

The University of Texas at Austin



LONGHORN AQUATICS

Texas Senior Circuit Championship July 14 -- 17, 2005

Open to all USA Swimming Clubs

- Welcome:** Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in the Texas Senior Circuit Long Course Championship. This meet is open to all USA Swimming Clubs. The 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 USA Swimming rules apply. All swimmers must be registered as athletes for 2005 with USA Swimming.
- Schedule:**
- | | | | |
|-----------------|-----------------|---|----------------|
| Wed., July 13 | | the pool will be available after 8:30 PM | |
| Thurs., July 14 | Timed Finals | Warm-up 3:30 - 4:45 PM | Start 5:00 PM |
| | General Meeting | 15 minutes after the conclusion of the 800 Free relay | |
| Fri., July 15 | Prelims | Warm-up 8:30 - 9:45 AM | Start 10:00 AM |
| | Finals | Warm-up 5:00 - 6:15 PM | Start 6:30 PM |
| Sat., July 16 | Prelims | Warm-up 7:00 - 8:45 AM | Start 9:00 AM |
| | Finals | Warm-up 5:00 - 6:15 PM | Start 6:30 PM |
| Sun., July 17 | Prelims | Warm-up 7:00 - 8:45 AM | Start 9:00 AM |
| | Finals | Warm-up 4:00 - 4:45 PM | Start 5:00 PM |
- Entry Deadline:** Entries must be received by **noon on Wednesday, July 6th**. No phone or fax entries will be accepted.
- General Meeting:** All swimmers must be represented at a General Meeting to be held Thursday afternoon in the spectator seating area following the 800 free relay. 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 the meeting.
- Qualifying Times:** Swimmers must meet the Texas Senior Circuit A Standard, yards or meters, for each event entered. However, swimmers with one Automatic cut may swim any event, except the 800 and 1500 free. All swimmers entered in the 800 or 1500 free must meet the A standard. Lifetime best times are eligible. The Texas Senior Circuit Time Standards are attached.
- Meet Format:** The 800 and 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 Friday, Saturday and Sunday. Additional final heats may be added with Meet Referee and Meet Director approval.

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

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

Swimmers in the 800 free and prelim heats of the 1500 free must provide their own timers and counters.

All events will finish on the North end (American Flag end) of the 50-meter pool. 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.

Seeding: The meet will be seeded with heats organized according to USA Swimming Rules 102.5 and 207.7.10, except as modified herein.

Check-In: Positive check-in is required for the 800 free, 400 IM, 400 free 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 Saturday.

Scratch Rule: The scratch box will be located at the Clerk of Course.

Friday and Saturday: 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 fails to scratch per the USA Swimming National scratch procedures, USA Swimming Rule article 207.7.9A, D and E, except as modified herein, and who fails to report to the starting blocks for finals, for which they are qualified, will be barred from their next event in finals or prelims.

Sunday: To eliminate “no-shows” for finals on Sunday, swimmers are required to declare their **INTENT TO SWIM** and must complete a positive check-in for Sunday finals within the 30-minute scratch deadline.

Entries: Entries must be received by noon on Wednesday, July 6th. If you email entries, we must receive your entry fees by 6 PM on Monday, July 11th.

Swimmers may compete in as many events as they are qualified. See “Qualifying Times” above. Enter all events with previous best times achieved in **long course meters**. If you are entering an event in which you met the yard or short course meter qualifying time (i.e. you don’t have the long course qualifying time), enter at the long course qualifying time. **DO NOT CONVERT TIMES.**

All teams with five or more swimmers entered in the meet are encouraged to submit entries using Hy-Tek Team Manager software. Email the Hy-Tek file, appropriate proof of time and a Word document of entries, by swimmer, to Debbie Norval at anorval@austin.rr.com. Each team must also complete the attached Entry Verification and coaches’ information form. This form can be mailed with your entry fees.

Entries not submitted using Hy-Tek must be submitted on the attached Entry Form and require an additional \$15 surcharge. You must also include the attached Proof of Times Report and the meet entry fees must be included with your entries. Mail your entries and check to the address below.

No phone or fax entries will be accepted.

- Meet Director:** Debbie Norval
512-329-9110
anorval@austin.rr.com
- 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) closer to the meet.
- Officials:** Help from visiting officials is always welcome. Visiting officials are asked to indicate their availability with the team's entry forms or email Bob Ward at reward@prismnet.com.
- Timers:** Swimmers in the 800 free and preliminary heats of the 1500 free 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.

ORDER OF EVENTS**Thursday, July 14, 2005****Timed Finals: 3:30-4:45 PM warm up Start 5:00 PM**

Women's #	Event	Men's #
1	800 Freestyle (1)	2
3	800 Free Relay (3)	4

Friday, July 15, 2005**Prelims: Warm-up 8:30 -- 9:45 Start 10:00 AM****Finals: Warm-up 5:00 – 6:15 Start 6:30 PM**

Women's #	Event	Men's #
5	200 Freestyle	6
9	100 Breaststroke	10
11	100 Backstroke	12
	<i>20 minute break</i>	
13	400 IM (2)	14
15	400 Free Relay (3)	16

Saturday, July 16, 2005**Prelims: Warm-up 7:00 -- 8:45 Start 9:00 AM****Finals: Warm-up 5:00 – 6:15 Start 6:30 PM**

Women's #	Event	Men's #
17	100 Butterfly	18
21	200 Backstroke	22
23	50 Freestyle	24
	<i>20 minute break</i>	
25	400 Freestyle (2)	26
27	400 Medley Relay (3)	28

Sunday, July 17, 2005**Prelims: Warm-up 7:00 – 8:45 Start 9:00 AM****Finals: Warm-up 4:00 – 4:45 Start 5:00 PM**

Women's #	Event	Men's #
29	200 Butterfly	30
33	200 Breaststroke	34
35	100 Freestyle	36
37	1500 Freestyle (4)	38
39	200 IM	40

NOTES:

1. The 800 meter free will swim fastest to slowest, alternating heats of women and men. Swimmers must provide their own timers and counters.
2. The 400 meter IM and 400 meter free will swim fastest to slowest, alternating heats of women and men. There will be a 20-minute break before each event.
3. Relays are timed final events. All heats of relays will swim at night during finals, fastest to slowest. Relay cards are due at the start of the finals session.
4. The fastest heat of women and men electing to swim in finals, will swim in finals. All other heats will swim at the conclusion of Sunday prelims, fastest to slowest, alternating heats of women and men. Swimmers in preliminary heats must provide their own timers and counters.

2005 TSC Women	A standard			Automatic		
Event	Short Course	SC Meters	Long Course	Short Course	SC Meters	Long Course
50 FREE	24.59	27.69	28.19	24.59	27.29	27.79
100 FREE	52.89	59.69	1:00.69	52.89	59.19	1:00.19
200 FREE	1:54.19	2:08.59	2:10.09	1:54.19	2:07.59	2:09.09
400 FREE	5:03.29	4:32.89	4:37.99	5:03.29	4:25.29	4:30.69
800 FREE	10:21.29	9:35.59	9:46.19	10:21.29	9:07.89	9:15.99
1500 FREE	17:24.29	18:35.69	18:59.69	17:24.29	17:22.69	17:46.69
100 BACK	59.09	1:09.49	1:10.29	59.09	1:07.09	1:07.89
200 BACK	2:06.99	2:30.29	2:32.09	2:06.99	2:24.19	2:25.99
100 BREAST	1:06.89	1:18.69	1:20.99	1:06.89	1:14.59	1:16.79
200 BREAST	2:24.29	2:53.09	2:56.19	2:24.29	2:42.09	2:44.99
100 FLY	58.49	1:06.59	1:06.99	58.49	1:05.39	1:05.79
200 FLY	2:07.39	2:29.89	2:30.89	2:07.39	2:23.19	2:24.19
200 I.M.	2:09.49	2:28.79	2:31.49	2:09.49	2:24.99	2:27.59
400 I.M.	4:33.09	5:14.99	5:18.79	4:33.09	5:05.99	5:09.69

2005 TSC Men	A standard			Automatic		
Event	Short Course	SC Meters	Long Course	Short Course	SC Meters	Long Course
50 FREE	21.69	24.69	25.39	21.69	24.09	24.79
100 FREE	47.09	53.79	55.29	47.09	52.49	53.99
200 FREE	1:43.09	1:58.79	2:01.59	1:43.09	1:55.39	1:58.09
400 FREE	4:39.59	4:12.19	4:20.79	4:39.59	4:01.59	4:09.79
800 FREE	9:39.29	8:50.89	9:08.99	9:39.29	8:23.69	8:40.79
1500 FREE	16:13.69	17:15.49	17:39.49	16:13.69	16:17.79	16:41.79
100 BACK	53.09	1:02.59	1:04.39	53.09	59.69	1:01.39
200 BACK	1:54.79	2:14.89	2:18.89	1:54.79	2:08.59	2:12.39
100 BREAST	59.49	1:10.19	1:12.69	59.49	1:05.99	1:08.29
200 BREAST	2:09.79	2:34.59	2:40.59	2:09.79	2:24.59	2:29.79
100 FLY	51.89	59.29	59.99	51.89	58.19	58.89
200 FLY	1:54.89	2:14.79	2:17.19	1:54.89	2:08.29	2:10.59
200 I.M.	1:56.29	2:15.29	2:20.19	1:56.29	2:08.99	2:13.59
400 I.M.	4:08.09	4:49.79	4:58.39	4:08.09	4:35.99	4:43.89

The University of Texas at Austin

**Lee and Joe Jamail
Texas Swimming Center**

2004-2005 SPONSOR HOTELS

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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
Diana (Dede) Kavanaugh
(512) 473-1542
dkavanaugh@radissonaustin.com

Embassy Suites

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

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

ENTRY VERIFICATION FORM

I, the undersigned coach or team representative, verify that all swimmers and coaches listed on the enclosed forms or entry disks are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have current certification requirements.

Team Name LSC

Signature

_____ Date _____

COACHES INFORMATION

Please provide the following information for each coach who plans to attend.

Name USA Registration #

Name USA Registration #

Name USA Registration #

Name USA Registration #

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			
Event #	Event Description	Relay (A,B,C...)	Entry Time
Swimmer	Last Name	First Name, MI	USA Number
1			
2			
3			
4			

