



# Alamo Area Aquatic Association Meet Information



Conducted under Sanction of USA Swimming  
Sanction Number: ST-24-05 Posted: 11/15/23

**Meet Name:** •2024 ST AAAA-NS I Heart Swimming  
•Timed final in Short Course Yards

**Meet Date(s):** •February 11, 2024

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

## Entries Open

**For AAAA:** •Tuesday, January 30, 2024 at 12:00 CST

## Entries Open

**For other teams:** •Wednesday, January 31, 2024 at 12:00 CST

•Meet will be capped when any session reaches four hours in length

**Entry Deadline:** •Thursday, February 1, 2024 at 12:00 CST

## Entry

**Restrictions:** •This Meet is open to all 2024 Registered USA Swimming athletes in good standing as of the meet date(s).  
•Maximum of three (3) events total  
•All entries must include a seed time  
•Entries will be processed in the order received  
•No Late Entries or deck entries  
•No qualifying times  
•No Awards and no scoring

**Age up Date:** •February 11, 2024

## Daily

Schedules:	Sunday AM
•Coaches meeting	7:45 am
•Warm-ups begin	8:00 am
•Officials meet	8:15 am
•Sprint lanes open	9:00 am
•Clear competition pools	9:20 am
•Competition begins	9:30 am

**Format:** •Timed Finals conducted in the indoor pool. (may be moved outside 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, with mixed gender  
•If 2 pools are used, Odd Heats will be swum in the South end, Even Heats will be swum in the North end.  
•2 sessions meet with events in Session 1 going short to long and Session 2 going long to short with a 15 minute break between.  
•Entry times will be seeded: SCY, LCM, SCM  
•No relays - No Time trials.

**Entry Fees:** •\$8.00 per individual event / No refunds (Includes \$1.25 STX splash fee and \$0.75 AAAA splash fee)  
•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

**Timers:** •Volunteer timers will be needed to conduct the meet. A Signup Genius link will be posted online for timers to sign-up prior to arrival.

## 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.alamoareaaquatics.com](http://www.alamoareaaquatics.com).

### E-Mail Entries: •Entries in Commlink Format only, MUST be sent or delivered to:

- NISD Entries Chair: Brandon Allenstein at [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.

### Scratch Rules:

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

### Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on the last page

## Meet

### Management:

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

### Facilities:

- Two eight (8) lane 25 yard competition courses – INDOOR
- Colorado automatic starting and timing
- The host will ensure the required course dimensions.
- Additional lanes will be available for constant warm-ups and cool downs in the diving well or inside pool.
- Any and all two-piece swimsuits 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

### 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 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.
- Conduct of these sanctioned events shall conform in every respect to all Technical and Administrative Rules of USA Swimming.

### Rules:

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

## USA Swimming

### Registration:

- All swimmers, coaches, and officials participating in this competition must be current USA Swimming members in good standing as of the meet date(s).
- 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

## 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
- All unaccompanied swimmers will be temporarily assigned to a registered USA Swimming coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule 202.5.3. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make sure arrangements prior to the start of the meet.

## Cell Phone

### Restrictions:

recordin202gs

- The presence and / or use of cell phones, smart phones, or any other devices capable of producing audio 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.

## 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 2024 STSI certified and in training USA Swimming registered officials in good standing as of the meet date(s) 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 to be briefed and receive assignments
- A limited number of officials will be allowed on deck for the meet.
- The wearing of name tags is strongly encouraged

## Medical

### Supervision:

During the meet, lifeguards and an AED device 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, SOUTH TEXAS SWIMMING, THE ALAMO AREA AQUATIC ASSOCIATION (AAAA), THE NORTHSIDE INDEPENDENT SCHOOL DISTRICT, 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

Sunday Morning Session 1 (Open)			Sunday Morning Session 2 (Open)		
Event #	Age Group	Event Description	Event #	Age Group	Event Description
1	Open	50 Freestyle	18	Open	1000 Freestyle
2	Open	50 Backstroke	19	Open	500 Freestyle
3	Open	50 Breaststroke	20	Open	400 Individual Medley
4	Open	50 Butterfly	21	Open	200 Individual Medley
5	Open	100 Freestyle	22	Open	200 Butterfly
6	Open	100 Backstroke	23	Open	200 Breaststroke
7	Open	100 Breaststroke	24	Open	200 Backstroke
8	Open	100 Butterfly	25	Open	200 Freestyle
9	Open	100 Individual Medley	26	Open	100 Individual Medley
10	Open	200 Freestyle	27	Open	100 Butterfly
11	Open	200 Backstroke	28	Open	100 Breaststroke
12	Open	200 Breaststroke	29	Open	100 Backstroke
13	Open	200 Butterfly	30	Open	100 Freestyle
14	Open	200 Individual Medley	31	Open	50 Butterfly
15	Open	400 Individual Medley	32	Open	50 Breaststroke
16	Open	500 Freestyle	33	Open	50 Backstroke
17	Open	1650 Freestyle	34	Open	50 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 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.**