

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

**2005 Longhorn Aquatics Jingle Bell Splash  
December 16 -- 18, 2005**

**Welcome:** Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in our December prelim/final short-course meet. This meet 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.

<b>Schedule:</b>	Friday	Prelims	Warm-up	8:00 AM
			Start	9:00 AM
		Finals	Warm-up	5:00 PM
			Start:	6:00 PM
	Saturday	Prelims	Warm-up	8:00 AM
			Start	9:00 AM
		* <i>South Texas Swimming winter meeting after prelims - Alderson Room, 2<sup>nd</sup> Floor</i>		
		Finals	Warm-up	5:00 PM
			Start:	6:00 PM
	Sunday	Prelims	Warm-up	8:00 AM
			Start	9:00 AM
		Finals	Warm-up	5:00 PM
			Start	6:00 PM

**Sanctions:** This meet is sanctioned by South Texas Swimming and 2005 rules apply. All swimmers must be registered for 2005 or 2006 with USA Swimming.

**Entry Deadline:** Entries must be received by **Monday, December 5, 2005 at 6 PM.** Entry fees must be received by December 9 at 6 PM.

**Qualifying Times:** There are qualifying times for 200 and longer events. Athletes that do not finish an event within the qualifying time, will be required to prove their entry time. Swimmers that cannot prove an entry time will be fined \$25, payable to the University of Texas. These swimmers will be barred from competition (at this or subsequent meets at the Swim Center) until the fines are paid.

**Meet Format:** Other than the 1000 free, all events are prelim/final. In Prelims, events will be seeded only by time and gender; age groups will be combined. All events will swim fastest to slowest, even/odd in prelims.

The 1000 free is a timed final event and will be limited to the fastest 32 boys and the fastest 32 girls. **Enter the 1000 with your best 500 free time.** Times will be pre-proved for this event. Refer to the entry section for appropriate proof of time, which must be submitted with your entries. 1000 free swimmers must provide their own timers and lap counters. The fastest heat will swim in the evening at the end of finals; the 3 remaining heats will swim in prelims, fastest to slowest.

In Finals, events will be separated by gender and age, and seeded by time. During finals, boys will swim in one end and girls in the other. The number of heats qualifying for finals in 50, 100 and 200 events is as follows:

10 & Under	1 heat
11 -- 12	2 heats
13 -- 14	2 heats
15 & Over	3 heats

In 400 and 500 events, the number of heats qualifying for finals is as follows:

10 & Under	1 heat
11 -- 12	1 heats
13 -- 14	2 heats
15 & Over	2 heats

We reserve the right to cap the number of swimmers entered in prelims 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 1000, 400 IM and 500 free. Check-in sheets will be available at clerk of course approximately 2 hours before the event will swim and will close one hour before the event should swim.

**Scratch Rule:** 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 fails to scratch and who fails to report to the starting blocks for finals will be barred from further competition. On Sunday, a no-show in finals will result in a \$100 penalty, payable to The University of Texas. Swimmers will be barred from competition (at this and subsequent meets at the Swim Center) until fines are paid.

**Scoring:** Individual Events: 1<sup>st</sup> -- 8<sup>th</sup> place 20, 17, 16, 15, 14, 13, 12, 11  
9<sup>th</sup> -- 16<sup>th</sup> place 9, 7, 6, 5, 4, 3, 2, 1

**Entries:** Swimmers may enter a maximum of 3 individual events per day. The age of the swimmer will be his/her age on December 16, 2005. Enter all events with previous best times achieved in short course yards.

Entries in the 1000 free (which are 500 free times) will be submitted to USA Swimming for proof of time. You should include the Team Manager proof of time report with your entries. This report is not proof of time but helps to find your proof of time in the TSA or USA Swimming database. If your entry time is not in the USA database, a split, high school, etc., you must submit proof of time with your entries. Proof includes: the date and name of the meet, the website where results can be found and the page number where the time is listed. Alternatively you may submit a hard copy of the proof with your entries. Entries for the 1000 submitted without proof of time will not be processed.

Other than the 1000 (which must be pre-proved), athletes that do not finish an event within the qualifying time, will be required to prove their entry time. Swimmers that cannot prove an entry time will be fined \$25, payable to the University of Texas. These swimmers will be barred from competition (at this or subsequent meets at the Swim Center) until the fines are paid.

Entries must be emailed. Send them to Debbie Norval at [anorval@austin.rr.com](mailto:anorval@austin.rr.com). If you don't receive an email confirmation, your entries were not received. You do not need to mail me a hard copy of what you emailed.

Teams with *fewer than five* swimmers should email: swimmers name (as registered with USA Swimming), USA ID, club, club abbreviation, LSC, event number and name and entry times.

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. Include the Hy-Tek entry file and a Word document of the entries (by swimmer). It is not necessary to include a hard copy of your entries with your check.

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

**Entry Fees:** **\$6.00 per individual event.** This includes the South Texas Swimming splash fee of \$1.00 per splash. Entry fees must be received by December 9 at 6 PM.

Make checks payable to **The University of Texas at Austin** and  
Mail to: Meet Director--December Short Course  
Debbie Norval  
2808 Montebello Road # 7  
Austin, TX 78746

**Deck Entries:** Deck entries will be accepted only for open lanes. Deck entries will not be accepted for the 1000. 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 next days events after deck entries close for the current session.

The deck entry fee is \$10.00 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:** The top 5 teams will receive hot chocolate mix (and marshmallows) for their team to have a hot chocolate party. No other awards will be given.

**Meet Referee:** Bob Ward  
512-328-7070  
[reward@prismnet.com](mailto:reward@prismnet.com)

**Meet Director:** Debbie Norval  
512-329-9110  
[anorval@austin.rr.com](mailto:anorval@austin.rr.com)

## Order of Events

### Friday Prelims, December 16, 2005 Session 1

Girls Event #	Qualifying Time - 12 & Under	Qualifying Time - 13 & Over	Event Description	Qualifying Time - 12 & Under	Qualifying Time - 13 & Over	Boys Event #
1	3:08.00	2:55.00	200 Fly	3:23.00	2:46.00	2
3			50 Free			4
5	3:30.00	3:12.00	200 Breast	3:40.00	3:00.00	6
7			50 Back			8
9			100 IM			10
11			1000 Free (a)			12

### Saturday Prelims, December 17, 2005 Session 2

Girls Event #	Qualifying Time - 12 & Under	Qualifying Time - 13 & Over	Event Description	Qualifying Time - 12 & Under	Qualifying Time - 13 & Over	Boys Event #
13			200 Free			14
15			50 Fly			16
17			100 Back			18
19			100 Breast			20
21	6:10.00	5:58.00	400 IM (b)	6:35.00	5:45.00	22

### Sunday Prelims, December 18, 2005 Session 3

Girls Event #	Qualifying Time - 12 & Under	Qualifying Time - 13 & Over	Event Description	Qualifying Time - 12 & Under	Qualifying Time - 13 & Over	Boys Event #
23	3:05.00	2:52.00	200 Back	3:15.00	2:46.00	24
25			100 Free			26
27	3:13.00	3:09.00	200 IM	3:20.00	3:10.00	28
29			100 Fly			30
31			50 Breast			32
33	8:00.00	6:40.00	500 Free (b)	8:00.00	6:40.00	34

(a) Enter with your best 500 free time. The 1000 free is a timed final and will be limited to the fastest 32 girls and 32 boys. Proof of time must be submitted with your entries. Positive check-in is required. Swimmers must provide their own timer and counter.

(b) 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.

**Officials:** Help from visiting officials is always welcome. Visiting officials are asked to indicate their availability with the team's entry forms.

**Timers:** We will fill as many lanes as possible with TXLA parents but we almost always fall a little short. Please help us out by 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, 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.

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.

*The University of Texas at Austin*  
**Lee and Joe Jamail**  
**Texas Swimming Center**

**2005-2006 SPONSOR HOTELS**

**Holiday Inn Town Lake**

20 N IH-35  
Austin, TX 78701

Divya Siaghal  
(512) 634-1274

[divya.saighal@ichotelsgroup.com](mailto:divya.saighal@ichotelsgroup.com)

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

**Hampton Inn and Suites Downtown**

200 San Jacinto  
Austin, TX 78701

Shawn Ezell  
(512) 744-0822

[sezell@valenciagroup.com](mailto:sezell@valenciagroup.com)

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

**Radisson Hotel & Suites on Town Lake**

111 Cesar Chavez  
Austin TX 78701

Jennifer Spradling  
(512) 478-9611

[jspradling@radissonaustin.com](mailto:jspradling@radissonaustin.com)

Located in the heart of downtown Austin, minutes  
from the UT Swim Center, home of Starbucks coffee  
and T.G.I. Fridays restaurant

**Drury Hotels**

Highland Mall - 919 E. Koenig Lane  
North - 6711 I-35N

Kristen McIntyre (10+ rooms)  
(800) 436-7110

Individual reservations (800) 378-7946

**Hampton Inn and Suites Airport**

7712 E Riverside Drive  
Austin, TX 78744

Donna Evans  
(512) 356-6603

[dhevens@valenciagroup.com](mailto:dhevens@valenciagroup.com)

**Embassy Suites**

North - 5901 N. IH 35  
Kate Reid

(512) 454-8004 ext. 7025

[www.embassysuitesaustinnorth.com](http://www.embassysuitesaustinnorth.com)

Downtown - 300 South Congress Ave  
Craig Harms

(512) 617-2574

[www.austindowntown.embassysuites.com](http://www.austindowntown.embassysuites.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(e) 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**