

*The University of Texas at Austin***LONGHORN AQUATICS**

**2007 Longhorn Aquatics Fall Kick Off  
October 12, 13, 14, 2007**

**Welcome:** Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in our Fall short-course Kick-Off. This meet is open to all swimmers and will be conducted in two indoor 25 yard courses, using a Colorado Timing System and Hy-Tek Meet Manager software. Designated warm-up lanes will be available during the meet.

**Location:** The Swim Center is located on the University of Texas Campus, one block west of I-35 on the northwest corner of the intersection of Martin Luther King Boulevard and Red River Street.

**Schedule:** The meet will be split into morning and afternoon sessions based on age. The morning sessions each day are planned for swimmers 12 & Under and the afternoon sessions for swimmers 13 & Over. However, we reserve the right to split the sessions differently to keep them about the same size.

Friday	All Swimmers	Warm-up	5:00 PM
		Start	6:00 PM
Saturday	12 & Under	Warm-up	9:00 AM
		Start	10:00 AM
	13 & Over	Warm-up	2:00 PM *
		Start:	3:00 PM *
Sunday	12 & Under	Warm-up	8:00 AM
		Start	9:00 AM
	13 & Over	Warm-up	1:00 PM *
		Start	2:00 PM *

\* These are estimated times. The warm-up for the afternoon session will begin immediately after the morning session. The diving well will be available for warm-up before the end of the morning session.

**Qualifying Times:** There are qualifying times for the 500 Free and the 400 IM. Athletes that do not finish within the qualifying time will be required to prove their entry time. Swimmers that cannot prove an entry time (in yards) will be fined \$25 payable to the University of Texas. These swimmers will be barred from competition (at this or subsequent TXLA meets at the Swim Center) until the fines are paid. Although athletes may enter the meet with NT for other events, we would encourage you to estimate a SCY time. Please do NOT convert a LCM time. A good estimated SCY time will ensure your athlete is seeded in the proper heat -- this provides the best competition for all athletes.

**Sanctions:** This meet is sanctioned by South Texas Swimming and 2007 rules apply. All swimmers must be registered as athletes for 2007 or 2008 with USA Swimming by the entry deadline. Athletes that register with USA Swimming after the entry deadline may deck enter the meet only if the meet director is given the okay by Angela Woodward, the South Texas Executive Secretary.

**Meet Format:** All events are timed finals, swum in two short course yard pools, seeded only by time and gender. Age groups will be combined. All events will swim fastest to slowest.

The 1650 on Sunday afternoon will be limited to the first 32 boys and the first 32 girls that enter. 1650 swimmers must provide their own timers and lap counters.

We reserve the right to cap the number of swimmers entered in order to stay within the four hour rule. Swimmers will be entered in the order entries are received.

**Check-in:** Positive check-in is required for the 1650 Free and the 400 IM. Check-in sheets will be available approximately 2 hours before the event will swim and will close one hour before the event should swim. Exact times will be posted on the day of the event.

Swimmers that check-in for an event and fail to swim will be fined \$25 payable to the University of Texas. These swimmers will be barred from competition (at this or subsequent TXLA meets at the Swim Center) until the fines are paid.

**Entry Deadline:** Entries must be received by **Monday, October 1, 2007 at 6 PM.**

**Entries:** Swimmers may enter a maximum of 5 individual events per day. The age of the swimmer will be his/her age on October 12, 2007. Enter all events with previous best times achieved in short course yards. Although athletes may enter the meet with NT, we would encourage you to estimate a SCY time. Please do NOT convert a LCM time. A good estimated SCY time will ensure your athlete is seeded in the proper heat -- this provides the best competition for all athletes.

All teams with five or more swimmers entered in the meet must submit their entries using Version 3 or 4 of Hy-Tek Team Manager software.

Email entries to Dorothy Palmore at [palmore@swbell.net](mailto:palmore@swbell.net). When you email the entries, also attach a Word document of the Hy-Tek Meet Entry Report by swimmer. If you don't receive an email confirmation, your entries were not received.

Teams with fewer than five swimmers may send an **email** including the team, team abbreviation, LSC, the swimmers full name (as registered with USA Swimming), USA ID, event numbers, event description, and entry times for each swimmer.

Entry fees must be received by **Friday, October 5th.** Please include the meet entry fees report with your check. You do NOT need to mail a copy of the entries you emailed earlier.

No paper, phone, or fax entries will be accepted. Entries received without accurate USA Swimming registration numbers will NOT be accepted or processed.

**Entry Fees:** \$7.50 per individual event. This includes the South Texas Swimming splash fee of \$1.25 per splash.

Make checks payable to **The University of Texas at Austin** and  
Mail to: Meet Director--Fall Unclassified  
Dorothy Palmore  
11109 Miramar Dr  
Austin, TX 78726

**Deck Entries:** Deck entries will be accepted only for open lanes. No new heats will be created. You may deck enter for the current session beginning at the start of warm-up. Deck entries will close 30 minutes before the start of each session. You may deck enter the future sessions' events after deck entries close for the current session.

The deck entry fee is \$15.00 per event. **Swimmers not previously entered in the meet must present their USA swimming registration card** at Clerk of Course to be able to deck enter.

**Awards:** Ribbons, first through eighth place will be awarded according to the following age groupings: boys and girls 8 and under, 9,10,11 and 12. No other awards will be given.

**Meet Referee:** Ron Zolno  
512-329-8239  
[rzolno@brsgroup.com](mailto:rzolno@brsgroup.com)

**Meet Director:** Dorothy Palmore  
512-918-1889  
[palmore@swbell.net](mailto:palmore@swbell.net)

# Order of Events

## Friday, October 12, 2007 Session 1 All Swimmers

Girls	Qualifying Time	Events	Qualifying Time	Boys
1	7:54.99	500 Freestyle*	7:35.99	2
3		50 Breaststroke		4
5		50 Backstroke		6
7		50 Butterfly		8
9		50 Freestyle		10

\* swimmers must provide their own counter. Timers will be provided. This event will be pre-seeded.

## Saturday, October 13, 2007 Session 2 12 & Under

Girls	Qualifying Times	Events	Qualifying Times	Boys
11		200 Freestyle		12
13		100 Breaststroke		14
15		200 Butterfly		16
17		50 Free		18
19		100 Individual Medley		20
21		200 Backstroke		22
23		50 Butterfly		24
25*	5:55.99	400 Individual Medley*	5:50.99	26*

\*This event is deck seeded. Positive check-in is required. Check-in sheets will be available at Clerk of Course starting approximately 2 hours before the event is swum and will be open for one hour.

## Session 3 13 & Over

Girls	Qualifying Times	Events	Qualifying Times	Boys
27		200 Freestyle		28
29		100 Breaststroke		30
31		200 Butterfly		32
33		50 Free		34
35		100 Individual Medley		36
37		200 Backstroke		38
39		50 Butterfly		40
41*	5:55.99	400 Individual Medley*	5:50.99	42*

\*This event is deck seeded. Positive check-in is required. Check-in sheets will be available at Clerk of Course starting approximately 2 hours before the event is swum and will be open for one hour.

## Sunday, October 15, 2007 Session 4 12 & Under

Girls	Events	Boys
43	200 Individual Medley	44
45	200 Breaststroke	46
47	100 Freestyle	48
49	50 Backstroke	50
51	100 Butterfly	52
53	50 Breaststroke	54
55	100 Backstroke	56

## Session 5 13 & Over

Girls	Events	Boys
57	200 Individual Medley	58
59	200 Breaststroke	60
61	100 Freestyle	62
63	50 Backstroke	64
65	100 Butterfly	66
67	50 Breaststroke	68
69	100 Backstroke	70
71*	13 & Over 1650 Freestyle*	72*

\* This event is deck seeded. Positive check-in is required. Check-in sheets will be available at clerk of course starting approximately 2 hours before the event should swim and will be open for one hour. This event is limited to the top 32 Girls and top 32 Boys. Swimmers must provide their own counters and timers.

**Officials:** Help from visiting officials is always welcome. Visiting officials are asked to email the meet referee. The wearing of name tags is strongly encouraged.

**Timers:** We will fill as many timer slots as possible with Longhorn Aquatics parents, but we almost always fall a little short. Please help us keep the meet running smoothly by promptly responding to a call for timers.

**Special Needs:** Please notify the Jamail Texas Swimming Center Staff (512-471-7703) in advance of this event with the name and age of any member on your team who needs assistance to enter the building. TSC 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 this LSC that 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.

**Deck Access:** Only USA Swimming registered athletes, swimming in the meet, coaches, officials and volunteers will be allowed access beyond the front desk of the Texas Swimming Center. Those wishing to volunteer as a timer will be given a pass to access the deck and help for that specific purpose. Coaches and officials will be required to show their current USA Swimming registration card at the front desk in order to be on deck.

Please be aware that swimmers will not be allowed onto the deck until one of their team coaches has checked in and is on deck.

Any non-registered individuals not respecting these rules will be removed from that area or from the facility at the discretion of the meet director, Longhorn Aquatics Program Director or Texas Swimming Center staff.

**Liability:**

USA Swimming, South Texas Swimming, The University of Texas, The Lee and Joe Jamail Texas Swimming Center, and Longhorn Aquatics accept no responsibility or liability for injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the 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.

**TSC Rules:**

As guests of The University of Texas, all must adhere to the Texas Swim Center (TSC) rules. Coaches must supervise their swimmers. Chewing gum and glass containers are not permitted in the building. Locks may not be left on lockers overnight. Wet swimmers cannot leave pool deck. Children must be supervised at all times.

**Spectators and athletes may not bring food nor drink into the Texas Swim Center from outside sources. Teams ARE permitted to bring two (2) coolers on to the deck.**

**Parking:**

After 5:45 PM on weekdays and all day Saturday and Sunday parking is open on a space available basis on the surface lots surrounding the Swim Center. Please read all signs carefully as some spaces are reserved "At All Times." Parking in these spaces will likely result in a parking citation. For more information, check the Parking and Transportation web site at <http://www.utexas.edu/parking/> or call the TSC Front Desk at 512-471-7703.

More detailed parking information will be posted on the Longhorn Aquatics website (<http://www.utexas.edu/longhornaquatics>) closer to the meet.

*The University of Texas at Austin*  
**Lee and Joe Jamail Texas Swimming Center & Longhorn Aquatics**  
1900 Robert Dedman Dr.  
Austin, Texas 78712-0363

**2007-2008 Sponsor Hotels**

**Radisson Hotel & Suites on Town Lake**  
111 Cesar Chavez  
Austin TX 78701



**Contact: Emily Hastings**  
(512) 478-9611  
[ehastings@radissonaustin.com](mailto:ehastings@radissonaustin.com)

Located in the heart of downtown Austin, minutes from the UT Swim Center, Home of Starbucks coffee and home of

**Holiday Inn Town Lake**  
20 N IH-35  
Austin, TX 78701



**Contact: Divya Siaghal**  
(512) 634-1274  
[dsaighal@pacificahost.com](mailto:dsaighal@pacificahost.com)

Located directly on the Town Lake hike and bike trail, minutes from the UT pool, with free parking

**Hampton Inn & Suites Downtown**  
200 San Jacinto  
Austin, Texas 78701



**Contact: Carrie Bond** (512) 744-0825  
[cbondvalencia@aol.com](mailto:cbondvalencia@aol.com)

Complimentary breakfast, fitness room, pool, walk to over 75 restaurants, and only 1 mile to the swim center

**Hampton Inn and Suites Airport**  
7712 E Riverside Drive, Austin, TX 78744  
**Contact: Cynthia Garcia** (512) 356-6602  
[cynthia\\_garcia@hilton.com](mailto:cynthia_garcia@hilton.com)


**DoubleTree Club Hotel**  
1617 N IH-35  
Austin, Texas 78702



**Contact: RaDell Gibbs**  
(512) 479-4000 ext. 7020  
[radell\\_gibbs@hilton.com](mailto:radell_gibbs@hilton.com)

Located just east of the Texas Swim Center (across I-35), free parking, complimentary high speed internet access, warm chocolate chip cookie at check-in


**Embassy Suites**



North - 5901 North I-35  
**Contact: Kris Paulson** (512) 454-8004 ext. 7025  
[www.embassysuitesaustinnorth.com](http://www.embassysuitesaustinnorth.com)

Downtown – 300 South Congress Ave  
Contact: Craig Harms (512) 617-2574  
[www.austindowntown.embassysuites.com](http://www.austindowntown.embassysuites.com)

**Drury Hotels of Austin North**



6711 North I-35  
**Contact: Natalie Miller** (10+ rooms)  
(800) 436-1170  
[natalie.miller@druryhotels.com](mailto:natalie.miller@druryhotels.com)

Individual Reservations: (800) 378-7946  
[www.druryhotels.com/properties/austinnorth.cfm](http://www.druryhotels.com/properties/austinnorth.cfm)

**Hyatt Place**  
7522 North I-35  
Austin, TX 78752



**Contact: Amber Lamb** (group reservations)  
(512) 323-2121 Ext. 1607

Individual Reservations: (512) 323-2121  
[www.hyatt-place.com](http://www.hyatt-place.com)

**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 may be done only under the direct supervision of the coach

## II. Open warm-up procedures.

**LANE USE**

<b>POOL</b>	<b>PUSH/PACE</b>	<b>DIVES/SPRINTS</b>	<b>GENERAL WARMUP</b>
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 ½ 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. One way only! Dive sprints may only be done under the direct supervision of the coach.
- d. There will be no diving in the general warm-up lanes. Circle swimming only.
- e. No kick boards, pull buoys, or hand paddles may be used.

## 3. 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 (4) 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 must be members of United States Swimming.
- 3) Marshals will have 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.
- 4) The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
- 5) 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."
- 6) 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.
- 7) Hazards in locker rooms, on deck, or areas used by coaches, swimmers, or officials will be either removed or clearly marked.

**B. MISCELLANEOUS NOTES**

1. Backstrokers will ensure that they are not starting as 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.
2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
3. 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.
4. Warm-up procedures will be enforced for any breaks scheduled during the competition.
5. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warmup unless approved by the 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**

