

The University of Texas at Austin



LONGHORN AQUATICS

**2007 South Texas Age Group Championships
February 9-11, 2007**

Welcome: South Texas Swimming and Longhorn Aquatics invite you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in the South Texas Age Group Championships Prelims/Finals meet. The 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: Preliminaries are in the morning, finals are in the evening each day.

	<u>Morning</u>	<u>Evening</u>
Thursday		General Warm-up for out of town travelers 5-8PM
Friday	Warm-up 6:30AM Start 8:30AM	Warm-up 5:00 PM Start 6:00 PM
Saturday	Warm-up 6:30AM Start 8:30AM	Warm-up 5:00 PM Start 6:00 PM
	There will be a STSI meeting immediately following prelims Saturday. The meeting will be held in the stands at the north end of the pool	
Sunday	Warm-up 6:30AM Start 8:30AM	Warm-up 4:00 PM Start 5:00 PM

Sanctions: This meet is sanctioned by South Texas Swimming and 2007 rules apply. All swimmers must be registered as athletes for 2007 with USA Swimming by the entry deadline. Athletes that register with USA Swimming after the entry deadline may deck enter the meet only if the registration can be verified to the meet director by the South Texas registrar.

Meet Format: Prelim events will be swum in two short course yard pools, one boy and one girl, unless the Meet Director determines that even/odd is required. Prelim events will be seeded by time, gender and age group 10 & Under, 11-12, 13-14. However age groups may be combined for the preliminary session at the discretion of the Meet Director. All preliminary events will be swum slowest to fastest unless otherwise noted. Finals will be swum by single year age group, 10 & Under, 11, 12, 13, & 14.

Relays are timed final events and ALL relays will be swum in prelims.

The 400 IM, 500 Freestyle, and 1650 freestyle are timed finals, positive check-in, age combined, gender separated, swum fastest to slowest.

Scratch Rule: The top qualifiers in each preliminary event will be posted and announced after the final heat. All swimmers, including the top qualifiers, have 30 minutes to decide whether they will swim in finals. If they don't want to swim in finals, they must scratch, or declare an intent to scratch, at the clerk of course within 30 minutes following the announcement. Parents are not allowed on deck for this purpose.

Any swimmer included in finals who fails to report to the starting blocks in finals will be subject to a penalty of \$50 payable to South Texas which must be paid to the Clerk of Course before another event can be swum. In the event that the no show is on Sunday, swimmers will be barred from competition in South Texas until fines are paid.

There is no penalty for failing to scratch from a pre-seeded preliminary event.

Meet Eligibility: This meet is open 14 and under USA registered swimmers who swim for a South Texas registered club and have achieved a STAGS qualifying time. Entries received without a USA Swimming ID or with an incorrect ID will not be processed. Swimmers must compete in age groups based on their age as of February 9, 2007. Each contestant may only compete in the age group in which he/she is eligible. Any swimmer, age 13 or older who is currently eligible to compete in an event at the USA Senior Nationals may not compete in that event or that stroke/distance within a relay, at the South Texas Championship meet.

Qualifying Times: The minimum qualifying time standards (2007 South Texas Time Standards) for this meet are attached, and may be found on the STSI website. **Qualifying times must be achieved PRIOR to the entry deadline. There will be no exception to this rule including the time trials at STAGS. If a STAGS time is acquired at a time trial, the swimmer can not deck enter that event at this meet.**

If entering with a non-conforming time (i.e. LCM or SM), enter with that time. DO NOT CONVERT. Non-conforming times will be seeded last. The 13 and over girls and boys who qualify with STAGS times in the 100 backstroke, breaststroke, and/or butterfly, may enter the 200 event of that stroke at the qualifying time, but these events must be marked as bonus events in the Hy-Tek entry file. 13 and over swimmers who have STAGS times in the 200 IM may enter the 400 IM at the qualifying time. **A proof of time for bonus events or non-confirming times must be submitted with the entry or the swimmer will not be entered.**

Proof of Time: Proof -of-times must be submitted with the entries. The Team Manager report with proof of times is acceptable. However, if "Custom Time" is on the Team Manager report, a proof -of-time form must be submitted for that event. If the entry time is a high school time, we must have the meet name, date, and website where the results can be found. **Entries without proof- of- time will not be accepted.**

The USA Swimming database will be used to pre-prove the meet. Using the submitted proof-of-time sheets, meet personnel will pre-prove exceptions. If a time cannot be proven through submitted documents, the coaches must submit a hard copy of the meet results. The copy must be signed by the Meet Referee and must be a sanctioned, approved, or observed meet. **Entries that cannot be pre-proved WILL NOT be entered into the meet.**

Entry Limitations: Swimmers may enter a maximum of 3 individual events and 2 relay events per day and 7 events for the entire meet. Individual swimmers may also enter maximum of two (2) time trial events over the two (2) days, Time Trial entries do not count against the 7 allowed overall. Time trials do count against the 3 events per day limit.

Relay Entries: There are no qualifying times for relays. Any swimmer who has achieved a STAGS qualifying time AND is entered in the STAGS meet in an individual event may swim a relay. All relays will swim during prelims and are timed finals. It is recommended that relay swimmer names be included with entries to help enter the relays efficiently at the start of sessions. Relay cards must be turned in with final relay line-up on or before the beginning of each team's designated warm-up session on the day the relay is to be swum. If a relay card is not turned in, it will be assumed that the relay is scratched. No relays will swim without a relay card submitted. The order of swimmers on the relay team will be strictly enforced in accordance with 102.4.7, 2007 USA Swimming Rules and Regulations.

Check-in: Positive check-in is required for the 1650 Free, 400IM and 500 Free. Check in for these events will be available 2 hours before the events are scheduled to be swum and due 1 hour later. These times will be announced and posted on deck on the day of the event.

Swimmers that check-in for an event and fail to swim will be fined \$25 payable to the South Texas Swimming. These swimmers will be barred from competition until the fines are paid.

Entry Deadline: Entries must be received by **Tuesday January 30, 2007 at 6PM.**

Entry Procedure: **Entry fees must be received by Friday, February 2, 2007** or your entries will not be accepted. Please include the meet entry fees report with your check. You do NOT need to mail a copy of the entries you emailed earlier.

All teams 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. When you email the entries, also attach a Word document of the Hy-Tek Meet Entry Report by swimmer with proof of time. If you don't receive an email confirmation, your entries were not received.

Proof of time must be submitted with entries. (see proof of time section above)

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: \$8.00 per individual event, \$12 or relays. This includes the South Texas Swimming splash fee of \$1.50 per splash. Time trials are \$15 per event. Deck Entry Fees are \$20 per individual event, \$30 per relay event.

Make checks payable to **The University of Texas at Austin** and
Mail to: Entry Chair—STAGS
Debbie Norval
2808 Montebello Rd #7
Austin, TX 78746

Deck Entries: 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 future sessions' events after deck entries close for the current session. In order to deck enter, you **must have a valid 2007 USA Swimming ID** or already be entered in the meet. Additionally, you must be able to prove your time before a deck entry will be accepted.

Time Trials: **Time trials will be held immediately following Friday and Saturday's preliminary session. There will be no time trials on Sunday February 11, 2007.** Swimmers must already be entered in the STAGS meet in order to time trial. No events longer than 200-yards may be entered. An individual swimmer may enter no more than two (2) time trial events during the entire meet. Time trial entries do not count against the 7 allowed overall meet entries. Time trial entries do count against the three per day limit. **Note: STAGS Times made during the STAGS meet (Time Trials) cannot be used to enter that event in the meet.**

Awards: Custom medals, first through third place for individual events
Custom ribbons, fourth through 8th place for individual events
Custom ribbons, first through third for relay events
STAGS flags, first through fifth for team high point
Swimmers who are 8 and under must place in the top 8 of finals of the 10& under events to receive the award for that place in the event.

Note: There will be no awards presentation at the STAGS meet, coaches must pick up the awards from the awards area.

Points are awarded for team scores:

Individual Events 9-7-6-5-4-3-2-1 (1st through 8th place),

Relay Events 18-14-12-10-8-6-4-2 (1st through 8th place)

Warm-Up: South Texas Swimming Safety Guidelines and Warm-up Procedures apply as described in the attachment. South Texas Swimming, Inc. warm-up procedures will be enforced. Violators may be disqualified.

Lanes in the one of the UT pools will be available Thursday evening from 5-8PM to accommodate our out of town guests. Assigned warm-up sessions begin at 6:30 A.M. on all three days consisting of three (3) warm – up sessions of 35 minutes each morning. There will be one warm-up session for finals.

Warm-up times and lane assignments for each team will be posted on the STSI website and on the Longhorn Aquatics website no later than 6:00 P.M. Tuesday, February 6, 2007

Meet Referee: Mark Mueller
512 329-6027

webmaster@stswim.org

Meet Director:

Rhonda Dirvin

512-327-3537

jrdirvin@sbcglobal.net

Order of Events

Friday February 9, 2007

Girls	Events	Boys
1	10& Under 200 Freestyle Relay	2
3	11-12 200 Freestyle Relay	4
5	13-14 200 Freestyle Relay	6
7	100 Butterfly	8
9	50 Freestyle	10
11	200 Individual Medley	12
13	12& Under 50 Backstroke	14
15	11-14 200 Breaststroke	16
17	500 Freestyle (a)	18

(a) positive check in timed final. All heats swim in prelims. Swimmers must provide their own timer.

See attachment for qualifying times per age group.

Saturday, February 10, 2007

Girls	Events	Boys
19	10 & Under 200 Medley Relay	20
21	11-12 200 Medley Relay	22
23	13-14 200 Medley Relay	24
25	100 Freestyle	26
27	11-14 200 Backstroke	28
29	100 Breaststroke	30
31	12 & Under 50 Butterfly	32
33	11-12 400 Freestyle Relay	34
35	13-14 400 Freestyle Relay	36
37	11-14 400 IM (b)	38

(b) positive check in timed final, all heats swim in prelims, swimmers must provide their own counters from swimmers and personnel on deck. Swimmers must provide their own timer.

See attachment for qualifying times per age group.

Sunday, February 11, 2007

Girls	Events	Boys
39	11-12 400 Medley Relay	40
41	13-14 400 Medley Relay	42
43	200 Freestyle	44
45	12 & Under 50 Breaststroke	46
47	100 Backstroke	48
49	11-14 200 Butterfly	50
51	12 & Under 100 IM	52
53	11-14 1650 Freestyle (c)	54

(c) positive check in timed final, all heats swim in prelims, swum fastest to slowest, swimmers must provide their own counters and timers.

See attachment for qualifying times per age group.

- Officials:** Help from visiting officials is always welcome. Visiting officials are asked to email the meet referee so he can plan accordingly.
- Timers:** All teams participating in STAGS are requested to provide timers proportionate to the number of swimmers entered. Please help us keep the meet running smoothly by promptly 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 in order to be on deck.
- 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 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.

The University of Texas at Austin
Lee and Joe Jamail Texas Swimming Center
1900 Robert Dedman Dr.
Austin, Texas 78712-0363

2006-2007 Sponsor Hotels

Radisson Hotel & Suites on Town Lake

111 Cesar Chavez
Austin TX 78701



Contact: 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

Holiday Inn Town Lake

20 N IH-35
Austin, TX 78701



Contact: Divya Siaghal

dsaighal@pacificahost.com

(512) 634-1274

Located directly on the Town Lake hike and bike trail, minutes from the UT pool, with free parking

Hampton Inn & Suites Downtown

200 San Jacinto
Austin, Texas 78701



Contact: 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

Hampton Inn and Suites Airport

7712 E Riverside Drive
Austin, TX 78744

Contact: Donna Evans (512) 356-6603

dhevans@valenciagroup.com

Embassy Suites

North - 5901 North I-35



Contact: Kate Reid (512) 454-8004 ext. 7025

www.embassysuitesaustinnorth.com

Downtown – 300 South Congress Ave
Contact: Craig Harms (512) 617-2574

www.austindowntown.embassysuites.com

Hyatt Place

7522 North I-35
Austin, TX 78752



Contact: Amber Lamb (group reservations)
(512) 323-2121 Ext. 1607

Individual Reservations: (512) 323-2121

www.hyatt-place.com

Drury Hotels of Austin North

6711 North I-35



Contact: Natalie Miller (10+ rooms)
(800) 436-1170

natalie.miller@druryhotels.com

Individual Reservations: (800) 378-7946

www.druryhotels.com/properties/austinnorth.cfm

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

**2006-2007 South Texas Championships (STAGS)
Time Standards –
Single Year Age Groups**

Girls					<i>Short Course Yards</i>	Boys				
10 & U	11	12	13	14	Event	14	13	12	11	10 & U
0:33.39	0:31.29	0:29.69	0:28.59	0:28.39	50 Free	0:27.49	0:28.19	0:29.89	0:32.49	0:33.39
1:14.89	1:08.29	1:05.59	1:02.89	1:01.79	100 Free	1:01.09	1:02.39	1:07.09	1:13.19	1:15.59
2:44.39	2:35.09	2:23.99	2:16.29	2:15.29	200 Free	2:16.29	2:18.69	2:27.99	2:39.39	2:46.69
7:39.49	7:10.79	6:31.49	6:07.69	6:07.59	500 Free	6:07.69	6:24.39	6:35.09	7:05.49	7:35.19
	15:01.79	13:57.39	14:08.89	13:08.29	1000 Free	12:39.99	13:38.39	13:52.99	14:57.05	
	25:18.59	23:30.19	23:20.19	21:53.19	1650 Free	21:06.99	22:44.39	23:23.89	25:11.89	
0:39.59	0:37.49	0:35.89			50 Back			0:36.79	0:39.79	0:40.09
1:27.49	1:24.29	1:17.29	1:12.99	1:12.19	100 Back	1:10.29	1:15.39	1:19.09	1:25.79	1:28.29
	3:03.29	2:50.19	2:42.09	2:39.59	200 Back	2:31.09	2:42.79	2:46.59	2:59.39	
0:45.29	0:42.59	0:40.49			50 Breast			0:41.09	0:44.59	0:46.89
1:39.09	1:31.39	1:26.79	1:25.49	1:24.49	100 Breast	1:18.39	1:24.39	1:28.39	1:35.69	1:43.29
	3:27.29	3:12.49	3:11.39	3:01.99	200 Breast	2:49.39	3:02.19	3:07.39	3:21.79	
39.99	0:36.89	0:34.69			50 Fly			0:34.79	0:38.59	0:40.29
1:37.99	1:27.59	1:20.29	1:15.59	1:13.79	100 Fly	1:08.69	1:13.99	1:19.29	1:26.39	1:40.59
	3:06.29	2:52.99	2:52.39	2:40.99	200 Fly	2:32.59	2:44.29	2:51.49	3:04.69	
1:25.49	1:20.49	1:17.19			100 IM			1:18.09	1:24.39	1:27.79
3:09.29	3:01.89	2:45.89	2:33.69	2:33.39	200 IM	2:33.69	2:40.79	2:49.69	3:03.49	3:18.09
	6:34.39	6:06.19	6:05.19	5:46.19	400 IM	5:27.59	5:52.79	5:59.59	6:27.29	