

The University of Texas at Austin



LONGHORN AQUATICS



2005 AMERICAN SHORT-COURSE CHAMPIONSHIPS

MARCH 3-5, 2005

WELCOME: Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center to compete in the 2005 AMERICAN SHORT COURSE CHAMPIONSHIPS. The meet will be conducted in two indoor 25-yard courses, using 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.

ELIGIBILITY: Swimmers must meet the qualifying time standards, however swimmers may swim one bonus event for each individual event in which they meet the qualifying time

FORMAT: This is a prelims/finals meet. Finals shall include five heats of the 50, four heats of the 100s, and three heats of the 200s, 400 IM, and 500 Free.

During prelims, the four fastest heats of the 400 IM and the 500 Free will be swum first, slowest to fastest, followed by all remaining heats swum fastest to slowest.

The 1650 is a timed final event. The fastest heat of women's and men's 1650 freestyle events will be swum at night during finals. The remaining heats will be swum fastest to slowest, at the conclusion of the preliminaries on Saturday. All relays are Timed Finals with the fastest two heats swum at night.

During prelims, women will swim in the north course, men will swim in the south course. The Meet Director and Meet Referee reserve the right to change the number of heats in finals and change the pool configuration.

SCHEDULE: Wednesday, March 2	Pre-meet	Warm-ups	6:30 - 9:30 AM
			2:00 - 9:00 PM
Thursday - Saturday March 3,4, & 5	Prelims	Warm-ups	7:30 AM
		Meet starts	9:00 AM
	Finals	Warm-ups	5:30 PM
		Meet starts	6:30 PM

ENTRIES: **Swimmers may swim two individual events per day.** Swimmers may swim one bonus event for each individual event in which they meet the qualifying time.
Teams are limited to two relay entries per event.

If you are entering an event for which you do not have the qualifying time, enter **at the qualifying time.**

DEADLINE: Friday, February 18, 2005 at 6 PM.

All teams must submit entries via email or on diskette using Hy-Tek Team Manager software, including an entry report by swimmer, with correct event numbers.

Teams with fewer than five swimmers may use the attached meet entry form. No phone or fax entries will be accepted.

Entries received without complete USA Swimming registration numbers will not be accepted or processed.

If you email your entries, your check for entry fees must be postmarked on or before February 18, 2005.

ENTRY CHAIR: Jonna Axtell
702-498-9880
jaaxtell@aol.com

ENTRY FEES: \$7.50 per individual event, \$15.00 per relay. This includes the South Texas Swimming splash fee of \$1.00 per splash.

Make checks payable to: The University of Texas at Austin.

Mail entries and checks to:
UT Invite Entry Chairperson
The University of Texas at Austin
Longhorn Aquatics
1900 Robert Dedman Drive
1 University Station D4050
Austin, TX 78712-0364

LATE ENTRIES: Late entries will be accepted on deck at \$10.00 per event at the discretion of the Meet Director based on the number of swimmers in a given event or the estimated timeline of the preliminaries. Swimmers will be entered in the first heat of the pre-seeded events, or in open lanes due to scratches. Swimmers will be seeded by time in deck seeded events. New heats will be created as needed. Deadline for late entries is 8:15 AM each morning.

CHECK-IN: Positive check-in is required for the 500 Free and 400 IM. For these deck seeded events, positive check-in with the Clerk of Course is required 45 minutes prior to the start of the session in which the event occurs.

Positive check-in is also required for the 1650 Free. Positive check-in with the Clerk of Course is required by 6 PM on Friday evening. 1650 swimmers must provide their own counters and timers.

SANCTION: This meet is sanctioned through South Texas Swimming and 2005 USA Swimming rules apply. All swimmers must be currently registered USA Swimming athletes for 2005. Any meet sanctioned or approved by this LSC that includes one or more swimmers with visual, hearing, mental or physical disabilities, the judging of such competitors shall be conducted 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.

SCRATCH A scratch rule will be strictly enforced to allow all athletes to have the best level of competition.

After the announcement of the results of a preliminary event, swimmers who have qualified for finals have 30 minutes to scratch or declare his/her intention to scratch the event for finals. In the event a swimmer declares an intention to scratch, s/he has 30 minutes after his/her last prelim event to declare a scratch.

If a swimmer does not scratch an event and does not swim in a final event for which s/he has qualified, the swimmer may not swim in his/her next event (in finals or in prelims).

NCAA APPROVAL: This meet will be approved for making qualifying standards for the 2005 Men's NCAA Swimming Championships. College swimmers must be currently registered USA Swimming athletes for 2005.

TIME TRIALS: Time trials will be held immediately following the conclusion of prelims on Thursday, Friday, and Saturday as needed, and time permitting. Time trials will be offered in the events of that day, followed by the events of remaining sessions, followed by events of the previous day(s) and any other USA Swimming events not in the meet. Deadline for entering time trials is 11:00 AM each day. The fee is \$10.00 per event. Time Trial results will be included with the final meet results.

SPECIAL NEEDS: Please notify our Jamail Texas Swimming Center Staff in advance of this event if any member on your team or staff has a disability and needs assistance to enter the building. TSC staff will provide reasonable accommodations for him/her to ensure complete use of our facility.

DECK ACCESS: Only USA Swimming registered athletes, coaches, officials, or volunteers will be allowed regular 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.

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 or Texas Swimming Center staff.

LIABILITY: USA Swimming, South Texas Swimming, The University of Texas, and The Lee and Joe Jamail Texas Swimming Center accept no responsibility or liability for injuries sustained by any individual, athlete, 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 team, if attached, to be held accountable for repairs.

AWARDS: Awards will be given to the heat winner of each event during finals. Customized flags will be awarded to the top three teams.

MEET DIRECTOR: Jonna Axtell
512-892-2292
jaaxtell@aol.com
MEET Bob Ward

REFEREE: P.O. Box 160307
Austin, Texas 78716
512-328-7070
reward@prismnet.com

TIMERS: Each team is required to provide timers on a prorated basis, approximately 2 timers per 10 swimmers.

OFFICIALS: Help from visiting officials is welcome and appreciated. Visiting officials are asked to indicate their availability on the team's entry forms or e-mail Bob Ward meet referee at: reward@prismnet.com

TSC RULES: As swimming 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 or drink into the Texas Swim Center from outside sources. Teams ARE permitted to bring two coolers on deck.

PARKING: We are unable to reserve parking for events during the regular University hours, 7:30 AM to 5:45 PM, Monday through Friday. Coaches, Officials and spectators should plan to park in the public parking garages Wednesday, Thursday and Friday before 5:45 PM. Parking costs a flat rate of \$7.00 per day, which allows you to come and go all day for the one \$7.00 charge. There is a new parking garage directly across the street from the Texas Swimming Center at the corner of Martin Luther King and Trinity Streets. Go to the Texas Swim Center website for additional parking information www.tsc.utexas.edu

LODGING: Lodging reasonably close to the Lee and Joe Jamail Texas Swim Center:

Drury Inn & Suites

Nicole Cummings, National Sales Coordinator
6711 I-H 35
Austin, TX 78752
(800) 436-1175
nicole.cummings@druryinn.com

Hampton Inn Austin South

4141 Governor's Row
Austin, TX 78744
Connie Ramos
(512) 442-4040 ext. 2128
cramos@valenciagroup.com

Drury Inn Highland Mall

919 E. Koenig Lane
Austin, TX 78752
(800) 436-1175
nicole.cummings@druryinn.com

Radisson Hotel & Suites

111 Caesar Chavez
Austin TX 78701
Taylor Young
(512) 473-1512

Embassy Suites

Kate Reid
5901 N. IH 35
Austin, TX 78723
(512) 454-8004 ext. 7025
www.embassysuitesaustinnorth.com

This time of year in Austin is very busy due to UIL State Tournaments, etc. Please make your reservations early.

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.

POOL	LANE USE		
	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.

2005 American Short Course Championships

Order of Events

Women Event #	Qual. Time (SCY)	Event	Qual. Time (SCY)	Men Event #
Thursday's Events				
1	1:55.00	200 Medley Relay**	1:45.00	2
3	1:56.29	200 Freestyle	1:45.19	4
5	1:08.89	100 Breaststroke	1:01.39	6
7	59.79	100 Butterfly	53.19	8
9	4:36.89	400 IM*	4:12.49	10
11	3:40.00	400 Free Relay**	3:17.00	12
Friday's Events				
13	2:11.39	200 Butterfly	1:59.29	14
15	25.19	50 Freestyle	22.19	16
17	2:29.89	200 Breaststroke	2:14.59	18
19	1:00.89	100 Backstroke	54.19	20
21	5:04.59	500 Freestyle*	4:40.19	22
23	1:44.00	200 Free Relay**	1:34.00	24
Saturday's Events				
25	2:10.09	200 Backstroke	1:58.79	26
27	53.99	100 Freestyle	48.29	28
29	17:15.09	1650 Freestyle***	16:15.29	30
31	2:12.39	200 Individual Medley	1:59.12	32
33	4:08.00	400 Medley Relay**	3:42.00	34

* Four fastest heats swum first, slowest to fastest, followed by remaining heats, swum fastest to slowest.

** Relays are timed-finals with the fastest two heats swimming at night.

*** Positive check-in required by 6:00 PM Friday night. Fastest heat in Finals; Others in Prelims. 1650 swimmers should provide their own timer and counter.

LONGHORN AQUATICS

2005 American Short Course

**Team Information Sheet
(Submit with Entries)**

Team Name _____

Head Coach _____

Phone #: _____

E-mail address: _____

Mailing address: _____

Entry contact: _____

Phone # for entry contact: _____

E-mail address for entry contact: _____

Names of coaches attending meet: _____
