events (Page 2)

Minimum Qualifying Times: 2021-2024 National Motivational “B” Times

Sunday, December 15, 2019 – 8:30 am Prelims / 5:00 pm Finals						
Girl’s Event #	Equal to or Faster than:	Age Group	Distance	Stroke	Equal to or Faster than:	Boy’s Event #
27	8:25.39	10 & Under	*500	Freestyle	NA	NA
	7:08.79	11-12				
	6:47.79	13-14				
	6:40.59	15 & Over				
29	46.99	10 & Under	50	Backstroke	47.49	30
	38.09	11-12			37.89	
31	2:59.99	11-12	200	Butterfly	2:53.19	32
	2:48.99	13-14			2:38.19	
	2:45.29	15 & Over			2:31.29	
33	1:58.09	10 & Under	100	Breaststroke	1:53.39	34
	1:34.09	11-12			1:31.39	
	1:27.99	13-14			1:21.29	
	1:25.89	15 & Over			1:16.49	
35	3:18.99	10 & Under	200	Freestyle	3:06.69	36
	2:40.39	11-12			2:34.59	
	2:32.09	13-14			2:22.99	
	2:29.39	15 & Over			2:16.49	
NA	NA	11-12	*400	Individual Medley	6:13.09	38
		13-14			5:41.49	
		15 & Over			5:26.99	

\*Requires a positive check-in by 7:30 am on the day of the event



# 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 any 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.**