

*The University of Texas at Austin***LONGHORN AQUATICS****2006 Longhorn Aquatics Long Course Invitational  
April 29 -30, 2006**

**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 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 and under and the afternoon sessions are for swimmers 13 and older. Depending on how the entries come in, we reserve the right to split the sessions differently and/or combine sessions.

Saturday	Session 1 - 12 & Under	Warm-up Start	8:00 AM 9:00 AM
	Session 2 - 13 & Over	Warm-up Start	1:15 PM* 2:15 PM*
Sunday	Session 3 - 12 & Under	Warm-up Start	8:00 AM 9:00 AM
	Session 4 - 13 & Over	Warm-up Start	1:15 PM* 2:15 PM*

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

**Qualifying Times:** There are qualifying times for events of 200 meters and over. Refer to the order of events for the specific qualifying times. 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 for 2006 with USA swimming by the entry deadline.

**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. All events will swim fastest to slowest. Depending on the number of swimmers, chase starts and/or over/under starts may be used. If so, then even heats will finish at the American Flag and odd heats will finish

at the Texas Flag. The 400 meter Free and 400 meter IM require positive check-in. Swimmers in these two events must provide their own timers.

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. The number of heats in the 400s will be limited to the first 96 swimmers of boys and the first 96 swimmers of girls who enter (12 heats each).

Swimmers will be entered in the order entries are received.

**Check-in:** Positive check-in is required for both the 400IM and the 400 freestyle. Check in sheets will be posted at clerk of course approximately 2 hours before the events 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, April 17th at 6 PM**. Entry Fees must be received by Friday, April 21st at 6PM.

**Entries:** Swimmers may enter up to **5 individual events per day**. The age of the swimmer will be his/her age on April 29, 2006. Enter all events with previous best times achieved in **short course yards**. For the 400 meter freestyle, enter with the swimmers best 500 yard freestyle time.

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 Rhonda Dirvin at jrdirvin@sbcglobal.net. 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 don't receive an email confirmation, your entries were not received. **If you email entries, we must receive your entry fees by noon on Friday, April 21.**

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, event description, and entry times for each swimmer.

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.**

Mail to: Meet Director – Long Course Unclassified  
Rhonda Dirvin  
1218 Havre Lafitte Dr  
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 prior to the start of each session. You may deck enter for subsequent sessions 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 deck enter.** No exceptions.

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

**Meet Referee:** Bob Ward  
512-328-7070  
[reward@prismnet.com](mailto:reward@prismnet.com)

**Meet Director:** Rhonda Dirvin  
512-327-3537  
[jrdirvin@sbcglobal.net](mailto:jrdirvin@sbcglobal.net)

## SATURDAY, April 29, 2006

### SESSION 1 - 12 & Under

Girls Event #	Qualifying Time-in yards	Event	Qualifying Time-in yards	Boys Event #
1	3:20.00	200 IM	3:20.00	2
3		100 Free		4
5		50 Back		6
7	3:20.00	200 Breast	3:30.00	8
9		100 Fly		10
11	3:10.00	200 Back	3:15.00	12
13		50 Breast		14
15	6:40.00	400 Free *	6:40.00	16

\* Swimmers must provide their own timers.

## SATURDAY, April 29, 2006

### SESSION 2 - 13 & Over

Girls Event #	Qualifying Time-in yards	Event	Qualifying Time-in yards	Boys Event #
17	2:47.00	200 IM	2:42.00	18
19		100 Free		20
21		50 Back		22
23	3:05.00	200 Breast	3:05.00	24
25		100 Fly		26
27	2:47.00	200 Back	2:47.00	28
29		50 Breast		30
31	6:08.00	400 Free *	6:08.00	32

\* Swimmers must provide their own timers.

**SUNDAY, April 30, 2006****SESSION 3 - 12 & Under**

<b>Girls Event #</b>	<b>Qualifying Time-in yards</b>	<b>Event</b>	<b>Qualifying Time-in yards</b>	<b>Boys Event #</b>
33	2:55.00	200 Free	3:00.00	34
35		50 Fly		36
37		100 Back		38
39		100 Breast		40
41	3:15.00	200 Fly	3:25.00	42
43		50 Free		44
45	6:50.00	400 IM *	7:00.00	46

\* Swimmers must provide their own timers.

**SUNDAY, April 30, 2006****SESSION 4 - 13 & Over**

<b>Girls Event #</b>	<b>Qualifying Time-in yards</b>	<b>Event</b>	<b>Qualifying Time-in yards</b>	<b>Boys Event #</b>
47	2:37.00	200 Free	2:32.00	48
49		50 Fly		50
51		100 Back		52
53		100 Breast		54
55	2:47.00	200 Fly	2:42.00	56
57		50 Free		58
59	6:08.00	400 IM *	6:04.00	60

\* Swimmers must provide their own timers.

**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.

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.

**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 the 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 5:45PM 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 before 5:45PM or parking in the reserved at all times spaces will result in a parking citation (highly likely). For more information, check the parking and transportation website 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](mailto: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](mailto: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](mailto: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](mailto:dhevens@valenciagroup.com)

**Embassy Suites**

North - 5901 N. IH 35

Kate Reid  
(512) 454-8004 ext. 7025

[www.embassysuitesaustinnorth.com](http://www.embassysuitesaustinnorth.com)

Downtown – 300 South Congress Ave

Craig Harms  
(512) 617-2574

[www.austindowntown.embassysuites.com](http://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**

<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 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**