



Entry deadline changed to Tuesday, July 19 -- 6 PM

The University of Texas at Austin



LONGHORN AQUATICS

2005 Speedo Champions Series Sectional Championship

July 27 -- 30, 2005

Open to USA Swimming Clubs in Texas and Louisiana

Welcome: Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in the Speedo Champions Series Sectional Championship. Only USA Swimming Clubs in Texas and Louisiana are eligible to compete. This meet will be conducted in one indoor 50 meter course using Colorado Timing Systems 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 sanctioned by South Texas Swimming and 2005 rules apply. All swimmers must be registered as athletes for 2005 with USA Swimming.

Table with columns for Day, Event, Time, and Start Time. Rows include Wednesday (Registration, Timed Finals, General Meeting), Thursday (Registration, Prelims, Finals), Friday (Prelims, Finals), and Saturday (Prelims, Finals).

Entry Deadline: Entries must be received by 6 PM on Tuesday, July 19.

General Meeting: All swimmers must be represented at a General Meeting to be held on Wednesday in the spectator seating area following the 800 free. Any change in the format of the meet will be decided at this meeting. It is each swimmer and coach's responsibility to be aware of any changes made during this meeting.

Registration: All meet personnel and USA Swimming coaches, officials and participating athletes will be issued credential tags. Be sure you have turned in the attached Team Information form so the correct number of credential tags can be issued. Team photographers will NOT receive credential tags. Media personnel should contact the meet director about credential tags.

Coaches or a team representative may pick up their team's credential tags at the registration desk between 2:00 PM and 5:00 PM on Wednesday, July 27 or between 7:00 AM and 9:00 AM on Thursday, July 28. The registration desk is located on the lower level of the Swim

Center next to concessions. Credential tags not picked up at these times will be available at clerk of course. Replacement credential tags will be available at a cost of \$10.

**Qualifying Times:** Time standards are attached.

Swimmers that have one Texas Senior Circuit Automatic cut qualify to swim all events except the 800 and 1500 free.

Swimmers without an automatic cut must meet the Texas Senior Circuit B qualifying standard. Swimmers entered in 1, 2 or 3 events with a B qualifying time may also swim 1 "bonus" event. Swimmers entered in 4, 5 or 6 events with a B qualifying time may swim 2 "bonus" events. A "bonus" event is any individual event 200 meters or less. Swimmers entered in *either* the 800 or 1500 with a B qualifying time, may enter the 400 free, 400 IM, 800 or 1500 as bonus events.

Swimmers may enter a maximum of 3 individual events per day. Relay swimmers must be qualified and entered in an individual event.

**Meet Format:** The 800 free, 1500 free and all relays are timed finals. All other events are prelim/final events featuring a final, consolation and bonus heat qualifying for finals on Thursday, Friday and Saturday. Additional final heats may be added with Meet Referee and Meet Director approval.

Other than the 1500 free, all individual events will swim slowest to fastest. The 800 free, 400 free, 400 IM and 1500 free will be deck seeded and require positive check-in. These events will swim alternating heats of women and men.

All events shorter than 400 meters will be pre-seeded. *Please review the scratch rule below.* All events 400 meters and longer will be deck seeded; positive check-in is required.

The fastest heat of the 1500 free, both women and men, electing to swim in finals, will swim at night during finals. All other heats of the 1500 will swim fastest to slowest, alternating heats of women and men at the conclusion of prelims on Saturday.

Relay swimmers must be qualified to swim and entered in an individual event. Relays will be deck seeded. The fastest 2 heats of women and men in each relay will swim at night during finals, fastest to slowest. All other heats will swim during prelims, fastest to slowest. Relay cards are due by 11 AM. Relay cards not received on time will be considered scratches.

The Meet Referee and Meet Director reserve the right to conduct chase starts from both ends of the pool or conduct fly-over starts based on the number of entries and projected timeline.

**Check-in:** Positive check-in is required for the 800 free, 400 free, 400 IM and 1500 free. Swimmers in the 1500 free must also indicate if they intend to swim in prelims or finals. For events other than the 1500 free, the swimmer must check in 30 minutes prior to the start of the session. For the 1500 free, the check-in deadline is 7:00 PM on Friday.

**Scratch Rule:** The 800 free, 400 free, 400 IM and 1500 free are deck seeded events and positive check-in is required. All other events will be pre-seeded following the scratch deadline for that day's preliminary events. **Any swimmer who fails to compete in a preliminary event which they have entered and have not scratched, will be barred from further individual and relay events of that day.**

The scratch deadline for Thursday's preliminary events is 7:00 PM Wednesday, July 27.

The scratch deadline for Friday's preliminary events is 7:00 PM Thursday, July 28.

The scratch deadline for Saturday's preliminary events is 7:00 PM Friday, July 29.

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 indicated 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 expelled from the meet. Failure to compete in finals on Sunday will result in a \$100 fine to the Team (or swimmer, if unattached) for each empty lane. Fines are payable to The University of Texas at Austin.*

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

**Entries:** Entries must be received by **noon on Friday, July 15**. Late entries will not be accepted. If you email entries, we must receive your entry fees and Team Information Form by 6 PM on Wednesday, July 20, 2005.

Swimmers may enter up to **3 individual events per day**. The age of the swimmer will be his/her age on July 27, 2005. Enter all events in the qualifying course -- if your qualifying time is in yards, enter in yards. If your qualifying time is in meters, enter in meters. **DO NOT CONVERT TIMES**. LCM times will be seeded first, then yard times, then short course meters.

All teams with five or more swimmers entered in this meet must submit their entries using Version 3 or 4 of Hy-Tek Team Manager software. Email the Hy-Tek file with the Proof of Time report, a Word document of the entries, by swimmer, to Debbie Norval at [anorval@austin.rr.com](mailto:anorval@austin.rr.com). Each team must also complete the attached Team Information Form. This form can be mailed with your entry fees.

Alternatively, you can submit a diskette and hard copies of your teams' entries with proof of time to the address below. Your entry fees must be included. Do not send a package that requires a signature.

Teams with fewer than five swimmers may use the attached meet entry form.

No 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, \$15 per relay.

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

Mail to: Debbie Norval  
Sectionals  
2808 Montebello Road # 7  
Austin, TX 78746

**Proof of Time:** Times submitted to qualify for this meet must be pre-proved. Times achieved at the meet cannot be used to prove entry times. Proof must be submitted with your entries. The Team Manager "Proof-of-Times Report" is sufficient for proving entry times achieved at meets listed on the TSA or USA Swimming STAR databases. To prove all other times, fill out the attached Proof-of-Time information form and return the form along with official printed results from high school, NCAA, or YMCA meets or printouts from the respective web pages.

Swimmers will be fined \$100.00 for each unproven qualifying time and will be banned from competition until all fines have been paid. Fines are payable to the University of Texas at Austin.

**Deck Entries:** Swimmers must meet the qualifying times and entry rules. Deck entries will be accepted on deck at \$15.00 per individual event, \$20 per relay. The deadline for deck entries is 30 minutes before the scheduled start of each prelim session. Swimmers not previously entered in the meet must present their USA swimming registration card at Clerk of Course to deck enter.

Swimmers will be entered in empty lanes of pre-seeded events. Additional heats may be added at the discretion of the Meet Referee.

**Time Trials:** Time trials will be conducted between prelims and finals on Thursday, Friday and Saturday (following the 1500 free), time permitting. 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 will be accepted at clerk of course until 11:00 AM each day. A swimmer is limited to a maximum of two Time Trials during the meet. The order of events will be at the discretion of the Time Trials Referee. The entry fee is \$15 per individual event, to be paid at the time of entry.

**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:** Individual events: medals 1<sup>st</sup> through 8<sup>th</sup> place  
Relay events: medals 1<sup>st</sup> through 3<sup>rd</sup> place  
Combined team: banners 1<sup>st</sup> through 3<sup>rd</sup> place  
Individual high point: 1<sup>st</sup> place Women and 1<sup>st</sup> place Men

There will not be an awards ceremony. Awards can be picked up at clerk of course following finals on Saturday. Awards will not be mailed, so please don't forget to pick these up Saturday evening.

**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)

**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 Swim Center during any scheduled warm-up or meet session. CASH ONLY.

All Session Pass - \$15 (students/children 3 to 12 - \$7)

Day Pass - \$7 (students/children 3 to 12 - \$3)

**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 ([www.utexas.edu/longhornaquatics](http://www.utexas.edu/longhornaquatics)) closer to the meet.



**2005 Speedo Champions Series  
Sectional Championship  
ORDER OF EVENTS**

**Wednesday, July 27, 2005**

**Timed Finals: Warm-up 3:30-4:45 PM      Start 5:00 PM**

<b>Women's #</b>	<b>Event</b>	<b>Men's #</b>
1	800 Free	2

Swimmers in the 800 free must provide their own timers and counters.

**Thursday, July 28, 2005**

**Prelims: Warm-up 7:00 -- 8:45      Start 9:00 AM**  
**Finals: Warm-up 5:00 -- 5:45      Start 6:00 PM**

<b>Women's #</b>	<b>Event</b>	<b>Men's #</b>
5	200 Back	6
7	100 Free	8
9	200 Fly	10
3	400 Free	4
	<i>15 minute break</i>	
11	400 Free Relay	12

**Friday, July 29, 2005**

**Prelims: Warm-up 7:00 -- 8:45      Start 9:00 AM**  
**Finals: Warm-up 5:00 -- 5:45      Start 6:00 PM**

<b>Women's #</b>	<b>Event</b>	<b>Men's #</b>
13	200 Free	14
15	200 Breast	16
17	100 Fly	18
19	400 IM	20
	<i>15 minute break</i>	
21	800 Free Relay	22

**Saturday, July 30, 2005**

**Prelims: Warm-up 7:00 -- 8:45      Start 9:00 AM**  
**Finals: Warm-up 4:00 -- 4:45      Start 5:00 PM**

<b>Women's #</b>	<b>Event</b>	<b>Men's #</b>
23	100 Back	24
25	100 Breast	26
29	50 Free	30
31	200 IM	32
	<i>15 minute break</i>	
33	400 Medley Relay	34
27	1500 Free	28

Swimmers in the preliminary heats of the 1500 must provide their own timers and counters.

- Officials:** Help from visiting officials is always welcome. Visiting officials are asked to indicate their availability with the team's entry forms or email the meet referee. All officials must attend a mandatory meeting one hour before each session.
- Timers:** Swimmers in the 800 free on Wednesday and preliminary heats of the 1500 free on Saturday must provide their own timers and counters. Teams with 5 or more swimmers will be assigned timing lanes. Assigned lanes will be posted at the pool and a copy distributed at the general meeting. If you are traveling with a limited number of volunteers, please contact the meet director.
- 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.
- 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.**

2005 TSC Women	B standard			Automatic		
Event	Short Course	SC Meters	Long Course	Short Course	SC Meters	Long Course
50 FREE	25.39	28.39	29.19	24.59	:27.29	27.79
100 FREE	54.79	1:01.49	1:02.59	52.89	:59.19	1:00.19
200 FREE	1:57.89	2:13.89	2:15.49	1:54.19	2:07.59	2:09.09
400 FREE	5:19.49	4:39.59	4:45.19	5:03.29	4:25.29	4:30.69
800 FREE	10:57.89	9:35.59	9:51.49	10:21.29	9:07.89	9:15.99
1500 FREE	19:03.09	18:41.09	19:05.09	17:24.29	17:22.69	17:46.69
100 BACK	1:01.69	1:11.79	1:12.59	59.09	1:07.09	1:07.89
200 BACK	2:14.09	2:34.19	2:35.99	2:06.99	2:24.19	2:25.99
100 BREAST	1:11.09	1:19.89	1:22.99	1:06.89	1:14.59	1:16.79
200 BREAST	2:34.09	2:55.49	2:58.69	2:24.29	2:42.09	2:44.99
100 FLY	1:00.59	1:08.69	1:09.09	58.49	1:05.39	1:05.79
200 FLY	2:16.39	2:34.09	2:35.99	2:07.39	2:23.19	2:24.19
200 I.M.	2:14.09	2:32.09	2:34.79	2:09.49	2:24.99	2:27.59
400 I.M.	4:42.19	5:24.89	5:28.79	4:33.09	5:05.99	5:09.69

2005 TSC Men	B standard			Automatic		
Event	Short Course	SC Meters	Long Course	Short Course	SC Meters	Long Course
50 FREE	22.69	25.09	25.79	:21.69	24.09	24.79
100 FREE	49.29	55.19	56.79	:47.09	52.49	53.99
200 FREE	1:48.09	2:01.89	2:04.69	1:43.09	1:55.39	1:58.09
400 FREE	4:56.89	4:17.29	4:25.99	4:39.59	4:01.59	4:09.79
800 FREE	10:15.79	8:54.49	9:12.69	9:39.29	8:23.69	8:40.79
1500 FREE	17:29.29	17:25.49	17:49.29	16:13.69	16:17.79	16:41.79
100 BACK	57.09	1:04.59	1:06.49	:53.09	59.69	1:01.39
200 BACK	2:03.99	2:19.79	2:23.39	1:54.79	2:08.59	2:12.39
100 BREAST	1:04.29	1:11.39	1:13.09	:59.49	1:05.99	1:08.29
200 BREAST	2:22.69	2:35.09	2:40.89	2:09.79	2:24.59	2:29.79
100 FLY	54.49	1:01.09	1:01.79	51.89	58.19	58.89
200 FLY	2:03.99	2:20.59	2:23.09	1:54.89	2:08.29	2:10.59
200 I.M.	2:02.69	2:17.99	2:22.99	1:56.29	2:08.99	2:13.59
400 I.M.	4:25.99	4:53.79	5:02.19	4:08.09	4:35.99	4:43.89

**Team Information**



**The University of Texas and Longhorn Aquatics  
July 27 -- 30, 2005**

(Please submit with Team Entries)

Team Name: \_\_\_\_\_ Club Abbreviation/LSC: \_\_\_\_\_

Head Coach: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Additional coaches attending:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Volunteers to help with timing -- thanks!

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

*The University of Texas at Austin*

**Lee and Joe Jamail  
Texas Swimming Center**

**2004-2005 SPONSOR HOTELS**

**Drury Inn & Suites**

Nicole Cummings, National Sales Coordinator  
6711 I-H 35  
Austin, Tx 78752  
(800) 436-1175  
[nicole.cummings@druryinn.com](mailto: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](mailto:cramos@valenciagroup.com)

**Drury Inn Highland Mall**

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

**Radisson Hotel & Suites**

111 Caesar Chavez  
Austin TX 78701  
Diana (Dede) Kavanaugh  
(512) 473-1542  
[dkavanaugh@radissonaustin.com](mailto:dkavanaugh@radissonaustin.com)

**Embassy Suites**

Kate Reid  
5901 N. IH 35  
Austin, TX 78723  
(512) 454-8004 ext. 7025  
[www.embassysuitesaustinnorth.com](http://www.embassysuitesaustinnorth.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**

<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 at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroke 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**



Relay Entry Form			
Team:		Address:	
Team Initials:			
Head Coach:		Email:	
Phone:			
Event #	Event Description	Relay (A,B,C...)	Entry Time
Swimmer	Last Name	First Name, MI	USA Number
1			
2			
3			
4			
Event #	Event Description	Relay (A,B,C...)	Entry Time
Swimmer	Last Name	First Name, MI	USA Number
1			
2			
3			
4			
Event #	Event Description	Relay (A,B,C...)	Entry Time
Swimmer	Last Name	First Name, MI	USA Number
1			
2			
3			
4			
Event #	Event Description	Relay (A,B,C...)	Entry Time
Swimmer	Last Name	First Name, MI	USA Number
1			
2			
3			
4			

