

The University of Texas at Austin

LONGHORN AQUATICS

**2006 Longhorn Aquatics March Open
March 25-26, 2006**

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

SCHEDULE: This meet will be in **one** session each day. Entries will be capped to stay within the 4 hour rule - first come, first serve.

Saturday	All swimmers	Warm-up Start	8:30 AM 9:30 AM
Sunday	All swimmers	Warm-up Start	8:30 AM 9:30 AM

QUALIFYING TIMES: There are no qualifying times for this meet but awards will be given only to swimmers whose entry times are under the published BB time standards.

SANCTIONS: This meet is sanctioned by South Texas Swimming and 2006 rules apply. All swimmers must be registered **by the entry deadline** as athletes for 2006 with USA Swimming. This rule will be strictly enforced. Swimmers registered after the entry deadline may deck enter the meet -- see Deck Entries below.

ENTRY DEADLINE: Entries must be received by Monday, March 13th at 6 PM. Entry fees must be received by Thursday, March 16th at 6 PM.

MEET FORMAT: All events are timed finals, seeded only by time and gender and will swim fastest to slowest. Age groups will be combined. The Under BB and the BB and Up swimmers will be combined. Only Under BB Swimmers are eligible for awards. Events will swim with odd heats starting at the Texas Flag end of the pool and even heats starting at the American Flag end of the pool. Positive check-in is required for the 400 IM on Saturday, and the 500 free on Sunday.

Depending on the size of the meet, we are reserving the right to: (a) run the meet in only one pool, (b) cap the number of swimmers to stay within the 4 hour rule in two pools in one session or (c) if the meet is large, split the meet into two sessions each day instead of one (12 & under in the morning and 13 & over in the afternoon). Swimmers will be entered in the order entries are received.

*If the meet format is different than that described in the **first** paragraph, the person submitting entries for your team will be notified of any change via email.*

CHECK-IN: Positive check-in required for the 400 IM and the 500 free. The check in sheets will be posted at the clerk of course approximately 2 hours before the event is scheduled to swim and will close one hour later.

ENTRIES: Swimmers may enter up to **5 individual events per day**. The age of the swimmer will be his/her age on March 25, 2006. Enter all events with previous best times achieved in short course yards.

Entries must be emailed. Send them to Debbie Norval at anorval@austin.rr.com. If you don't receive an email confirmation, your entries were not received.

Teams with fewer than five swimmers should email: swimmers name (as registered with USA Swimming), USA ID, club, club abbreviation, LSC, event number and name and entry times.

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. Include the Hy-Tek entry file and a Word document of the entries (by swimmer). It is not necessary to include a hard copy with your check.

No 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. Entry fees must be received by Monday, March 13th at 6 PM.

Make checks payable to The University of Texas at Austin and
Mail to: Meet Director—March Open
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 session's events after deck entries close for the current session.

The deck entry fee is \$10.00 per individual event. **Swimmers not previously entered in the meet must present their USA Swimming 2006 registration card at Clerk of Course to be able to deck enter.** If you have registered with USA Swimming after the entry deadline, you must make arrangements with Vicky Ward, the South Texas registrar, to contact the entry person to confirm your registration before you try to deck enter.

AWARDS: Ribbons, first through eighth place, will be awarded only for swimmers with entry times under the published BB time standards according to the following age groupings: 8 & under, 9/10 and 11/12. No other awards will be given.

MEET REFEREE: Linda Ballo
512-733-1391
swimtrojan@sbcglobal.net

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

SATURDAY, March 25, 2006**SESSION 1**

Warm-up 8:30 AM
Meet Starts 9:30 AM

Girls		Boys
1	200 Free	2
3	50 Fly	4
5	100 Back	6
7	200 Breast	8
9	50 Free	10
11	100 IM	12
13	200 Fly	14
15	400 IM*	16

SUNDAY, March 26, 2006**SESSION 2**

Warm-up 8:30 AM
Meet Starts 9:30 AM

Girls		Boys
17	100 Fly	18
19	50 Back	20
21	200 IM	22
23	50 Breast	24
25	100 Free	26
27	200 Back	28
29	100 Breast	30
31	500 Free*	32

* Positive check-in is required. Check in sheets will be available at the clerk of course approximately 2 hours before the event is scheduled to swim. Swimmers must provide their own timers for both events and counters for the 500 free.

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

**National Age Group Times -- Top 16 Based
Short Course Yards
BB Times**

Girls 10 & U

36.19	50 Y Free
1:22.09	100 Y Free
2:58.29	200 Y Free
7:39.49	500 Y Free
43.49	50 Y Back
1:33.99	100 Y Back
47.79	50 Y Breast
1:46.69	100 Y Breast
42.99	50 Y Fly
1:42.09	100 Y Fly
1:34.39	100 Y IM
3:19.39	200 Y IM

Boys 10 & U

35.59
1:19.99
2:50.89
7:35.19
43.89
1:32.49
48.19
1:44.79
41.99
1:40.59
1:31.39
3:18.09

Girls 15-16

30.49	50 Y Free	27.49
1:06.19	100 Y Free	59.99
2:22.39	200 Y Free	2:10.89
6:17.39	500 Y Free	5:52.29
12:55.49	1000 Y Free	12:08.19
21:38.89	1650 Free	20:21.89
1:13.29	100 Y Back	1:06.39
2:37.99	200 Y Back	2:23.69
1:22.69	100 Y Breast	1:14.99
2:58.39	200 Y Breast	2:42.59
1:12.39	100 Y Fly	1:05.59
2:38.79	200 Y Fly	2:25.59
2:40.69	200 Y IM	2:26.99
5:40.29	400 Y IM	5:13.19

Girls 11-12

32.19	50 Y Free
1:08.29	100 Y Free
2:31.79	200 Y Free
6:40.09	500 Y Free
13:57.39	1000 Y Free
23:30.19	1650 Free
37.09	50 Y Back
1:21.89	100 Y Back
2:50.19	200 Y Back
41.09	50 Y Breast
1:29.29	100 Y Breast
3:12.49	200 Y Breast
35.39	50 Y Fly
1:20.59	100 Y Fly
2:52.99	200 Y Fly
1:20.29	100 Y IM
2:51.79	200 Y IM
6:06.19	400 Y IM

Boys 11-12

30.99
1:08.09
2:27.99
6:35.09
13:52.99
23:23.89
36.79
1:19.09
2:46.59
41:09
1:28.39
3:07.39
35.49
1:19.29
2:51.49
1:18.29
2:49.69
5:59.59

Girls 17-18

30.49	50 Y Free	26.89
1:05.79	100 Y Free	58.89
2:21.49	200 Y Free	2:08.19
6:14.99	500 Y Free	5:44.19
12:53.09	1000 Y Free	11:59.19
21:27.19	1650 Free	19:59.39
1:12.59	100 Y Back	1:04.99
2:35.89	200 Y Back	2:19.89
1:22.69	100 Y Breast	1:13.19
2:58.59	200 Y Breast	2:39.89
1:11.49	100 Y Fly	1:04.09
2:36.19	200 Y Fly	2:20.39
2:39.19	200 Y IM	2:23.59
5:38.29	400 Y IM	5:06.69

Boys 17-18

Girls 13-14

30.99	50 Y Free
1:07.39	100 Y Free
2:25.39	200 Y Free
6:22.39	500 Y Free
13:08.29	1000 Y Free
21:53.19	1650 Free
1:14.39	100 Y Back
2:39.59	200 Y Back
1:24.49	100 Y Breast
3:01.99	200 Y Breast
1:13.79	100 Y Fly
2:40.99	200 Y Fly
2:43.89	200 Y IM
5:46.19	400 Y IM

Boys 13-14

28.79
1:02.89
2:16.29
2:16029
6:07.69
12:39.99
21:06.99
1:10.29
2:31.09
1:18.39
2:49.39
1:08.69
2:32.59
2:33.69

Boys 15-16