

The University of Texas at Austin**LONGHORN AQUATICS**
**2008 TXLA Fall Kickoff
October 3 - 5, 2008**

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

Location: The TSC is located on the University of Texas Campus, 1900 Robert Dedman Drive, one block west of I-35 on the northwest corner of the intersection of Martin Luther King Boulevard and Red River Street.

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.

Sanctions: This meet is sanctioned by South Texas Swimming and 2008 rules apply. All swimmers must be registered as athletes for 2008 or 2009 with USA Swimming by the entry deadline.

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.

Friday, October 3	All Swimmers	Warm-up	5:00 PM
		Start	6:00 PM
Saturday, October 4	12 & Under	Warm-up	9:00 AM
		Start	10:00 AM
	13 & Over	Warm-up	2:00 PM *
		Start:	3:00 PM *
Sunday, October 5	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.

Qualifying Times: There are no qualifying times.

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; even heats at the American flag end of the pool, odd heats at the Texas flag end of the pool. However, if the meet is small, we reserve the right to run one pool in any or all sessions.

The 500 free on Friday, the 11-12 400 IM on Saturday and **all** 13 & over events on Saturday and Sunday require positive check-in. There is a \$25 penalty for a no-show in an event that requires a positive check-in.

Swimmers in the 500 free on Friday evening must provide their own counter.

The 1650 on Sunday afternoon will be limited to the fastest 32 boys and the fastest 32 girls that enter. SCY entry times will be pre-proved to determine the fastest 32. Swimmers with a NT in the 1650 will only be allowed to swim if there are fewer than 32 entries with provable times. 1650 swimmers must provide their own timers and counters. Boys and girls in the last heats of the 1650 may be combined if we can eliminate a heat.

The 500 free on Friday and the 1650 free on Sunday will alternate heats of girls and boys.

If necessary, we will cap the number of swimmers entered in order to keep the morning sessions about 4 hours in length. Swimmers will be entered in the order entries are received.

Check-in:

Positive check-in is required for:

- the 500 free on Friday night
- the 11-12 400 IM on Saturday, and
- **all 13 & over events on Saturday and Sunday**

Athletes that check-in for an event and do not swim will be fined \$25. Fines are payable to The University of Texas. Athletes will not be allowed to compete at this or future meets at the TSC until all fines are paid.

Please check our website (www.utexas.edu/longhornaquatics) closer to the meet date for detailed check-in procedures for the 13 & over events.

Entry Deadline: Entries will be accepted beginning Monday, September 8. Entries will close the earlier of

- a) 6 PM Monday, September 22, 2008 or
- b) when the morning sessions reach an estimated 4 hours in length.

Swimmers will be entered in the order entries are received as long as entry fees are received by Friday, September 26. Teams with unpaid entry fees on Friday evening, will drop to the bottom of the list, potentially removing them from the meet if we have to cap entries to stay within the 4 hour rule.

Entries:

Swimmers may enter a maximum of **4** individual events per day. The age of the swimmer will be his/her age on October 3, 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 Hy-Tek Team Manager software.

Email entries to Debbie Norval at anorval@austin.rr.com. 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.

No paper, phone, or fax entries will be accepted.

Entry Fees: \$7.50 per individual event; entry fees must be received by **Friday, September 26**. The individual entry fee *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: Jonathan Salazar
Longhorn Aquatics
The University of Texas at Austin
1 University Station D 4050
Austin, TX 78712-0364
512-471-7703

Only one check from each team or location. You must include the meet entry fees report with your check.

Deck Entries: Deck entries will be accepted only for open lanes. No new heats will be created. All deck entries will be entered with NT. Positive check-in is not required for deck entries but penalties still apply for a no-show in any event where positive check-in would have been required.

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 future sessions after the start of 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. The deck entry fee is \$20.00 per event.

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

Meet Referee: Mark Mueller
512-258-5119
mawamu@gmail.com

Meet Director: Debbie Norval
512-329-9110
anorval@austin.rr.com

Head Coach: Dave Kalange
512-626-9419
chlorinecowboy1@yahoo.com

Order of Events

Friday, October 3, 2008
Session 1 - All Swimmers

Girls	Events	Boys
1	50 Free	2
3	50 Breast	4
5	50 Back	6
7	50 Fly	8
9	500 Free *	10

Saturday, October 4, 2008
Morning Session 2 - 12 & Under

Girls	Events	Boys
11	200 Free	12
13	100 Breast	14
15	11-12 200 Fly	16
17	50 Free	18
19	100 IM	20
21	11-12 200 Back	22
23	50 Fly	24
25	11-12 400 IM *	26

Afternoon Session 3 - 13 & Over

Girls	Events	Boys
27	200 Free *	28
29	100 Breast *	30
31	200 Fly *	32
33	50 Free *	34
35	200 Back *	36
37	50 Fly *	38
39	400 IM *	40

Sunday, October 5, 2008
Morning Session 4 - 12 & Under

Girls	Events	Boys
41	200 IM	42
43	11 - 12 200 Breast	44
45	100 Free	46
47	50 Back	48
49	100 Fly	50
51	50 Breast	52
53	100 Back	54

Afternoon Session 5 - 13 & Over

Girls	Events	Boys
55	200 IM *	56
57	200 Breast *	58
59	100 Free *	60
61	50 Back *	62
63	100 Fly *	64
65	50 Breast *	66
67	100 Back *	68
69	1650 Free *	70

* These events are deck seeded. Positive check-in is required. There are penalties for a no-show.

Officials: Help from visiting officials is always welcome. Visiting officials are asked to email the meet referee (mawamu@gmail.com). Name tags are strongly encouraged.

Timers: If you are not a TXLA parent but would like to volunteer for a session as a timer and be on deck, please email anorval@austin.rr.com. If we fall short of timers, please help us keep the meet running smoothly by responding to a call for timers.

Swimmers in the 500 free on Friday evening must provide their own counter. Swimmers in the 1650 on Sunday must provide their own timer and counter.

Special Needs: Please notify the TSC 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.

The athlete, or the athlete's coach, is responsible for notifying the meet referee, prior to the competition, of any disability.

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 Swim 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 on 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 the deck or from the facility at the discretion of the meet director, Longhorn Aquatics Program Director or TSC staff.

TSC Rules: As guests of The University of Texas, all must adhere to the 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 in the surface lots surrounding the TSC. 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/>.

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 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.
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