



Alamo Area Aquatic Association Meet Information



Conducted under Sanction of USA Swimming
Sanction Number: ST-23-21 Posted: January 18, 2023

Meet Name: •2023 ST AAAA-NS I Heart Swimming (slower than BB)
•Timed final in Short Course Yards

Meet Date(s): •February 11-12, 2023

Venue: •Northside ISD Swim Center or NISD Natatorium
•8400 N. Loop 1604 W
•San Antonio, Texas 78249
•210-397-7525

Daily Schedules:

•Sessions will be decided based on the number of entries in each age group. Final sessions will be announced Monday, February 6, 2023.

Sessions 1

•Coaches meeting	6:45 am
•Athlete entrance opens	6:45 am
•Warm-ups begin	7:00 am
•Officials meet	7:45 am
•Sprint lanes open	8:00 am
•Spectator entrance opens	8:15 am
•Clear competition pools	8:20 am
•Competition begins	8:30 am

Sessions 2

- Warm-up begins about 45 minutes after the previous session for one (1) hour
- Sprint lanes will be controlled by coaches during their warm-up (one way only)
- Competition begins about 1 hour 45 minutes after the conclusion of Session 1 or 2 each day
- Or warm-up for Session 2 may happen inside while the competition is concluding outside.
(exact warm-up and start time will be posted after entries have been received)

Format: •Timed Finals conducted in the outdoor pool. Meet may be moved inside if needed for weather or other facility reasons.
•2 x 8 lanes will be used for competition; diving well will be used for warm-up/cool-down during the meet.
•ALL events will be seeded fastest to slowest by gender with the possibility of age groups being combined.
•The number of sessions will depend on the timelines from the athletes entered in the meet. Age groups will be combined into sessions to keep the timelines under 4 hours.
•If 2 pools are used, Odd Heats will be swum in the North end, Even Heats will be swum in the South end.
•Entry times will be seeded: SCY, LCM, SCM
•No relays
•No time trials.

Entries Open

For AAAA: •Monday, January 30, 2023 at 12:00 CST

Entries Open

For other teams: •Wednesday, February 1, 2023 at 12:00 CST

•Meet will be capped when the meet is split into 2 sessions using 2 sets of 8 lanes and the session reports reach four hours in length

Entry Deadline: •Friday, February 3, 2023

Facilities:

- Two eight (8) lane 25 yard competition courses – INDOOR
- Colorado automatic starting and timing
- 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 or inside pool.
- Any and all two-piece swim suits are prohibited everywhere within the Northside ISD Aquatic Complex

Water Depths

•Both the outdoor and indoor pool depths, measured from the start end and turn end, is six 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:**
- February 11, 2023
- Scoring and Awards:**
- No Awards
- 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 apply.
 - All swimmers must be registered for 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 (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
 - 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
 - NISD Aquatics will be Live Streaming the meet on YouTube. Website will be sent to the team prior to the meet.
 - 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 AAAA Web Site: www.aaaa-sa.org.
- E-Mail Entries:**
- Entries in Commlink Format only, MUST be sent or delivered to:
 - NISD Entries Chair:**
 - Brandon Allenstein
 - 210-397-7516
 - 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.

Entry

- Restrictions:**
- This Meet is open to all 2023 Registered USA Swimming athletes that have not exceeded the USA Swimming National Motivational BB time (slower than BB)
 - Maximum of four (4) events per session eighth (8) events total for the meet
 - All entries must include a seed time
 - 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.

Entry Fees

Includes

\$2.00

Splash Fees:

- \$8.00 per individual event / No refunds
- Northside Aquatics TeamUnify accounts will be billed the Tuesday after the meet entry deadline.
- Other teams: Checks payable to: Northside Aquatics
 - Mail to: Brandon Allenstein
c/o Northside ISD Aquatics
8400 N Loop 1604 W
San Antonio, TX 78249

Late / Deck

- Entries:**
- No late / deck entries

Qualifying

- Times:**
- Swimmers must not have achieved the USA Swimming National Motivational BB time (Must be slower than BB times) for their current age group.

Meet

- Management:**
- Meet Manager 8.0
 - Meet Director Brandon Allenstein 210-397-7516 brandon.allenstein@nisd.net
 - Meet Referee Larry Benson l-benson@sbcglobal.net
 - Admin Official Rick Allenstein rallenstein@hotmail.com
 - Entries Chair Brandon Allenstein 210-397-7516 northsideaquaticsentries@gmail.com

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 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 seven (7)
 - Continuous warm-up and warm-down will be available in the adjacent lanes.
 - Please also review the daily schedules below.

Scratch

- Rules:**
- This meet will be pre-seeded fastest to slowest and there will be no penalty for scratching from a pre-seeded event

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 2023 STSI certified and in training USA Swimming registered officials are cordially invited to participate
 - The required uniform is:
 - White collared shirts / blouses over khaki trousers, Bermuda-length shorts, skirts or capris
 - PLEASE: **NO** jeans, cut-offs or flip flops
 - Please report to the Meet Referee in accordance with the Daily Schedule on page one (1).to be briefed and receive Assignments
 - A limited number of officials will be allowed on deck for the meet. This will not be less than the minimum amount needed for sanctioning and will not be greater than six (6).
 - The wearing of name tags is strongly encouraged

- Timers:**
- Volunteer timers will be needed to conduct 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.

**NISD Aquatics
Facility COVID-19**

Guidelines:

- Please refer to our website for COVID protocols: <https://www.teamunify.com/team/stnisd/page/covid-19-protocols>
- NISD COVID screener QR code will be attached to the heat sheet cover prior to meet to be shared with the spectator and athletes attending.
- All athletes and spectators will complete the NISD COVID-19 screener prior to entering the facility
- Spectators will be limited, tickets are required for entry (free for USAS Meets but must be claimed prior to entry into the facility) (see Online Ticket Sales for more information)
- Masks **MUST** be worn in our facility at ALL times.
- Social Distancing must be maintained throughout the facility
- Live streaming will be available--information to be provided to each team prior to the meet

- 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

Saturday, February 11, 2023

Girls Event Number	Age Group	Distance	Stroke	Boys Event Number
1	15 & Over	200	Freestyle	2
3	15 & Over	100	Butterfly	4
7	15 & Over	100	Breaststroke	8
9	15 & Over	50	Freestyle	10
13	15 & Over	200	Backstroke	14
101	13-14	200	Freestyle	102
103	13-14	100	Butterfly	104
107	13-14	100	Breaststroke	108
109	13-14	50	Freestyle	110
113	13-14	200	Backstroke	114

Girls Event Number	Age Group	Distance	Stroke	Boys Event Number
201	11-12	200	Freestyle	202
203	11-12	100	Butterfly	204
205	11-12	50	Backstroke	206
207	11-12	100	Breaststroke	208
209	11-12	50	Freestyle	210
211	11-12	100	Individual Medley	212
213	11-12	200	Backstroke	214
301	10 & Under	200	Freestyle	302
303	10 & Under	100	Butterfly	304
305	10 & Under	50	Backstroke	306
307	10 & Under	100	Breaststroke	308
309	10 & Under	50	Freestyle	310
311	10 & Under	100	Individual Medley	312

Order of Events

Sunday, February 12, 2023

Girls Event Number	Age Group	Distance	Stroke	Boys Event Number
15	15 & Over	200	Individual Medley	16
17	15 & Over	100	Backstroke	18
19	15 & Over	200	Butterfly	20
23	15 & Over	100	Freestyle	24
27	15 & Over	200	Breaststroke	28
115	13-14	200	Individual Medley	116
117	13-14	100	Backstroke	118
119	13-14	200	Butterfly	120
123	13-14	100	Freestyle	124
127	13-14	200	Breaststroke	128

Girls Event Number	Age Group	Distance	Stroke	Boys Event Number
215	11-12	200	Individual Medley	216
217	11-12	100	Backstroke	218
219	11-12	200	Butterfly	220
221	11-12	50	Backstroke	222
223	11-12	100	Freestyle	224
225	11-12	50	Butterfly	226
227	11-12	200	Breaststroke	228
315	10 & Under	200	Individual Medley	316
317	10 & Under	100	Backstroke	318
321	10 & Under	50	Backstroke	322
323	10 & Under	100	Freestyle	324
325	10 & Under	50	Butterfly	326