

The University of Texas at Austin

LONGHORN AQUATICS

**2006 South Texas Age Group Championships – Long Course
July 6 - 9, 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.
- 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:** Individual events are Championship format with a single heat in finals except the 400 IM, 400 Freestyle, and 1500 Freestyle. The 400 IM, 400 Freestyle, and 1500 Freestyle are timed finals, age combined, alternating female/male, swum fastest to slowest. Relay events are timed finals, with the fastest eight qualifying relays to be swum during finals. All other relays will be swum during preliminaries. Sunday relay teams must declare by 7PM Saturday night if their relay is eligible to swim during the evening on Sunday.
- Meet Eligibility:** This meet is open only to South Texas USA Swimming registered swimmers age 18 and under. Entries received without a complete USA Swimming Registration number will not be processed. It is strongly recommended that swimmers have their USA Swimming ID card with them. Deck entries will not be accepted for a swimmer not already in the meet unless the swimmer's USA Swimming registration can be verified. Swimmers must compete in age groups based on their age as of July 6, 2006. Each contestant may compete only in the age group for which she/he 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 (2006 South Texas Time Standards) for this meet are attached, and may also be found on the STSI Website. Qualifying times must be made prior to the entry deadline. No exception will be made including Time Trials at STAGS. If a STAGS qualifying time is achieved during a STAGS time trial, the swimmer may NOT deck enter that event at STAGS.
If entering with a non-confirming time (i.e. SM or SCY), enter with the non-confirming time, do not enter at the LCM qualifying times.
 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 with the qualifying time. 13 and over swimmers who have STAGS times in the 200 IM may enter the 400IM 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 is acceptable. However, if “Custom Time” is on the Team Manager report, a proof -of-time form must be submitted for that event which must include the date and name of the meet, website address where the results are posted, and page number where the results can be found. **Entries without correct proof- of- time will not be accepted.**

The TSA 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: An individual swimmer may enter a maximum of seven (7) individual events for the entire meet over the three days (including the bonus events), and may participate in a maximum of three (3) individual and one (1) relay event per day.

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: Relay team entry times may be determined by the sum of the individual team member's times for like strokes/distances, or the actual time of that relay team achieved in sanctioned competition. Entry times may be faster than the current LCM TAGS Time Standard. Relay teams may consist of only officially entered contestants; Swimmers who are not included in the original entry will not be allowed to participate on relay teams. **All relays will be conducted as timed finals, with the fastest heat for each event being swim in Finals. All other heats will swim in the preliminary sessions. Teams seeded in finals must swim in finals or scratch.**

Note: Relays without proof –of-time will not be accepted
Each team must declare by 7:00 p.m. Saturday night, which relays are eligible to swim during Sunday's Final (evening) session. The order of swimmers on relay teams will be strictly enforced in accordance with 102.4.7, 2006 USA Swimming Rules and Regulations.

**Entry
Procedures:**

Each team's entries must be emailed to Debbie Norval at anorval@austin.rr.com.

There is ONLY ONE entry deadline which is **Monday, July 3, 2006 at Noon**. This is an absolutely firm deadline because registration and proof of times must be done in a very condensed timeframe. All entries must contain the following:

- The name, email address, and phone number of the person preparing the entries in case clarification is needed.
- The number of coaches your team is bringing
- An attachment of the Hy-tek team manager export file
- An attachment of a Word document of the entries (by swimmer) with proof of times and an attachment of a Word document of the meet entry fees report. If the entry time is not posted on the TSA or USA Swimming websites, proof of time means all of the following:
 - Name and Date of the meet
 - Website address where the results are posted OR a hard copy of the results signed by the Meet Referee
 - Page number where the results can be found

Teams with exceptions will be emailed notice to check the TXLA website so they will know what entries they have that are not correct. Teams and entrants are responsible to check the exceptions report when notified.

Check for entry fees made out to University of Texas must be received by July 5th at 3PM. **If payment is not received on time, your swimmers will be removed from the meet.**

Once the entry fees are accepted they will not be refunded for any reason, even if a swimmer should fail to compete.

No paper, phone, or fax entries will be accepted.

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

Please submit your entries to:

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

Entry Fees

\$7.00 per individual event/\$12 per relay event. This includes the South Texas Swimming splash fee of \$1.00 per splash. Time Trial entry fees are \$15 per event.

Make checks payable to: **The University of Texas at Austin.**

Mail to: Entry Chair – STAGS
 Debbie Norval
 2808 Montebello Road # 7
 Austin, TX 78746

Deck Entries:

Deck entries will be accepted at \$15 per individual event, \$20 per relay. 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. New heats will be created at the discretion of the meet referee.

Swimmers not previously entered in the meet must present their USA swimming registration card at Clerk of Course to deck enter. No exceptions.

**Warm-up
Procedures:**

South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet (see Attachment). South Texas Swimming, Inc. warm-up procedures will be enforced. **Violators may be disqualified.** The diving well will be available for open warm-ups beginning at 6:30 A.M .on all three days. There will be one (1) warm – up session of 45 minutes on Thursday afternoon, and 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. Wednesday, July 5, 2006**

Time Trials:

Time trials will be held immediately following Friday and Saturday’s preliminary session, time permitting. There will be no time trials on Sunday. No events longer than 200-yards will be accepted for Time Trial. 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.**

Scratch Rules:

There are no penalties for scratching from a pre-seeded preliminary event. **Swimmers who qualify for finals events on Friday or Saturday, and do not scratch, and subsequently fail to appear for competition; will be disqualified from further participation in the meet. Finals qualifiers, who fail to appear for competition on the last day of competition, are subject to a fine of \$50.00 payable to South Texas Swimming Inc.** Failure to compete by reason of illness or injury as ruled by the meet referee, are excepted as are alternates. The 30-minute scratch rule will be observed, after the official announcement and/or posting of the results of any given preliminary event have been made. Competitors who qualified for the finals in that event, must scratch or give their intention to scratch within 30 minutes of that announcement. Swimmers who declare their intent to scratch must declare their final intentions within 30 minutes following their last individual preliminary event of the session. Alternates are not required to scratch.

Awards:

Custom medals for places one through three in individual events.
 Custom ribbons for places four through eight in each individual event.
 Custom ribbons for places one through three in relay events.
 STAGS Flags, places one through three for Team High Point.
 If a swimmer does not swim the qualifying time in finals, no points or ribbons will be awarded. The exception will be swimmers who qualify for a bonus event
 Note: 8 & Under awards– Swimmers who are 8 & Under must place in the top eight 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 (Clubs to pickup awards during the meet from the Award Desk area – second floor, American Flag end of the pool).

Meet Referee:

Bob Ward
 512-328-7070
reward@prismnet.com

Meet Director:

Rhonda Dirvin
 512-327-3537
jrdirvin@sbcglobal.net

Daily Schedule:

Thursday, July 6

<u>Session 1</u>	
3:00 p.m.	1500 meter Freestyle check in deadline
3:00 to 3:45 p.m.	Warm up for the 1500 meter Freestyle
4:00 p.m.	Timed Finals Events 1-4 *
6:30 p.m. or immediately after the conclusion of the final heat of 1500 freestyle	STSI Meeting – the stands at the American Flag end of the pool

Friday, July 7

<u>Preliminaries – Session 2:</u>		<u>Finals – Session 3:</u>	
1 st warm-up session:	8:00 a.m.	Warm ups:	5:00 p.m.
2 nd warm-up session:	8:35 a.m.	Clear Pool:	5:50 p.m.
3 rd warm-up session:	9:10 a.m.	National Anthem:	5:57 p.m.
Clear Pool:	9:45 a.m.	Finals start Events 5-42:	6:00 p.m.
Coach's meeting:	9:50 a.m.		
Preliminaries start Events 5- 42:	10:00 a.m.		

Saturday, July 8

<u>Preliminaries - Session 4:</u>		<u>Finals – Session 5:</u>	
1 st warm-up session:	6:30 a.m.	Warm ups:	5:00 p.m.
2 nd warm-up session:	7:05 a.m.	Clear Pool:	5:50 p.m.
3 rd warm-up session:	7:40 a.m.	National Anthem:	5:57 p.m.
Saturday Relay Forms due:	7:50 a.m.	Finals start Events 43-80:	6:00 p.m.
Clear Pool:	8:15 a.m.	Sunday Relay forms	
Coach's meeting:	8:20 a.m.	Due to clerk of Course:	7:00 p.m.
Preliminaries start Events 43- 84:	8:30 a.m.		

Sunday, July 9

<u>Preliminaries – Session 6:</u>		<u>Finals – Session 7:</u>	
1 st warm-up session:	6:30 a.m.	Warm ups:	4:00 p.m.
2 nd warm-up session:	7:05 a.m.	Clear Pool:	4:50 p.m.
3 rd warm-up session:	7:40 a.m.	National Anthem:	4:57 p.m.
Clear Pool:	8:15 a.m.	Finals start Events 81-118:	5:00 p.m.
Coach's meeting:	8:20 a.m.		
Preliminaries start Events 85- 122:	8:30 a.m.		

2006 STAGS Long Course Championship July 6-9, 2006

Order of Events

Thursday, July 66				
Girls #	Time	1500 meter Freestyle (Note 1)	Time	Boys #
* 1	20:17.09	15-18	19:22.99	* 2
* 3	20:39.79	13-14	20:13.09	* 4
Friday, February 17				
Girls #	Time	200-meter Ind. Medley	Time	Boys#
5	2:42.99	15-18	2:32.59	6
7	2:47.89	13-14	2:46.59	8
9	3:00.19	11-12	3:05.39	10
11	3:39.39	10 & U	3:42.69	12
Girls #	Time	50-meter Butterfly	Time	Boys#
13	36.79	11-12	36.89	14
15	45.89	10 & U	47.79	16
Girls #	Time	100-meter Backstroke	Time	Boys#
17	1:18.69	15-18	1:12.79	18
19	1:21.39	13-14	1:19.09	20
21	1:25.59	11-12	1:25.79	22
23	1:41.39	10 & U	1:42.39	24
Girls #	Time	200-meter Breaststroke	Time	Boys#
25	3:20.59	15-18	3:05.69	26
27	3:22.09	13-14	3:27.49	28
29	3:28.69	11-12	3:40.89	30
Girls #	Time	50-meter Freestyle	Time	Boys#
31	30.49	15-18	28.09	32
33	31.49	13-14	30.39	34
35	33.49	11-12	34.49	36
37	38.09	10 & U	39.39	38
Girls #	Time	400-meter Freestyle (Note 1)	Time	Boys#
* 39	5:21.49	11-12	5:28.79	* 40
* 41	7:42.09	10 & U	6:51.29	* 42

***Note 1:** These events will be swum as Timed Finals, ONLY in the preliminary sessions. They will require a positive check-in, be age combined, alternate female/ male, seeded on deck by time only, and then be swum **fastest to slowest**. Competitors should expect to provide their own backup timers

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Order of Events

Saturday, July 7				
Girls #	Time	400-meter Freestyle Relay (Note 2)	Time	Boys#
** 43	4:52.89	15-18	4:33.79	** 44
** 45	4:52.29	13-14	4:42.99	** 46
** 47	5:09.69	11-12	5:25.39	** 48
Girls #	Time	200-meter Freestyle Relay (Note 2)	Time	Boys#
** 49	2:39.59	10&U	2:41.69	** 50
Girls #	Time	50-meter Breaststroke	Time	Boys#
51	44.49	11-12	45.49	52
53	51.89	10 & U	54.09	54
Girls #	Time	100-meter Butterfly	Time	Boys#
55	1:15.89	15-18	1:08.79	56
57	1:18.59	13-14	1:18.39	58
59	1:28.59	11-12	1:26.39	60
61	2:06.59	10 & U	2:10.79	62
Girls #	Time	200-meter Backstroke	Time	Boys#
63	2:50.89	15-18	2:42.99	64
65	2:55.79	13-14	3:12.49	66
67	3:08.79	11-12	3:10.69	68
Girls #	Time	100-meter Freestyle	Time	Boys#
69	1:06.79	15-18	1:01.39	70
71	1:07.99	13-14	1:06.29	72
73	1:13.09	11-12	1:11.49	74
75	1:24.39	10 & U	1:32.19	76
Girls #	Time	400 meter Freestyle (Note 1)	Time	Boys #
* 77	5:02.49	15-18	4:50.29	* 78
* 79	5:09.79	13-14	5:03.99	* 80

***Note 1:** These events will be swum as Timed Finals, ONLY in the preliminary sessions. They will require a positive check-in, be age combined, alternate female/ male, seeded on deck by time only, and then be swum **fastest to slowest**. Competitors should expect to provide their own backup timers

****Note 2:** Relay events will be swum as Timed Finals in the preliminary sessions, Fastest Heat in Finals. They will be swum **slowest to fastest**.

2006 STAGS Long Course Championship

July 6-9, 2006

Order of Events

Sunday, July 9				
Girls #	Time	400-meter Medley Relay (Note 2)	Time	Boys#
** 81	5:36.29	15-18	5:14.09	** 82
** 83	5:43.59	13-14	5:25.69	** 84
** 85	5:55.79	11-12	6:42.79	** 86
Girls #	Time	200-meter Medley Relay (Note 2)	Time	Boys#
** 87	2:56.99	10&U	3:26.39	** 88
Girls #	Time	200-meter Freestyle	Time	Boys#
89	2:25.99	15-18	2:15.09	90
91	2:27.79	13-14	2:25.59	92
93	2:35.59	11-12	2:35.39	94
95	3:09.09	10 & U	3:16.39	96
Girls #	Time	50-meter Backstroke	Time	Boys#
97	39.59	11-12	42.09	98
99	46.09	10 & U	48.29	100
Girls #	Time	200-meter Butterfly	Time	Boys#
101	2:44.69	15-18	2:32.19	102
103	3:03.59	13-14	3:06.59	104
105	3:17.79	11-12	3:15.89	106
Girls #	Time	100-meter Breaststroke	Time	Boys#
107	1:29.89	15-18	1:21.49	108
109	1:32.79	13-14	1:28.79	110
111	1:35.59	11-12	1:39.39	112
113	1:54.89	10 & U	1:55.29	114
Girls #	Time	400 meter Ind. Medley (Note 1)	Time	Boys #
* 115	5:47.89	15-18	5:34.59	* 116
* 117	6:11.19	13-14	6:31.39	* 118

***Note 1:** These events will be swum as Timed Finals, ONLY in the preliminary sessions. They will require a positive check-in, be age combined, alternate female/ male, seeded on deck by time only, and then be swum **fastest to slowest**. Competitors should expect to provide their own backup timers

****Note 2:** Relay events will be swum as Timed Finals only in the preliminary sessions, Fastest Heat in Finals. They will be swum **slowest to fastest**.

- 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.
- STSI Meeting:** There will be a regularly scheduled meeting of South Texas Swimming Inc on Thursday evening, July 6th immediately following the 1500 on the American Flag end of the pool.
- 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

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

2005 – 2006 South Texas Championship Time Standards

10/13/05 Revised 11/09/05

Girls			10 & Under	Boys		
LCM	SCM	SCY	Event	SCY	SCM	LCM
38.09	37.09	34.09	50 Free	34.29	37.79	39.39
1:24.39	1:22.39	1:16.99	100 Free	1:17.29	1:25.09	1:32.19
3:09.09	3:05.09	2:54.19	200 Free	2:55.39	3:12.39	3:16.39
7:42.09	7:26.79		400 Free		6:43.29	6:51.29
		8:30.49	500 Free	7:38.29		
46.09	44.59	40.49	50 Back	40.59	44.69	48.29
1:41.39	1:39.29	1:30.19	100 Back	1:32.59	1:41.89	1:42.39
51.89	48.99	44.49	50 Breast	46.89	51.59	54.09
1:54.89	1:47.49	1:37.69	100 Breast	1:42.79	1:53.09	1:55.29
45.89	43.29	39.29	50 Fly	41.59	45.79	47.79
2:06.59	2:04.59	1:53.29	100 Fly	1:55.39	2:07.49	2:10.79
	1:36.89	1:28.09	100 IM	1:27.09	1:35.79	
3:39.39	3:35.29	3:15.69	200 IM	3:35.79	3:38.69	3:42.69
2:39.59	2:35.59	2:22.79	200 FR R	2:23.29	2:37.69	2:41.69
2:56.99	2:52.99	2:38.29	200 MD R	3:03.99	3:22.39	3:26.39

Girls			11 - 12	Boys		
LCM	SCM	SCY	Event	SCY	SCM	LCM
33.49	31.69	29.19	50 Free	29.09	31.99	34.49
1:13.09	1:09.29	1:03.59	100 Free	1:03.39	1:09.49	1:11.49
2:35.59	2:31.59	2:18.39	200 Free	2:16.59	2:30.29	2:35.39
5:21.49	5:13.49		400 Free		5:20.79	5:28.79
		6:15.29	500 Free	6:15.09		
11:36.49	11:16.49		800 Free		12:06.99	11:39.28
		13:57.39	1000 Free	13:52.99		
22:23.79	21:34.09		1500 Free		23:15.69	22:27.89
		23:30.19	1650 Free	23:23.89		
39.59	38.19	34.69	50 Back	36.09	39.69	42.09
1:25.59	1:21.99	1:14.49	100 Back	1:16.09	1:23.69	1:25.79
3:08.79	3:00.79	2:44.29	200 Back	2:49.09	3:05.99	3:10.69
44.49	42.49	38.59	50 Breast	39.89	43.89	45.49
1:35.59	1:31.39	1:23.09	100 Breast	1:27.59	1:36.39	1:39.39
3:28.69	3:23.79	3:05.19	200 Breast	3:14.69	3:34.29	3:40.89
36.79	35.79	33.19	50 Fly	33.79	35.89	36.89
1:28.59	1:26.59	1:18.79	100 Fly	1:22.29	1:24.39	1:26.39
3:17.79	3:11.19	2:52.99	200 Fly	3:04.69	3:09.49	3:15.89
	1:21.49	1:14.09	100 IM	1:14.49	1:21.99	
3:00.19	2:54.69	2:38.79	200 IM	2:49.19	3:01.39	3:05.39
6:27.59	6:13.59	6:06.19	400 IM	5:59.59	6:37.39	6:56.29
2:25.29	2:18.19	2:05.59	200 Fr Rly	2:11.09	2:24.39	2:32.69
5:09.69	4:54.49	4:27.69	400 Fr Rly	4:39.69	5:07.69	5:25.39
2:46.89	2:36.29	2:22.09	200 Med Rly	2:36.39	2:52.09	3:08.99
5:55.79	5:33.09	5:02.79	400 Med Rly	5:33.39	6:06.79	6:42.79

Girls			13 - 14	Boys		
LCM	SCM	SCY	Event	SCY	SCM	LCM
31.49	30.09	27.29	50 Free	25.99	28.59	30.39
1:07.99	1:05.79	59.79	100 Free	56.59	1:02.29	1:06.29
2:27.79	2:21.29	2:08.39	200 Free	2:04.89	2:17.39	2:25.59
5:09.79	5:01.79		400 Free		4:55.99	5:03.99

		5:42.59	500 Free	5:36.09		
10:47.99	10:36.79		800 Free		10:13.89	10:31.29
		12:07.59	1000 Free	11:41.49		
20:39.79	20:05.09		1500 Free		19:22.69	20:13.09
		20:12.19	1650 Free	19:29.49		
1:21.39	1:17.99	1:10.89	100 Back	1:09.69	1:16.69	1:19.09
2:55.79	2:50.59	2:35.09	200 Back	2:49.99	3:06.99	3:12.49
1:32.79	1:26.79	1:18.89	100 Breast	1:16.79	1:24.49	1:28.79
3:22.09	3:10.79	2:53.39	200 Breast	2:56.39	3:14.09	3:27.49
1:18.59	1:17.59	1:10.69	100 Fly	1:10.69	1:17.79	1:18.39
3:03.59	2:57.89	2:28.59	200 Fly	2:32.59	3:01.59	3:06.59
2:47.89	2:43.89	2:30.49	200 IM	2:28.49	2:43.39	2:46.59
6:11.19	6:06.29	5:32.99	400 IM	5:50.39	6:25.49	6:31.39
2:17.09	2:13.39	2:02.29	200 Fr Rly	1:57.29	2:08.99	2:12.79
4:52.29	4:44.29	4:20.69	400 Fr Rly	4:09.99	4:34.99	4:42.99
10:23.29	10:06.19	9:15.89	800 Fr Rly	8:53.09	9:46.39	10:03.39
2:41.19	2:34.99	2:20.89	200 Med Rly	2:15.49	2:28.99	2:32.79
5:43.59	5:30.39	5:00.29	400 Med Rly	4:48.79	5:17.69	5:25.69
Girls						
LCM	SCM	SCY	15 - 18	SCY	Boys	LCM
			Event		SCM	
30.49	29.49	27.09	50 Free	25.39	27.09	28.09
1:06.79	1:04.79	59.39	100 Free	54.69	59.39	1:01.39
2:25.99	2:21.99	2:09.85	200 Free	2:05.49	2:11.99	2:15.09
5:02.49	4:54.49		400 Free		4:42.29	4:50.29
		5:36.49	500 Free	5:33.29		
10:33.99	10:24.49		800 Free		9:48.29	10:04.59
		11:25.99	1000 Free	11:44.89		
20:17.09	19:41.29		1500 Free		18:41.39	19:22.99
		19:08.99	1650 Free	19:47.89		
1:18.69	1:15.69	1:08.79	100 Back	1:04.69	1:10.79	1:12.79
2:50.89	2:46.89	2:32.89	200 Back	2:19.39	2:38.99	2:42.99
1:29.89	1:27.89	1:19.99	100 Breast	1:11.29	1:18.49	1:21.49
3:20.59	3:15.59	2:57.79	200 Breast	2:45.19	3:01.69	3:05.69
1:15.89	1:13.29	1:06.59	100 Fly	1:02.19	1:06.79	1:08.79
2:44.69	2:41.99	2:26.59	200 Fly	2:20.39	2:23.19	2:32.19
2:42.99	2:38.99	2:30.59	200 IM	2:13.19	2:26.59	2:32.59
5:47.89	5:39.89	5:08.99	400 IM	4:56.99	5:26.59	5:34.59
2:17.39	2:13.69	2:01.49	200 Fr Rly	1:53.39	2:04.69	2:08.49
4:52.89	4:44.89	4:18.99	400 Fr Rly	4:01.59	4:25.79	4:33.79
10:24.49	10:07.49	9:12.29	800 Fr Rly	8:35.19	9:26.79	9:43.79
2:37.79	2:33.99	2:19.99	200 Med Rly	2:10.49	2:23.59	2:27.39
5:36.29	5:28.29	4:58.39	400 Med Rly	4:38.19	5:06.09	5:14.09