

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

**2008 Longhorn Aquatics Long Course Kick Off
April 18-20, 2008**

Welcome: Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in our long-course kick off swim meet. This meet is open to all USA Swimming registered swimmers and will be conducted in one 50 meter course, 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: Saturday and Sunday, 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 or to combine sessions based on the entries received. Warm-ups may be split if a large number of swimmers enter the meet.

Friday	All Ages	Warm-up	5:00PM	Start	6:00PM
Saturday	12 & Under	Warm-up	8:00 AM	Start	9:00AM
	13 & Over	Warm-up	1:15 PM *	Start:	2:15 PM *
Sunday	12 & Under	Warm-up	8:00 AM	Start	9:00 AM
	13 & Over	Warm-up	1:15 PM *	Start	2:15 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 SCY qualifying times for events of 200 meters and longer. Refer to the order of events for specific qualifying times. Athletes who do not finish an event within the LCM qualifying time noted next to the SCY qualifying time will be required to prove their SCY entry time. The SCY entry time must be in the USA Swimming database. **Swimmers that can not prove their entry time will be fined \$25** payable to the University of Texas. These swimmers will be barred from competition (at this and/or subsequent meets at the swim center) until the fines are paid.

Sanctions: This meet is sanctioned by South Texas Swimming and 2008 rules apply. All swimmers must be registered as athletes for 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 Angella Woodward, the South Texas registrar.

Meet Format: All events are timed finals, swum in one long course meter pool, seeded only by time and gender. Age groups will be combined. All events will swim fastest to slowest. Depending on the number of swimmers, chase starts and/or over/under starts may be used. If so, then even heats will finish at the American Flag and odd heats will finish at the Texas Flag.

The 400 meter freestyle and 400 meter IM requires positive check-in. 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 400 Freestyle and the 400 IM. Check-in sheets for the 400 IM will be available as the swimmers enter the pool for warm-up and will close at 5:30PM. Check in for the 400

freestyle will be available approximately 2 hours before the event is scheduled to swim and due one hour later. Exact times will be posted at Clerk of Course 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, April 7, 2008 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 April 18, 2008. 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 Rhonda Dirvin at jrdirvin@sbcglobal.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, April 11, 2008 or your entries will be removed from the meet. 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. Please send only one check per team location please.

Make checks payable to **The University of Texas at Austin** and
Mail to: Meet Director—Long Course Kick Off
Rhonda Dirvin
1218 Havre Lafitte Dr
Austin, TX 78746

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: Linda Ballo 512 733-1391 swimtrojan@sbcglobal.net	Meet Director: Rhonda Dirvin 512-327-3537 jrdirvin@sbcglobal.net	Head Coach: Randy Reese 512 301-0026
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Order of Events

FRIDAY, April 18, 2008

SESSION 1 – All Ages

Girls Event #	q-time yards	q-time LCM	Event	q-time yards	q-time LCM	Boys Event #
1	6:50.00	7:49.00	12&U* 400 IM	7:00.00	8:06.00	2
1	6:08.00	7:00.00	13& O* 400 IM	6:04.00	7:00.00	2
3	6:40.00	6:00.00	12&U 400 Free*	6:40.00	6:02.00	4
3	6:08.00	5:31.00	13&O 400 Free*	6:08.00	5:34.00	4

*Check-in event. Swimmers must provide their own timers

SATURDAY, April 19, 2008

SESSION 2 - 12 & Under

Girls Event #	q-time yards	q-time LCM	Event	q-time yards	q-time LCM	Boys Event #
5	3:20.00	3:51.00	200 IM	3:20.00	3:54.00	6
7			100 Free			8
9			50 Back			10
11	3:20.00	3:48.00	200 Breast	3:30.00	4:05.00	12
13			100 Fly			14
15	3:10.00	3:42.00	200 Back	3:15.00	3:50.00	16
17			50 Breast			18

SATURDAY, April 19, 2008**SESSION 3 - 13 & Over**

Girls Event #	q-time yards	q-time LCM	Event	q-time yards	q-time LCM	Boys Event #
19	2:47.00	3:13.00	200 IM	2:42.00	3:10.00	20
21			100 Free			22
23			50 Back			24
25	3:05.00	3:31.00	200 Breast	3:05.00	3:36.00	26
27			100 Fly			28
29	2:47.00	3:15.00	200 Back	2:47.00	3:17.00	30
31			50 Breast			32

SUNDAY, April 20, 2008**SESSION 4 - 12 & Under**

Girls Event #	q-time yards	q-time LCM	Event	q-time yards	q-time LCM	Boys Event #
33	2:55.00	3:21.00	200 Free	3:00.00	3:29.00	34
35			50 Fly			36
37			100 Back			38
39			100 Breast			40
41	3:15.00	3:42.00	200 Fly	3:25.00	3:57.00	42
43			50 Free			44

SUNDAY, April 20, 2008**SESSION 5 - 13 & Over**

Girls Event #	q-time yards	q-time LCM	Event	q-time yards	q-time LCM	Boys Event #
45	2:37.00	3:00.00	200 Free	2:32.00	2:56.00	46
47			50 Fly			48
49			100 Back			50
51			100 Breast			52
53	2:47.00	3:10.00	200 Fly	2:42.00	3:08.00	54
55			50 Free			56

Officials:

Help from visiting officials is always welcome. Visiting officials are asked to email the Meet Referee with their certification level and availability so she can plan accordingly. Nametags are very helpful, please bring and wear yours if you have one.

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
 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

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

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

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

DoubleTree Club Hotel

1617 N IH-35
 Austin, Texas 78702



Contact: RaDell Gibbs
 (512) 479-4000 ext. 7020
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

Downtown – 300 South Congress Ave

Contact: Craig Harms (512) 617-2574

www.austindowntown.embassysuites.com

Drury Hotels of Austin North

6711 North I-35



Contact: Bekah DePyper (10+ rooms)
 (800) 436-1167

bekah.depyper@druryhotels.com

Individual Reservations: (800) 378-7946

www.druryhotels.com/properties/austinnorth.cfm

Hyatt Place

7522 North I-35
 Austin, TX 78752



HYATT
 PLACE™

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

Individual Reservations: (512) 323-2121

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

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
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