

The University of Texas at Austin



LONGHORN AQUATICS

**2006 American Short Course Championship
March 2 -- 4, 2006**

Welcome: Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in the 2006 American Short Course Championship. 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.

Sanctions: This meet is approved by South Texas Swimming and 2006 USA Swimming rules apply. Foreign athletes must notify the meet director for FINA approval. All other swimmers, including college swimmers, must be registered as athletes for 2006 with USA Swimming.

We have requested approval from the NCAA for this meet to qualify as a last chance meet for 2006 Division I Men's qualifying times.

Schedule:	Wednesday	Pre-Meet	Warm-ups	6:30 - 9:30 AM 2:00 - 9:00 PM
	Thursday - Saturday	Prelims	Warm-up Start	8:00 - 9:15 AM 9:30 AM
		Finals *	Warm-up (all finalists) Start	4:30 - 5:45 PM 6:00 PM

* Finals will be split into two sessions. The AB Finals of all events will swim beginning at 6 PM followed immediately by the CDE (F) Finals of all events.

Sunday - LCM Time Trials	Warm-up Start	9:00 - 9:45 AM 10:00 AM
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Entry Deadline: Entries for the meet must be received by **Saturday, February 18 at 6 PM**. Entry fees and the Team Information Sheet must be received by Wednesday, February 22 at 6 PM.

Swimmers will be entered in the order entries are received. The meet will be capped at 800 swimmers.

General Meeting: All swimmers must be represented at a general meeting to be held on Thursday following the 400 free relay. We will meet on deck at the north end of the pool. 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, coaches, officials and participating athletes will be issued credential tags. Only persons with credential tags will be allowed access to the deck. Credential tags will be issued to all participating athletes and to coaches that are listed on the Team Information form. Team photographers will NOT receive credential tags. Media personnel should contact the meet director about credentials.

Coaches or a named team representative may pick up their team's credential tags at the registration desk on Wednesday, March 1 from 6:30 -- 9:30 AM or between 2:00 and 5:00 PM. Coaches must present their 2006 USA Registration with current certifications to receive credential tags. 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 the Swim Center entry desk. Replacement credential tags will be available at a cost of \$15. Coaches attending the meet without a team may purchase credential tags for \$50, payable to The University of Texas.

Qualifying Times: Swimmers must meet the attached qualifying times. However, swimmers may swim one bonus event for each individual event in which they are entered and meet the qualifying time. Swimmers should enter bonus events with an actual, provable SCY time -- do not enter at the cut.

Meet Format: The meet will be capped at 800 swimmers. Swimmers will be entered in the order entries are received.

This is a prelim/final meet. Events will swim slowest to fastest in prelims. During prelims, women will swim in the north course; men will swim in the south course. However, the Meet Director along with the Meet Referee reserve the right to (a) split the morning session and/or (b) run even/odd heats (instead of women/men) depending on the timeline for the prelim sessions.

The 400 IM, 500 free and 1650 free will be deck seeded and require positive check in.

The 1650 is a timed final event. The fastest heat of women and men electing to swim in finals will swim at night during finals. The remaining heats will swim fastest to slowest, at the conclusion of prelims on Saturday.

All relays are timed finals. Teams may enter 2 relays in each event. The fastest two heats will swim at night during finals. But you may elect a morning swim. This election (if you want to swim only in the morning) must accompany your entries, relays will be pre-seeded.

There will be 5 heats in finals for the 400 IM and 500 free. All other prelim/final events will have 6 heats in finals. The finals sessions will be split with the A and B finals of all events swimming at 6 PM followed immediately by the C, D, E and where applicable the F heats.

The Meet Director and Meet Referee reserve the right to change the pool configuration for prelims and/or finals.

Check-in: Positive check-in is required for the 400 IM, 500 free and 1650 free. Swimmers in the 1650 must also indicate if they intend to swim in prelims or finals. Check-in deadlines are as follows:

400 IM -- check-in by 9:30 AM on Thursday
500 Free -- check in by 9:30 AM on Friday
1650 Free -- check in by 6 PM on Friday

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 final 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 Saturday will result in a \$50 fine. 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 Saturday, February 18 at 6 PM.** Swimmers may enter a maximum of 3 individual events per day. Teams are limited to two relay entries per event. Enter all events, including bonus events, with previous best times achieved in short course yards. Do not convert times.

Teams with fewer than five swimmers may send an email that includes: the team, team abbreviation, LSC, the swimmer's full name (as registered with USA Swimming), USA ID, event number and description, and entry times for each swimmer.

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.

Email entries to Debbie Norval at anorval@austin.rr.com. Include the Hy-Tek file and a Word document of the entries by swimmer. If you want your relays to swim in the morning, you must indicate that with your entries. If you don't receive an email confirmation, your entries were not received.

Your entry fees along with the Team Information Sheet must be received no later than Wednesday, February 22. Entries will not be processed if entry fees and/or the Team Information Sheet are not received on time.

No paper, phone or fax entries will be accepted.

Entry Fees: \$10.00 per individual event, \$20 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** and
Mail to: Meet Director--American Short Course
Debbie Norval
2808 Montebello Road # 7
Austin, TX 78746

Deck Entries: Deck entries will be accepted each morning for that day's events until 8:45 AM. The deck entry fee is \$15.00 for individual events, \$25 for relays to be paid at the time of entry. Deck entries will be entered with NT in open lanes for pre-seeded events. In deck seeded events (400 IM, 500 and 1650 free), deck entries will be seeded by time. New heats **may** be created at the discretion of the Meet Referee based on the timeline for the session.

You may deck enter the next day's events after deck entries close for the current session.

Swimmers not previously entered in the meet must present their USA swimming registration card at Clerk of Course to be able to deck enter.

Time Trials: Time trials will be conducted, time permitting, between prelims and finals on Thursday, Friday and Saturday (following the 1650). 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 for time trials will be accepted at clerk of course until 11:00 AM each day. A swimmer is limited to a maximum of two SCY time trials during the meet. The order of events each day will be at the discretion of the Time Trials Referee. The entry fee is \$10 per individual event, \$20 per relay to be paid at the time of entry.

LCM Time Trials: LCM time trials will be offered on Sunday -- warm-up at 9 AM with a 10 AM start. Entries for the LCM time trials will be accepted each day of the meet and from 8:00 to 9:00 AM on Sunday. Swimmers must have been entered in the meet to time trial on Sunday. Swimmers are limited to two LCM time trials. The order of events will be at the discretion of the Time Trials Referee. The entry fee is \$10 per individual event, \$20 per relay to be paid at the time of entry.

Scoring: Team points will be scored for the first 16 places. Points for 1st through 16th will be 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, and 1. Relay points are double.

Awards: Awards are still to be determined.

Meet Referee: Bob Ward
512-328-7070
reward@prismnet.com

Meet Director: Debbie Norval
512-329-9110
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 store during any scheduled warm-up or meet session. Tickets may also be pre-ordered by completing the attached form and emailing (anorval@austin.rr.com) or mailing to Debbie Norval, 2808 Montebello Road # 7, Austin, TX 78746. Tickets will not be mailed; they will be held at the store for pick-up beginning Wednesday, March 1.

- All Session Pass - \$35 (including heat sheets)
- All Session Pass - \$20 (no heat sheets)
- Day Pass * - \$8 (students with ID/children 3 to 12 - \$5)
- Heat Sheets \$7 (includes coupon for finals)

* Does not include heat sheets.

Pre-order Form

Tickets - American Short Course

Name _____

Email address (for order confirmation) _____

Phone _____

Quantity			Total
	All Session pass with heat sheets	\$35	
	All Session pass - no heat sheets	\$20	
	Day Pass * - Thursday \$8 (students with ID/children 3 - 12 - \$5)	\$8 or \$5	
	Day Pass * - Friday \$8 (students with ID/children 3 - 12 - \$5)	\$8 or \$5	
	Day Pass * - Saturday \$8 (students with ID/children 3 - 12 - \$5)	\$8 or \$5	
	Total		

* Day passes do NOT include heat sheets (which are \$7, with a coupon for finals heat sheets).

_____ Check enclosed, payable to The University of Texas

_____ Credit Card number _____
 expiration date _____
 billing zip code _____

2006 American Short Course Championships

Order of Events

Women Event #	Qual. Time (SCY)	Event	Qual. Time (SCY)	Men Event #
Thursday, March 2				
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, March 3				
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, March 4				
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

Officials: Help from visiting officials is always welcome. Visiting officials are asked to indicate their availability with the team's entry forms or by emailing the meet referee at reward@prismnet.com

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 persons with credential tags will be allowed access beyond the front desk of the Texas Swimming Center. 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.

More detailed parking information will be posted on the Longhorn Aquatics website (<http://www.utexas.edu/longhornaquatics>) closer to the meet.

2005-2006 SPONSOR HOTELS

Holiday Inn Town Lake

20 N IH-35
Austin, TX 78701

Divya Siaghal
(512) 634-1274

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

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

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

Drury Hotels of Austin

Drury Inn Highland Mall - 919 E. Koenig Lane
Drury Inn & Suits North – 6711 I-35N

Kristen McIntyre (10+ rooms)
(800) 436-1170

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

Embassy Suites

North - 5901 N. IH 35

Kate Reid
(512) 454-8004 ext. 7025

www.embassysuitesaustinnorth.com

Downtown – 300 South Congress Ave

Craig Harms
(512) 617-2574

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(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 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

LONGHORN AQUATICS

2006 American Short Course

**Team Information Sheet
(Submit with Entry Fees)**

Team Name _____

Abbreviation _____

LSC _____

Names and email addresses of coaches * attending the meet:

1. _____

2. _____

3. _____

4. _____

* Teams are limited to 4 coaches. USA credentials must be presented.

Team representative authorized to pick-up credential tags:

1. _____

Note: Only a coach or team representative listed on this form will be allowed to pick up credential tags.