

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

**2005 Longhorn Aquatics February Short Course
February 10 -- 12, 2006**

Welcome: Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in our February short course meet. This meet is open to all swimmers and 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.

Schedule: The meet will be split into morning and afternoon sessions based on age. The morning sessions each day are for swimmers 12 & under and the afternoon sessions are for swimmers 13 & over. Depending on the size of the meet, we reserve the right to run the meet in one pool and/or combine the morning and afternoon sessions on Saturday and Sunday.

| | | | |
|----------|--------------|-------------------|------------------------|
| Friday | All Swimmers | Warm-up Start | 5:00 PM 6:00 PM |
| Saturday | 12 & Under | Warm-up Start | 10:00 AM 11:00 AM |
| | 13 & Over | Warm-up Start: | 3:00 PM * 4:00 PM * |
| Sunday | 12 & Under | Warm-up Start | 9:00 AM 10:00 AM |
| | 13 & Over | Warm-up Start | 2:00 PM * 3:00 PM * |

* These are estimated times. The warm-up for the afternoon session will begin immediately following the morning session.

Qualifying Times: Refer to the order of events for qualifying time. 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.

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

Meet Format: All events are timed finals, seeded only by time and gender. Age groups will be combined. All events will swim fastest to slowest.

The 1000 free on Sunday afternoon will be limited to the fastest 32 boys and the fastest 32 girls. **Enter the 1000 free with your best 500 free time.** Times will be pre-proved for this event. You cannot enter the 1000 free with a NT. 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.

We reserve the right to cap the number of swimmers entered in order to stay within the four hour rule. Swimmers will be entered in the order entries are received. Depending on the size

of the meet, we reserve the right to run the meet in one pool and/or combine the morning and afternoon sessions on Saturday and Sunday.

Check-in: Positive check-in is required for the 1000 free. Check-in sheets will be available approximately 2 hours before the event will swim and will close one hour before the event should swim. Exact times will be posted on the day of the event.

Entry Deadline: Entries must be received by **Monday, January 30, 2006 at 6 PM.** Entry fees must be received by Friday, February 3 at 6 PM.

Entries: Swimmers may enter a maximum of 5 individual events per day. The age of the swimmer will be his/her age on February 10, 2006. Enter all events with previous best times achieved in short course yards.

Entries in the 1000 free (which are 500 free times) will be pre-proved using the TSA database. If the entry time is not in the TSA database, please provide proof of time. 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 for high school meets. Alternatively you may submit a hard copy of the proof with your entries.

Other than the 1000 free (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.

Teams with fewer than five swimmers should send an email including, the team, team abbreviation, LSC, the swimmers full name (as registered with USA Swimming), USA ID, event numbers 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. **Note re Hy-Tek event file -- event 67/68 will show up on your eligibility reports as 500 free. YES, event 67/68 is really the 1000 free. Because the qualifying times for the 1000 are 500 times, no one shows up as eligible for the 1000. Call me if you have any questions, Debbie 329-9110.**

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 don't receive an email confirmation, your entries were not received.

No paper, 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.

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

Deck Entries: Deck entries will be accepted only for open lanes. 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: Ribbons, first through eighth place will be awarded according to the following age groupings: boys and girls 8 and under, 9-10, and 11-12. No other awards will be given.

Meet Referee: Mark Mueller
webmaster@stswim.org

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

Order of Events

Friday, February 10, 2006

Session 1 All Swimmers

| Girls | Qualifying Time | Event | Qualifying Time | Boys |
|--------------|------------------------|-------------------------------|------------------------|-------------|
| 1 | | 500 Free | | 2 |
| | 7:10.00 | 10 & Under | 7:05.00 | |
| | 6:52.82 | 11 - 12 | 6:52.60 | |
| | 6:16.85 | 13 - 14 | 6:09.70 | |
| | 6:10.14 | 15 & Over | 6:06.62 | |
| 3 | | 50 Fly | | 4 |
| 5 | | 50 Free | | 6 |
| 7 | | 50 Breast | | 8 |
| 9 | | 50 Back | | 10 |
| 11 | 2:54.67 | 12 & Under 200 IM | 3:06.11 | 12 |
| 13 | | 13 & Over 400 IM * | | 14 |
| | 6:06.29 | 13 - 14 | 6:25.43 | |
| | 5:39.89 | 15 & Over | 5:26.69 | |

* Swimmers must provide their own timers.

Saturday, February 11, 2006**Session 2 12 & Under**

| Girls | Qualifying Time | Event | Qualifying Time | Boys |
|--------------|------------------------|------------------------------|------------------------|-------------|
| 15 | | 200 Free | | 16 |
| 17 | | 100 Back | | 18 |
| 19 | | 50 Fly | | 20 |
| 21 | 3:23.71 | 200 Breast | 3:34.16 | 22 |
| 23 | | 50 Free | | 24 |
| 25 | | 12 & Under 100 IM | | 26 |
| 27 | 3:10.29 | 200 Fly | 3:23.16 | 28 |

Session 3 13 & Over

| Girls | Qualifying Time | Event | Qualifying Time | Boys |
|--------------|------------------------|-----------------------------|------------------------|-------------|
| 29 | | 200 Free | | 30 |
| 31 | | 100 Back | | 32 |
| 33 | | 50 Fly | | 34 |
| 35 | | 200 Breast | | 36 |
| | 3:10.73 | 13 - 14 | 3:14.03 | |
| | 3:15.57 | 15 & Over | 3:01.71 | |
| 37 | | 50 Free | | 38 |
| 39 | | 13 & Over 200 IM | | 40 |
| | 2:45.54 | 13 - 14 | 2:43.34 | |
| | 2:45.65 | 15 & Over | 2:26.51 | |
| 41 | | 200 Fly | | 42 |
| | 2:43.45 | 13 - 14 | 2:47.85 | |
| | 2:41.25 | 15 & Over | 2:34.43 | |

Sunday, February 12, 2006**Session 4 12 & Under**

| Girls | Qualifying Time | Event | Qualifying Time | Boys |
|--------------|------------------------|-------------------|------------------------|-------------|
| 43 | | 50 Back | | 44 |
| 45 | | 50 Breast | | 46 |
| 47 | | 100 Free | | 48 |
| 49 | 3:00.72 | 200 Back | 3:06.00 | 50 |
| 51 | | 100 Breast | | 52 |
| 53 | | 100 Fly | | 54 |

Session 5 13 & Over

| Girls | Qualifying Time | Event | Qualifying Time | Boys |
|--------------|------------------------|--------------------------------|------------------------|-------------|
| 55 | | 50 Back | | 56 |
| 57 | | 50 Breast | | 58 |
| 59 | | 100 Free | | 60 |
| 61 | | 200 Back | | 62 |
| | 2:50.60 | 13 - 14 | 3:06.99 | |
| | 2:48.18 | 15 & Over | 2:33.29 | |
| 63 | | 100 Breast | | 64 |
| 65 | | 100 Fly | | 66 |
| 67 | | 13 & Over 1000 Free | | 68 |
| | 6:16.85 | 13 - 14 | 6:09.70 | |
| | 6:10.14 | 15 & Over | 6:06.62 | |

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

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