

## ***The University of Texas at Austin***



### **LONGHORN AQUATICS**

#### **2008 Human Performance Labs All-American Long Course Championships March 6-8, 2008**

#### **Sponsored by Human Performance Labs**

**Welcome:** Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in the 2008 Human Performance Labs All-American Long Course Championships. This meet will be conducted in one indoor 50 meter course, using a Daktronics 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.

**Sanctions:** This meet is approved by South Texas Swimming and 2008 USA Swimming rules apply. Foreign athletes must notify the meet director for FINA approval. All other swimmers, including college swimmers, must be registered as athletes for 2008 with USA Swimming.

This meet will not qualify as a last chance meet for NCAA qualifying. For more information on the short course meet that we will be running concurrently to this meet, see the Longhorn Aquatics website.

We have received approval from FINA for this meet to serve as a qualifying competition for foreign athletes for the 2008 Olympic Games.

<b>Schedule:</b>	Wednesday	Pre-Meet	Warm-ups	6:30 - 9:30 AM 2:00 - 9:00 PM
	Thursday - Saturday	Prelims	Warm-up Start	8:00 - 9:15 AM 9:30 AM
		Finals *	Warm-up (All finalists) Start	4:00 - 5:15 PM 5:30 PM

\* Finals will be split into two sessions. The AB finals of all events will swim beginning at 5:30 PM followed immediately by the CD (EF) finals of all events.

**Entry Deadline:** The entry deadline is **11:59pm Central Time on Sunday February 24, 2008.**

Swimmers will be entered in the order entries are received. The meet will be capped at 800 swimmers.

**General Meeting:** Meet administration reserves the right to hold a general meeting prior to the start of the meet. More information on this will be sent in an email prior to the meet and also available at meet check-in.

**Registration:** All meet personnel, coaches, officials and participating athletes will be issued credential tags. Only persons with credential tags will be allowed access to the deck. Credential tags will be issued to all participating athletes and to coaches that are listed on the Team Information form. Team photographers will NOT receive credential tags. Media personnel should contact the meet director about credentials.

Coaches or a named team representative may pick up their team's credential tags at the registration desk on Wednesday, March 7 from 6:30 -- 8:00 AM and 1:00 - 5:00 PM. The registration desk will be located on the lower level of the Swim Center across from the store. Credential tags not picked up at these times will be available at the Swim Center entry desk. Replacement credential tags will be available at a cost of \$15. Coaches attending the meet without a team may purchase credential tags for \$50, payable to The University of Texas.

**Qualifying Times:** Swimmers must meet the attached qualifying times. However, swimmers may swim one bonus event for each individual event in which they are entered and meet the qualifying time. **Swimmers should enter bonus events with an actual, provable time -- do NOT enter at the cut.**

**Meet Format:** The meet will be capped at 800 swimmers. Swimmers will be entered in the order entries are received.

This is a prelim/final meet. Events will swim slowest to fastest in prelims. However, the Meet Director along with the Meet Referee reserve the right to (a) split the morning session and/or (b) run even/odd heats (instead of women/men) and/or (c) run chase starts from either end depending on the timeline for the prelim sessions.

Each prelim session will be seeded the evening before. All deck entries (individual and relay) received before 5:30 PM for the next day's events will be seeded. For prelims there is a courtesy scratch. Please scratch the next day's events that you will not swim by 5:30 PM the evening before the event. There is not a penalty for failing to scratch a prelim event; this is a courtesy to the other swimmers by eliminating an empty lane in prelims.

The 400 IM, 400 free and 1500 free will be deck seeded and require positive check in.

The 1500 is a timed final event. The fastest heat of women and men will swim at night during finals. But you may elect a morning swim. This election must be made by the Friday check-in deadline. The remaining heats will swim fastest to slowest, at the conclusion of prelims on Saturday.

All relays are timed finals. Teams may enter 2 relays in each event. The fastest two heats in each event will swim at night during finals. But you may elect a morning swim. This election must be made by the 5:30 PM courtesy scratch deadline the evening before the relay swims. Relay cards are due one hour before the relays should swim. Times will be posted.

There will be 4 heats in finals for the 400 IM and 400 free. All other prelim/final events will have 5 heats in finals. The finals sessions will be split with the A and B finals of all events swimming at 5:30 PM followed immediately by the C, D and where applicable the E heats.

The Meet Director and Meet Referee reserve the right to change the pool configuration for prelims and/or finals.

**Check-in:** Positive check-in is required for the 400 IM, 400 free and 1500 free. Swimmers in the 1500 must also indicate if they intend to swim in prelims or finals. Check-in deadlines are as follows:

400 Free -- check in by 9:00 AM on Thursday  
400 IM -- check-in by 8:30 AM on Friday  
1500 Free -- check in by 5:30 PM on Friday

**Scratch Rule:** **Prelims** -- Each prelim session will be seeded the evening before. All deck entries (individual and relay) received before 5:30 PM for the next day's events will be seeded. For prelims there is a courtesy scratch – see clerk of course. Please scratch the next day's events that you will not swim by 5:30 PM the evening before the event. There is not a penalty for failing to scratch; this is a courtesy to the other swimmers by eliminating an empty lane in prelims.

**Finals** -- Swimmers qualifying for finals have 30 minutes after the announcement of preliminary results to either scratch or declare their intent to scratch. Swimmers that timely indicate an intent to scratch must declare their final intention within 30 minutes following their last individual preliminary event.

*Any finalist who does not scratch and fails to compete in finals will be barred from their next event whether in finals or prelims. Failure to compete in finals on Saturday will result in a \$50 fine. Fines are payable to The University of Texas at Austin. Teams and/or swimmers will be barred from competition at the Swim Center until fines are paid.*

The scratch box will be located at the clerk of course.

**Entries:** **The entry period is February 1 – February 24, 2008.** Swimmers may enter a maximum of 3 individual events per day. Teams are limited to two relay entries per event. Enter all events, including bonus events, with previous best times achieved in long course meters. Do not convert times.

We will be using USA Swimming's Online Meet Entry system for this meet. OME will provide qualifying time directly from the SWIMS database. Please note that this system is not an eligibility report; it is the coaches' responsibility to know which events their swimmers are qualified for.

Your entry saves in the system as you move from step to step. You can complete the entry in more than one sitting if necessary. You can modify your entry on-line by adding to the original entry. Once you have paid for an entry you can not delete it.

OME accepts Visa, MasterCard, American Express, and Discover. The preferred method of payment is credit card. If you are unable to pay using a credit card, please contact the meet director for other options.

OME is available at [www.usaswimming.org/ome](http://www.usaswimming.org/ome). For help with on-line entries, please contact Susan Woessner at USA Swimming at (719) 332 0184

No paper, phone or fax entries will be accepted.

**Entry Fees:** \$10.00 per individual event  
\$20 per relay

This includes the South Texas Swimming splash fee of \$1.25 per splash.

**Deck Entries:** Deck entries will be accepted on Wednesday from 4 – 5:30 PM and each morning for that day's events until 8:45 AM. The deck entry fee is \$15.00 for individual events, \$25 for relays to be paid at the time of entry. Deck entries (individual and relay) received before 5:30 PM for the next day's events will be seeded. Deck entries on the day of the event, will be entered with NT in open lanes for pre-seeded events; in deck seeded events (400 IM, 400 and 1500 free), deck entries will be seeded by time. New heats **may** be created at the discretion of the Meet Referee based on the timeline for the session.

You may deck enter the next day's events after deck entries close for the current session.

**Swimmers not previously entered in the meet must present their USA swimming registration card at Clerk of Course to be able to deck enter.**

**Time Trials:** Time trials will be conducted, time permitting, between prelims and finals on Thursday, Friday and Saturday (following the 1500). Time trials will begin 15 minutes after the conclusion of prelims. Swimmers must be entered in the meet to time trial. Time trial events count toward the daily entry limit of 3 events.

Entries for time trials will be accepted at clerk of course until 11:00 AM each day. A swimmer is limited to a maximum of two LCM time trials during the meet. The order of events each day will be at the discretion of the Time Trials Referee. The entry fee is \$10 per individual event, \$20 per relay to be paid at the time of entry.

All times achieved in time trials will appear in published meet results.

**Scoring:** Team points will be scored for the first 16 places. Points for 1<sup>st</sup> through 16<sup>th</sup> will be 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, and 1. Relay points are double.

**Awards:** Heat winners in individual events in finals will be given a coupon that they can exchange at clerk of course for a \$10 gift certificate.

Professional athletes are eligible for cash awards. No UIL or NCAA or *future* UIL or NCAA athlete is eligible for a cash award. Each professional is limited to 4 cash awards. Cash awards will be paid to professionals that finish 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each individual event. First place (2<sup>nd</sup> and 3<sup>rd</sup>) does not mean the first (2<sup>nd</sup> or 3<sup>rd</sup>) professional to finish.

1<sup>st</sup> place \$1000  
2<sup>nd</sup> place \$500  
3<sup>rd</sup> place \$250

Professionals that place in the money (1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in individual events) will need to present themselves to clerk of course to complete the required paperwork (a driver's license will be needed). Checks will be issued by The University of Texas and mailed to athletes.

**Meet Referee:** Ron Zolno  
512-329-8390  
[rzolno@brsgroup.com](mailto:rzolno@brsgroup.com)

**Meet Director:** Susan Woessner  
512-529-8057  
[swoessner@mail.utexas.edu](mailto:swoessner@mail.utexas.edu)

**Host Contact:** Christie Binkley  
1900 Robert Dedman Drive  
Austin, TX 78712  
512-471-7433  
512-656-4562  
[Christie.binkley@austin.utexas.edu](mailto:Christie.binkley@austin.utexas.edu)

Randy Reese  
1900 Robert Dedman Drive  
Austin, TX 78712  
[Jaxx16@aol.com](mailto:Jaxx16@aol.com)

**Spectator Tickets:** Spectators should enter through the main entrance located on the upper level, east side of the Swim Center. **Only swimmers, coaches, officials, and volunteers may enter on the lower level.**

Tickets may be purchased at the Longhorn Aquatics store located on the second level of the Swim Center during any scheduled warm-up or meet session. Tickets may not be pre-ordered this year. Heat sheets must be purchased separately and will be available at the Longhorn Aquatics store. Visa, MasterCard, checks and cash are accepted. More ticket information will be available on the Longhorn Aquatics website after February 1<sup>st</sup>.

**Officials:** Help from visiting officials is always welcome. Visiting officials are asked to email the Meet Referee with their certification level and availability so he can plan accordingly [rzolno@brsgroup.com](mailto:rzolno@brsgroup.com). All officials must attend a mandatory meeting one hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. Finals uniform will be blue polo shirt over khaki pants/skirt (NO shorts), as appropriate. All officials will be issued credential tags. Only persons with credential tags will be allowed access to the deck. Officials should prominently display their meet credential while on deck. The wearing of name tags is encouraged.

*Official Certification:* Application will be made for this meet to be designated a National Qualifying Meet for Officials. Applications for evaluation can be obtained from the Southern Zone website or by contacting Clark Hammond at [hamm5690@bellsouth.net](mailto:hamm5690@bellsouth.net). The application for approval will also request the assignment of National Evaluators to perform "final evaluations" for N3 Starter and N3 Referee candidates.

**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 persons with credential tags will be allowed access beyond the front desk of the Texas Swimming Center. 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:** Detailed parking information will be available on the Longhorn Aquatics website after February 1<sup>st</sup>.

**2008 American Long Course Championships****Order of Events**

Long Course Meters

<b>Women's Event #</b>	<b>Qual. Time (LCM)</b>	<b>(SCY)</b>	<b>Event</b>	<b>Qual. Time (SCY)</b>	<b>(LCM)</b>	<b>Men's Event #</b>
<b><u>Day 1 - Thursday, March 6</u></b>						
1	2:00.99	1:44.00	200 Free Relay	1:34.00	1:50.69	2
3	4:38.99	5:04.59	400 Freestyle - Women			
4	1:09.19	59.79	100 Butterfly	53.19	1:02.29	5
			400 Freestyle - Men	4:40.19	4:17.59	6
7	2:34.69	2:12.39	200 IM	1:59.12	2:19.39	8
9	29.49	25.19	50 Freestyle	22.19	25.29	10
11	4:46.99	4:08.00	400 Medley Relay	3:42.00	4:19.99	12
<b><u>Day 2 - Friday, March 7</u></b>						
13	5:20.09	4:36.89	400 IM	4:12.49	4:55.99	14
15	1:20.19	1:08.89	100 Breaststroke	1:01.39	1:12.69	16
17	1:12.39	1:00.89	100 Backstroke	54.19	1:05.89	18
19	2:15.09	1:56.29	200 Freestyle	1:45.19	2:02.69	20
21	2:13.99	1:55.00	200 Medley Relay	1:45.00	2:03.99	22
<b><u>Day 3 - Saturday, March 8</u></b>						
23	2:33.89	2:10.09	200 Backstroke	1:58.79	2:21.99	24
25	1:02.79	53.99	100 Freestyle	48.29	56.99	26
			800 Freestyle – women			
27	9:20.99	x	1500 Freestyle - men	x	17:05.69	28
29	2:52.79	2:29.89	200 Breaststroke	2:14.59	2:38.89	30
31	2:31.19	2:11.39	200 Butterfly	1:59.29	2:17.39	32
33	4:24.99	3:40.00	400 Free Relay	3:17.00	3:49.99	34

In the prelim sessions, events 27 and 28 will swim after event 34.

**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.

<b>LANE USE</b>			
<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 warm-ups 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**

*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 T.G.I. Fridays restaurant

**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@hitlton.com](mailto:radell_gibbs@hitlton.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)

**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)

**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)