



2024 South Texas Short Course “B” Championships Meet Information



Date posted: 11/22/23

Sanction Number:ST-24-07

Meet: 2024 South Texas Short Course “B” Championships

Hosted by Alamo Area Aquatic Association
Held under the Sanction of USA Swimming.

Dates: Saturday and Sunday, January 13-14, 2024

Venue: Alamo Heights Natatorium
705 Trafalgar #3
San Antonio, TX 78216
(210) 832-5735

**Eligibility /
Qualifying
times:**

This meet is open to all South Texas Swimming athletes ages 18 & under who have achieved the “B” qualifying [2021-2024 USA Swimming National Motivational](#) time standards in short course yards, short course meters, or long course meters for their respectable age group (10 & Under, 11-12, 13-14, 15-16, and 17-18). Swimmers may **not** enter any event in which they have achieved the 2021-2024 USA Swimming National Motivational BB time standard or faster in any course. **Qualifying times must be achieved between September 1, 2022 and January 13, 2024.** If entering with a non-conforming time (SCM or LCM), the swimmer must enter with the time achieved in the non-conforming course. Entries will be accepted in SCY, SCM, and LCM. Converted entry times will not be accepted. Seeding shall be in the following order: yards, long course meters, short course meters (YLS). Athletes must be currently registered year-round members of USA Swimming in good standing. (Flex members are not eligible to compete at LSC championship meets.)

Entry

Restrictions: An individual swimmer may enter a maximum of four (4) individual events per day and a maximum of seven (7) individual events for the meet, including any time trial events, if offered.

Entry

Deadlines: There are two entry deadlines for this meet. The first entry deadline is January 2, 2024. The first entry deadline is for athletes who have achieved qualifying times from September 1, 2022 through January 2, 2024. The second (final) entry deadline is January 8, 2024 by 6 pm. Only swimmers who have achieved a qualifying time between January 2, 2024 and January 8, 2024 may enter using the second entry deadline. Teams may use the second entry deadline to update swimmer times if necessary. After entries close, and until January 13, 2024, any swimmer who achieves the [2021-2024 USA Swimming National Motivational](#) BB time or faster in any course in any previously entered event will be removed from that event.

Daily

Schedule:

Sessions One and Four:

Warm-ups begin	7:00 AM
Clear competition pool	8:10 AM
Coaches meeting	8:10 AM
Sessions begin	8:30 AM

Sessions Two, Three, Five, and Six:

* Sessions will begin approximately 75 minutes after end of previous session
* Approximate session start times will be posted on AAAA and STS website by 6 PM on Wednesday, January 10, 2024

Positive check in for the 500 free and 400 IM is required. Check-in time for the 500 free and 400 IM is the start of the respective session. Swimmers in the 500 free and 400 IM must provide their own backup timers.

Format:

All events will be conducted as timed finals. Events will be seeded by age, time, and gender according to the Order of Events, except as noted. Age groups of identical events may be combined at the discretion of the Meet Referee. All events will be swum slowest to fastest. The 400 IM and 500 Free will be seeded on deck after positive check-in. Check-in for these events is required. Swimmers must provide their own backup timers for the 400 IM and 500 Free events, and provide their own lap counters for the 500 Free event. Meet Management reserves the right to alter meet operations based on the number of participants.

Age up Date: The age of the swimmer will be his / her age on Saturday, January 13, 2024.

Time Trials: Time trials will be conducted on Saturday and Sunday after sessions 1, 2, 4, and 5. Time trials will be

limited to 30 minutes. Time trial events will be offered for events of 200 yards or less. Athletes do not need to be entered in the meet to participate in time trials, but they must provide proof that they are a current member in good standing with USA Swimming. Athletes are limited to one time trial per time trial session. Time trial events count against the maximum events of 4 per day or 7 for the meet.

Relays: There are no relays offered for this meet.

Entry

Requirements: All entries must contain the following information: the name, email address, and phone number of the person preparing the entries in case clarification is needed; an attachment of the Hy-Tek Team Manager or Team Unify export file; an attached document listing the entries (by swimmer) with proofs of time; and an attached document of the meet entry fees report.

Teams with exceptions will be e-mailed notice of same. Teams and entrants are responsible to check the exception report and correct any errors prior to the deadline given to them by the meet host.

Management:

Entries Chair: Don Walker 210-861-0789 dmw15479@aol.com
 Meet Director: Don Walker 210-861-0789 dmw15479@aol.com
 Meet Referee: Steve Mandacina 210-722-7859 SMandacina@sbcglobal.net
 Admin Official: Mindy Donofrio 210-391-2024 mindy311@sbcglobal.net

Entry

Procedures: \$12.00 per individual event – includes the STSI splash fee of \$1.25 per event.
 \$5.00 facility charge per individual swimmer
 \$15.00 per individual time trial event.

Make checks payable to San Antonio Nadadores and mail to: Don Walker, 103 Broken Bough Lane, San Antonio, TX 78231.

Entry fees must be received by Tuesday, January 9, 2024. If payment is not received on time the affected swimmers will be scratched from the meet. Please include the meet entry fee report with your check. Once the entry fees are accepted, they will not be refunded for any reason, even if a swimmer should fail to compete. No paper, phone, or fax entries will be accepted. If you do not receive an e-mail confirmation, your entries were not received.

Deck (late)

Entries: Deck entries will be accepted at \$15 per individual event. 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. At the discretion of meet administration, a Heat “Zero” may be added for late entries, if needed. 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. In addition, the swimmer must present proof of time before a deck entry will be accepted.

Scratch

Rules: There is no penalty for failing to scratch from a pre-seeded event. Swimmers who fail to compete in the 400 IM or 500 Free events after positive check-in will be barred from all further individual and relay events of that day, and then must positively check in for the remainder of the meet with meet administration, per USA Swimming rule 207.11.6.C. Illness and injury may be excused by the Meet Referee.

Proof of Time: Proof of time must be submitted with the entries. All entry times must be verifiable using the USA-SWIMS database for sanctioned, approved, or observed meets. (Times in the SWIMS database earned at unsanctioned meets may not be used as proof of time.) All proof of times are the responsibility of the entering teams, not the meet host. Entries without an acceptable proof of time will not be accepted.

Scoring:

Place =>	1	2	3	4	5	6	7	8
Ind. Event Points	20	17	16	15	14	13	12	11
Place =>	9	10	11	12	13	14	15	16
Ind. Event Points	9	7	6	5	4	3	2	1

Awards: Awards will be given by gender in the following age groups: 10 & Under, 11-12, 13-14, and 15-18
Individual events: first through third place: Medals
Individual events: fourth through eighth place Ribbons
Team Awards: first through third place Banners
Note: Banners will be provided **upon request by the club** (please email the meet director if you would like your banner and it will be shipped to your club).
There will be no awards presentation.
Clubs must pick-up awards during the meet from the awards desk area.

Timers: Each participating team is required to provide back-up timers in proportion to the number of swimmers entered in the meet. Swimmers competing in the 500 Free and 400 individual medley events must provide their own back-up timers. Swimmers competing in the 500 Free must provide their own lap counters.

Facility: Eight, 25-yard lanes. The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet at the start end and the turn end is 7 feet measured for a distance of 1.0 meter to 5.0 meters from both end walls. The course has not been professionally certified IAW 104.2.2C (4). Eight lane adjacent pool available for warm ups and warm downs. All automatic Colorado starting and timing system. Meet Manager 8.0 will be used. Limited deck seating of approximately 400 in the bleachers. Chairs will be available for swimmers on the deck. The outdoor porch with workout mats will be open if weather permits. Concessions will be offered, and team banners may not be displayed in the facility.

Special Needs: Please notify the Meet Director Don Walker at 210-861-0789 in advance of this event with the name and age of any member on your team who needs assistance to enter the facility. The host 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. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. 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. Adaptive swimmers who would like their events to be seeded in the lane next to the starter should notify the entry chair by the second entry deadline.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently registered year-round members of USA Swimming in good standing. (Flex members are not eligible to compete at LSC championship meets.) 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 app (or a coach may present the club's official roster from the USA Swimming app). Current national and LSC regulations do not allow for exceptions to these policies.

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. All unaccompanied swimmers will be temporarily assigned to a registered USA coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule 202.5.2. 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: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.

Deck

Changing: Deck changes are prohibited.

Medical

Supervision: During the meet, lifeguards, AED device, etc. will be present to provide any necessary medical supervision and treatment for athletes participating in the meet.

**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.

Drones:

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 Programs and Events Committee Chair or designee.

**Warm-up
Procedures:**

Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement. Athletes must be directly supervised by a USA Swimming certified coach at all times. Lanes will be available for warm-ups throughout the meet.

Liability:

In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatics Association, the Alamo Heights Natatorium, Alamo Heights Independent School District, and all meet 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.

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, ALAMO AREA AQUATICS ASSOCIATION, AND SUBSIDIARIES AND EACH OF THEIR OFFICERS, PARTNERS, 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Sanction:

This meet has been sanctioned by South Texas Swimming and current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), and any relevant sections of the South Texas Policies & 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. All swimmers must be current athlete members in good standing with USA Swimming before the meet start date. Athletes who register with USA Swimming and/or South Texas Swimming after the meet entry deadline may deck enter the meet only if they can present their current USA Swimming registration card or proof of membership using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app). South Texas Swimming does not allow on-deck USA Swimming registrations. Athletes who fail to meet this requirement will not be allowed to compete. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Officials:

All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck and administrative officials must be current members in good standing with USA Swimming and their local LSC. **Please click [HERE](#) to use our Google Form to sign up to officiate at this meet.** The uniform will be white polo shirts over khaki pants or skirts. Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials' briefing and to receive your assignments. The wearing of name tags is strongly encouraged.



**2024 STSI Short Course B Championships
Order of Events**



**Session One
Saturday, January 13, 8:30 AM**

Women's Event	Event	Men's Event
1	10 & Under 100 Individual Medley	2
3	10 & Under 100 Freestyle	4
5	10 & Under 50 Breaststroke	6
7	10 & Under 100 Backstroke	8
9	10 & Under 50 Butterfly	10
11	10 & Under 500 Freestyle	12

**Session Two
Saturday, January 13, time TBD**

Women's Event	Event	Men's Event
13	11-12 100 Individual Medley	14
15	11-12 100 Freestyle	16
17	11-12 200 Butterfly	18
19	11-12 50 Breaststroke	20
21	11-12 100 Backstroke	22
23	11-12 200 Breaststroke	24
25	11-12 50 Butterfly	26
27	11-12 500 Freestyle	28

**Session Three
Saturday, January 13, time TBD**

Women's Event	Event	Men's Event
29	13-14 200 Individual Medley	30
31	15-18 200 Individual Medley	32
33	13-14 100 Freestyle	34
35	15-18 100 Freestyle	36
37	13-14 200 Butterfly	38
39	15-18 200 Butterfly	40
41	13-14 100 Backstroke	42
43	15-18 100 Backstroke	44
45	13-14 200 Breaststroke	46
47	15-18 200 Breaststroke	48
49	13-14 500 Freestyle	50
51	15-18 500 Freestyle	52

Session Four
Sunday, January 14, 8:30 AM

Women's Event	Event	Men's Event
53	10 & Under 100 Butterfly	54
55	10 & Under 50 Freestyle	56
57	10& Under 100 Breaststroke	58
59	10 & Under 200 Individual Medley	60
61	10 & Under 50 Backstroke	62
63	10& Under 200 Freestyle	64

Session Five
Sunday, January 14, time TBD

Women's Event	Event	Men's Event
65	11-12 200 Freestyle	66
67	11-12 100 Butterfly	68
69	11-12 50 Freestyle	70
71	11-12 200 Backstroke	72
73	11-12 100 Breaststroke	74
75	11-12 200 Individual Medley	76
77	11-12 50 Backstroke	78
79	11-12 400 Individual Medley	80

Session Six
Sunday, January 14, time TBD

Women's Event	Event	Men's Event
81	13-14 200 Freestyle	82
83	15-18 200 Freestyle	84
85	13-14 100 Butterfly	86
87	15-18 100 Butterfly	88
89	13-14 50 Freestyle	90
91	15-18 50 Freestyle	92
93	13-14 200 Backstroke	94
95	15-18 200 Backstroke	96
97	13-14 100 Breaststroke	98
99	15-18 100 Breaststroke	100
101	13-14 400 Individual Medley	102
103	15-18 400 Individual Medley	104

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 backstroke 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.

STSI Safety Guidelines and Warm-up Procedures last Revised 10/27/22