

The University of Texas at Austin**LONGHORN AQUATICS****2005 Longhorn Aquatics Texas Open
July 1 - 3, 2005**

WELCOME: Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in our long course meet. 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.

SCHEDULE:	Friday	Session 1 - All Swimmers	Warm-up	12:00PM
			Start	1:00PM
	Saturday	Session 2 - 12 & Under	Warm-up	7:30 AM
			Start	8:30 AM
		Session 3 - 13 & Over	Warm-up	1:00 PM
			Start	2:00 PM
	Sunday	Session 4 - 12 & Under	Warm-up	7:30 AM
			Start	8:30 AM
		Session 5 - 13 & Over	Warm-up	1:00 PM
			Start	2:00 PM

QUALIFYING TIMES: There are qualifying times for events of 200 meters and over. Refer to the order of events for the specific qualifying times.

SANCTIONS: This meet is sanctioned by South Texas Swimming and 2005 rules apply. All swimmers must be registered for 2005 with USA swimming/South Texas Swimming.

MEET FORMAT: All events are timed finals, swum in one long course meter pool, seeded only by time and gender. Age groups will be combined. Depending on the number of swimmers, chase starts and over/under starts may be used. The meet will be run with **odd heats finishing at the Texas Flag** end of the pool and **even heats finishing at the American Flag** end of the pool. **All events will be swum fastest to slowest.** The 400 meter Free, 400 meter IM, 200 Backstroke and 200 Breaststroke require positive check in 30 minutes prior to the start of the session. The 400 Free and 400 IM will be swum fastest to slowest, alternating girls then boys heats.

In order to stay within the four hour rule, we reserve the right to cap the number of swimmers entered in the meet **or to divide the sessions differently.** For example, if we have a large number of young swimmers and fewer older

swimmers, we could move the 12 year olds into the afternoon session, still stay within the four hour rule and let more swimmers compete.

Swimmers will be entered in the order entries are received.

CHECK-IN: Check-in is required for the 400IM, 400 Freestyle, 200 Backstroke and 200 Breastroke. The swimmer must check in 30 minutes prior to the start of the session.

ENTRY DEADLINE: Entries must be received by **Monday, June 20th at noon.**

ENTRIES: Swimmers may enter up to **5 individual events per day.** The age of the swimmer will be his/her age on July 1, 2005. Enter all events with previous best times achieved in **long 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 entries to the entry chair. When you email the entries, also attach a Word document of the entries (by swimmer) and a Word document of the meet entry fees report. **If you email entries, we must receive your entry fees by noon on Thursday, June 30, 2005.**

Alternatively, you can submit a diskette and hard copies of your teams' entries (by swimmer) and the meet entry fees report by mail to the address below or in person to the Swim Center. Your entry fees must be included.

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

ENTRY FEES: \$6.00 per individual event. This includes the South Texas Swimming splash fee of \$1.00 per splash.

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

Mail to: Meet Director – Texas Open
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. **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 the first heat of pre-seeded events. No new heats will be created. The deadline for late entries is 30 minutes before the scheduled start of each session.

AWARDS: Ribbons, first through eighth place, will be awarded according to the following age groupings: 8 & under, 9/10 and 11/12. No other awards will be given.

MEET REFEREE: Bob Ward
512- 328-7070
reward@prism.net

MEET DIRECTOR: Michelle Rigterink
512-394-0010
driqterink@earthlink.net

PARKING: On 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 an "At All Times" space 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.

If there are any particular parking issues for this meet, they will be posted the week of the meet on the TXLA website (www.utexas.edu/longhornaquatics). Look for this meet on the schedule of hosted meets -- "Parking".

FRIDAY, July 1, 2005

SESSION 1 All Swimmers
Warm-up 12:00 PM
Meet Starts 1:00 PM

	Girls	Events	Boys	
	Qualifying Time		Qualifying Time	
	1	*13& over 400 Free		2
15 & up	5:21.00		5:00.00	
13-14	5:31.00		5:18.00	
	3	*12& under 400 Free		4
11-12	5:55.00		6:15.00	
10 & under	6:36.00		7:15.00	
	5	OPEN 50 Free		6
	7	*12& under 400 IM		8
12 & under	7:00.00		7:12.00	
	9	*13& over 400 IM		10
15& up	6:08.00		5:48.00	
13-14	6:21.00		6:04.00	

*Positive check-in required before 12:30 PM.

SATURDAY, July 2, 2005

SESSION 2 12 & Under

Warm-up 7:30 AM

Meet Starts 8:30 AM

Girls		Events	Boys	
Qualifying Time			Qualifying Time	
11-12	11	OPEN 100 Free	11-12	12
10 & under	13		10 & under	14
		200 IM		
			3:14.00	3:23.00
			3:34.00	3:49.00
	15	100 Breast	11-12	16
10 & under	15		10 & under	16
			1:39.00	1:48.00
			1:54.00	2:00.00
	17	OPEN 50 Fly	11-12	18
10 & under	19		10 & under	20
		100 Back		
			1:34.00	1:40.00
			1:43.00	1:53.00
	21	200 Fly	11-12	22
12 & under	21		12 & under	22
			3:16.00	3:26.00

SESSION 3 13 & Up

Warm-up 1:00 PM

Meet Starts 2:00 PM or 45 minutes after the end of session 2

Girls		Events	Boys	
Qualifying Time			Qualifying Time	
15 & up	23	OPEN 100 Free	15 & up	24
13-14	25		13-14	26
		200 IM		
			2:53.00	2:45.00
			2:58.00	2:50.00
	27	OPEN 100 Breast	15 and Up	28
13-14	29		13-14	30
		OPEN 50 Fly		
	31	OPEN 100 Back	15 and Up	32
	33		13-14	34
		200 Fly		
			2:51.00	2:38.00
			2:58.00	2:51.00

SUNDAY, July 3, 2005

SESSION 4 12& Under

Warm-up 7:30 AM

Meet Starts 8:30 AM

	Girls	Events	Boys
	Qualifying Time		Qualifying Time
	35	200 Free	36
11-12	2:51.00		3:01.00
10 & under	3:12.00		3:24.00
	37	OPEN 50 Back	38
	39	100 Fly	40
11-12	1:30.00		1:36.00
10& under	1:44.00		1:59.00
	41	OPEN 50 Breast	42
	43	*200 Back	44
12 & under	3:18.00		3:26.00
	45	*200 Breast	46
12& under	3:35.00		3:41.00

* Positive check-in required before 8AM

SESSION 5 13& Over

Warm-up 1:00 PM or 45 minutes after the end of session 4

Meet Starts 2:00 PM

	Girls	Events	Boys
	Qualifying Time		Qualifying Time
	47	200 Free	48
15 & over	2:35.00		2:25.00
13-14	2:39.00		2:36.00
	49	OPEN 50 Back	50
	51	OPEN 100 Fly	52
	53	OPEN 50 Breast	54
	55	*200 Back	58
15 & over	2:51.00		2:40.00
13-14	2:58.00		2:48.00
	57	*200 Breast	60
15 & over	3:17.90		2:49.10
13-14	3:21.60		2:55.00

* Positive check-in required before 1:30PM

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.

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.

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

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

