



Alamo Area Aquatic Association Meet Information



Conducted under Sanction of USA Swimming
Sanction Number: ST-23-64 Posted: 5/16/23

Meet Name: •2023 ST AAAA SW Long Course End-Of-Season Splash
•Timed final in Long Course Meters

Meet Date(s): •July 28-29, 2023

Venue: •Southwest ISD Aquatic Center
•9290 SW Loop 410
•San Antonio, Texas 78242
•210-622-4900

Daily Schedules:

	•Friday (Session 1)	•Saturday (Session 2)
•Coaches meeting	7:15 AM	
•Athlete entrance opens	7:00 AM	7:00 AM
•Warm-ups begin	7:30 AM	7:30 AM
•Officials meet	8:00 AM	8:00 AM
•Sprint lanes open	8:30 AM	8:30 AM
•Clear competition pool	8:50 AM	8:50 AM
•Competition begins	9:00 AM	9:00 AM

Format: •An 8-lane pool will be used for competition; an adjacent pool will be used for warm-up/cool-down during the meet.
•ALL events will be seeded fastest to slowest
•Entry times will be seeded: LCM, SCY, SCM
•No relays
•No time trials.

Entries Open For AAAA: •Monday, July 10, 2023, at 12:00 noon

Entries Open for other teams: •Wednesday, July 12, 2023, at 12:00 noon

Entry Deadline: •Friday, July 21, 2023, at 11:59 pm

Entry Fees •\$8.00 per event (this includes the \$1.25 South Texas Splash fee and the \$0.75 AAAA Splash fee)
•\$5.00 per athlete facility surcharge
•Other teams: Checks payable to: Southwest ISD
•Mail to: Rene Rodriguez
c/o Southwest ISD
9290 SW Loop 410
San Antonio, TX 78242
Memo: AAAA SW End-Of-Season Splash

Late / Deck

Entries: •Deck entries will be accepted at \$20.00 per event plus the \$5.00 surcharge if the athlete is not already in the meet. 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 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.

Qualifying Times: •No qualifying times

Check-In: •The 400 IM and 400 Freestyle will require positive check-in.
•You must check in by the start of the session.

- Facilities:**
- One eight (8) lane 50-meter competition course
 - Colorado automatic starting and timing
 - Four (4) additional 25-yard lanes will be available for constant warm-ups and cool-downs.
 - Any and all two-piece swimsuits are prohibited everywhere within the Southwest ISD Aquatic Center.
- Water Depths:**
- The competition pool is measured at the start end is seven feet zero inches, and the turn end is thirteen feet six inches, measured at one and five meters from either end wall per Article 103.2.3.
- Course Certification:**
- The competition course has not been certified in accordance with 104.2.2(C)4.
- Deck Changing:**
- Deck changing is prohibited
 - Violators are subject to disqualification from the meet and disbarment from the facility
- Age up Date:**
- July 28, 2023
- Scoring and Awards:**
- No Awards
- Drones:**
- Per USA Swimming Rule 103.13 and SWISD 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, 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 Southwest 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 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, smartphones, or any other devices capable of producing audio recordings and/or photographic or video images in locker rooms, restrooms, or changing areas is strictly and specifically prohibited at all times.
 - There are no exceptions to this 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 is 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.
- Procedures:**
- The **only** acceptable mode of entry is via Hy-Tek Commlink File
 - PDF copy **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 alamoareaaquatics.com

E-Mail

Entries:

- Entries in Commlink Format only, MUST be sent or delivered to:
 - SWISD Entries Chair:**
 - Nathan Coppock
 - 210-622-4900
 - ncoppock9619@swisd.net
- E-mail submissions to any other address cannot be accepted.
- The Commlink File must be renamed to identify the entering team clearly, 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.
- A \$5.00 per swimmer processing fee will be added for entries submitted without an accompanying Hy-Tek or Team Unify entry file

Entry

Restrictions:

- This Meet is open to all 2023 Registered USA Swimming athletes.
- Maximum of ten (10) total events. Five (5) on each day Friday and Saturday.
- All entries must include a seed time.
- Entries will be processed in the order received.
- Entries will be capped when any session with 12 & Under swimmers reaches 4 hours.
- Meet management has the right to modify meet operations to stay within the 4-hour time limit.

Meet

Management:

- Meet Manager 8.0
- Meet Director Nathan Coppock 210-622-4900 ncoppock9619@swisd.net
- Meet Referee Fabio Caliandro 210-875-2993 f.caliandro@gmail.com
- Admin Official Dean Kondo 361 673 6593 Thekondoman@gmail.com
- Entries Chair Nathan Coppock 210-622-4900 ncopock9619@swisd.net

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 from 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 Southwest ISD Aquatic Center (210-622-4900) in advance of this meet with the name and age of any member of 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 preferably 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:
 - Hawaiian shirt 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
 - Any officials interested in working the meet should contact the meet referee in advanced
 - The wearing of name tags is strongly encouraged

Timers: •Volunteer timers will be needed to conduct 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.

Medical

Supervision: •During the meet lifeguards and AED devices 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 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.

Order of Events

Friday - Session 1

Event #	Age Group	Description
1	Open	50 Mixed Freestyle
2	Open	200 Mixed Individual Medley
3	Open	100 Mixed Backstroke
4	12 & Under	50 Mixed Breast
5	Open	200 Mixed Freestyle
6	Open	100 Mixed Butterfly
7	10 & Over	200 Mixed Breaststroke
8	10 & Over	400 Mixed Individual Medley

Saturday - Session 2

Event #	Age Group	Description
9	12 & Under	50 Mixed Backstroke
10	10 & Over	200 Mixed Butterfly
11	Open	100 Mixed Freestyle
12	12 & Under	50 Mixed Butterfly
13	10 & Over	200 Mixed Backstroke
14	Open	100 Mixed Breaststroke
15	Open	400 Mixed Freestyle

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. 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 they are not starting simultaneously as swimmers 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.