

The University of Texas at Austin  
**LONGHORN AQUATICS**  
 Texas Senior Circuit Championship  
 July 13 -- 16, 2006  
 Open to all USA Swimming Clubs and Foreign Athletes

Welcome

Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in the Texas Senior Circuit Long Course Championship. This meet is open to all USA Swimming Clubs as well as foreign athletes. The meet will be conducted in one indoor 50meter course using Colorado Timing Systems 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 USA Swimming rules apply. All swimmers must be registered by the entry deadline as athletes for 2006 with USA Swimming.

Schedule

Wednesday: July 12 the pool will be available 7:30 p.m. - 9:00 p.m.

Thursday: July 13 Timed Finals Warm-up: 3:30 p.m. – 4:45 p.m. Meet Start: 5:00 p.m.

General Meeting: 15 Minutes after the Conclusion of the 800 Free Relay

Friday: July 14 Prelims Warm-up: 8:00 a.m. – 9:15 a.m. Meet Start: 9:30 a.m.  
 Finals Warm-up: 5:00 p.m. – 6:15 p.m. Meet Start: 6:30 p.m.

Saturday: July 15 Prelims Warm-up: 7:00 a.m. – 8:15 a.m. Meet Start: 8:30 a.m.  
 Finals Warm-up: 5:00 p.m. – 6:15 p.m. Meet Start: 6:30 p.m.

Sunday: July 16 Prelims Warm-up: 7:00 a.m. – 8:15 a.m. Meet Start: 8:30 a.m.  
 Finals Warm-up: 5:00 p.m. – 6:15 p.m. Meet Start: 6:30 p.m.

Entry Deadline

Entries must be received by noon on Wednesday July 5<sup>th</sup> at 6PM. NO phone or fax entries will be accepted.

General Meeting

All swimmers must be represented at a General Meeting to be held Thursday afternoon following the 800 free relay on the deck at the American Flag End of the pool. Any change in the format of the meet will be decided at this meeting and it is each swimmer and coach's responsibility to be aware of any changes made during the meeting.

Qualifying Times

Swimmers must meet the 2006 Texas Senior Circuit A Standard, yards or meters, for each event entered. Enter the 50 back, fly or breast with your 100 qualifying time. *No Bonus Swims*. Lifetime best times are eligible. The 2006 Texas Senior Circuit Time Standards can be found on their website: [www.texasseniorcircuitswimming.org](http://www.texasseniorcircuitswimming.org)

### **Meet Format**

The 800 and 1500 Free and all relays are timed finals. All other events are prelim/final events featuring a final, consolation and bonus heat qualifying for finals on Friday, Saturday and Sunday. The 800 free, 400 IM, 400 free, 1500 free and relays will be deck seeded and require positive check-in. These events will swim fastest to slowest, alternating heats of women and men. The fastest heat of the 1500 free, both women and men, electing to swim in finals, will swim in finals. All other heats of the 1500 will swim at the conclusion of prelims on Sunday. Swimmers in the 800 free and prelim heats of the 1500 free must provide their own timers and counters. All events will finish on the North end (American Flag end) of the 50-meter pool. The Meet Referee and Meet Director reserve the right to conduct chase starts from both ends of the pool or conduct fly-over starts based on the number of entries and projected timeline.

### **Seeding**

The meet will be seeded with heats organized according to FINA standard. Qualifying times in meters will be seeded ahead of times in yards and short course meters.

### **Check-In**

Positive check-in is required for the 800 free, 400 IM, 400 free and 1500 free. The 8 fastest swimmers in the 1500 free that elect to swim in finals will swim in finals. Please check the Order of Events page for the check-in deadline. For the 1500 free, the check-in deadline is 6:30 P.M. on Saturday. If you or your coach “check -in” for a “deck-seeded” event and then you fail to show up to the blocks there will be a \$25 penalty.

### **Scratch Rule**

The scratch box will be located at the Clerk of Course. Friday and Saturday: Swimmers qualifying for finals have 30 minutes after the announcement of preliminary results to either scratch or declare their INTENT TO SCRATCH with the Admin Referee. Swimmers that timely indicated an intent to scratch must declare their final intention within 30 minutes following their last individual preliminary event. Any finalist who fails to scratch and who fails to report to the starting blocks for finals, for which they are qualified, will be barred from their next event in prelims. Sunday: To eliminate “no-shows” for finals on Sunday, swimmers will be fined \$100 for each “no show.” Additionally, swimmers will be barred from competition at this or subsequent meets at the UT Swim Center until fines are paid.

### **Entries**

Entries must be received by noon on Wed July 5<sup>th</sup> at 6PM. Entries must be E mailed. No paper, phone or FAX entries will be accepted. We must receive your entry fees by Monday, July 10<sup>th</sup>. Swimmers may compete in as many events as they are qualified. See “Qualifying Times” above. Enter all events with previous best times achieved in long course meters or short course yards or meters. **DO NOT CONVERT TIMES.** All teams with five or more swimmers entered in the meet must submit entries using Hy-Tek Team Manager software. Email the Hy-Tek file, appropriate proof of time and a Word document of entries, by swimmer, to Debbie Norval at [anorval@austin.rr.com](mailto:anorval@austin.rr.com). Entries not submitted using Hy-Tek must be emailed and should include the swimmer’s full name as registered with USA Swimming, the team and abbreviation, LSC, events and entry times. Entries not submitted on Hy-Tek will be charged an additional \$15 surcharge per swimmer. Each team must also complete the attached Entry Verification and coaches’ information form. This form can be mailed with your entry fees. Mail your entries and check to the address below. All teams must be registered with the Texas Senior Circuit. All foreign athletes must be registered on a team registered with the Texas Senior Circuit and must notify the Meet Director for filing with USA swimming to compete. For further information on registering with the Texas Senior Circuit:

<http://www.texasseniorcircuitswimming.org/membershipapplication.html>. Entries received without accurate USA Swimming registration numbers will NOT be accepted or processed.

### **Entry Fees**

\$7.50 per individual event; \$16.00 for each relay. 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:** Debbie Norval  
Texas Senior Circuit  
2808 Montebello Road # 7  
Austin, TX 78746

### **Relays**

Teams may enter as many relays as desired and may elect to swim in Prelims or Finals on the posted check-in sheet. However, relay swimmers must be qualified and entered in an individual event. Relays will be deck seeded and swum as timed finals fastest to slowest. Relay cards must be submitted to the Clerk of Course by the deadline as indicated on the **Order of Events** page (finals swim) or preliminary session (for prelim swims). Cards not received by the session deadline will be considered scratches.

### **Proof of Time**

Times submitted to qualify for this meet will be pre-proved. Times achieved at the meet cannot be used to prove entry times. Submit the Team Manager "Proof of Times Report" with your entries. For times that are not in the TSA or USA Swimming STAR database, submit a hard copy of results or the web address where the times can be proved; also provide the page number. Entries submitted without proof of time will not be included in the meet. You cannot wait until you arrive to prove times.

### **Deck Entries**

Swimmers must meet the qualifying times and entry rules. Entry forms will be available at Clerk of Course. In pre-seeded events, swimmers will be entered first in empty lanes. Additional heats may be added at the discretion of the Meet Referee depending on the Time-line each day. **Swimmers not previously entered in the meet must present their USA swimming registration card at Clerk of Course to deck enter.** The deadline for deck entries in pre-seeded events is 30 minutes before the scheduled start of each session. For deck seeded events, swimmers must deck enter before the check-in deadline. Deck entries fees are \$15 for each individual event and \$20 for each relay.

### **Time Trials**

Time Trials will be conducted 15 minutes following prelims on Friday, Saturday, and Sunday (following the 1500 free) **TIME PERMITTING. Swimmers must be entered in the meet to time trial.** Entries will be accepted until 11:30 AM each day. Entry fees are \$15 per individual event and \$20 per relay event to be paid at the Clerk of Course at the time of entry. Entry fees include the South Texas Swimming splash fee.

### **Scoring**

Individual Events: 1st -- 8th place 20, 17, 16, 15, 14, 13, 12, 11  
Relay events are double 9th -- 16th place 9, 7, 6, 5, 4, 3, 2, 1

### **Awards:**

Heat winners in individual events in finals will be given a coupon that they can exchange at clerk of course for a \$10 gift certificate of their choosing. A t-shirt for 1<sup>st</sup> national cut and a Senior Circuit cap for the first Automatic Senior Circuit cut. A custom Texas flag will be awarded to the 1st through 5th place teams.

**Meet Results**

For real time meet results, go to [www.utexas.edu/longhornaquatics](http://www.utexas.edu/longhornaquatics). Final meet results, including time trial results will be posted on the Longhorn Aquatics website and on the South Texas Swimming website, [www.stswim.org](http://www.stswim.org).

**Meet Referee:**

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

**Meet Entry Director**

Debbie Norval  
512-329-9110  
[anorval@austin.rr.com](mailto:anorval@austin.rr.com)

**Meet Director**

Michelle Rigrterink  
512.394.0010  
[dgrigterink@earthlink.net](mailto:dgrigterink@earthlink.net)

**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 website 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 ([www.utexas.edu/longhornaquatics](http://www.utexas.edu/longhornaquatics)) closer to the meet.

**Officials**

Help from visiting officials is always welcome. Visiting officials are asked to indicate their availability with the team's entry forms or email Bob Ward at [reward@prismnet.com](mailto:reward@prismnet.com).

**Timers**

Swimmers in the 800 free and preliminary heats of the 1500 free must provide their own timers and counters. Teams with 5 or more swimmers will be assigned timing lanes. Assigned lanes will be posted at the pool and a copy distributed at the general meeting. If you are traveling with a limited number of volunteers, please contact the meet director.

**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.

**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.**

## Order of Events

## Notes

### Thursday

01	800 Freestyle (Note 1)	02
03	800 Free Relay(Note 3)	04

Check-In closes at 4 p.m.  
Check-In closes at 4 p.m.

### Friday

05	200 Freestyle	06
07	50 Butterfly (Note 5)	08
09	200 Breaststroke	10
11	100 Backstroke	12
13	400 I.M. (Note 2)	14
15	400 Free Relay(note 3)	16

Check-In closes at 10.30 a.m.  
Check-In closes at 11.00 a.m. prelim swim  
Check-In closes at 6:30 p.m. finals swim

### Saturday

17	100 Butterfly	18
19	50 Breaststroke (Note 5)	20
21	200 Backstroke	22
23	50 Freestyle	24
25	400 Freestyle (Note 2)	26
27	400 Medley Relay(Note 3)	28

Check-in closes at 9:30 a.m.  
Check-in closes at 10:00 a.m. prelim swim  
Check-in closes at 6:30 p.m. finals swim

### Sunday

29	200 Butterfly	30
31	50 Backstroke (Note 5)	32
33	100 Breaststroke	34
35	100 Freestyle	36
37	1500 Freestyle (Note 1,4)	38
39	200 IM	40

Check-in closes 6.30 p.m. **Saturday.**

#### NOTES:

1. The 800 meter free and the 1500 free require positive check in and are timed finals and will swim fastest to slowest, alternating heats of women and men. Swimmers must provide their own timers and counters.
2. The 400 meter IM and 400 meter free require positive check in and will swim fastest to slowest, alternating heats of women and men. There will be a 20-minute break before each event.
3. Relays are timed final events but may be swum during prelims (if elected), or at night during finals, fastest to slowest. Relay cards are due at the deadline time indicated above.
4. The fastest heat of women and men electing to swim in finals will swim in finals. All other heats will swim at the conclusion of Sunday prelims, fastest to slowest, alternating heats of women and men. Swimmers in preliminary heats must provide their own timers and counters.
5. Enter with your 100 qualifying time for this event.

**The University of Texas at Austin**

**Lee and Joe Jamail  
Texas Swimming Center**

2005-2006 SPONSOR HOTELS

**Holiday Inn Town Lake      Hampton Inn and Suites  
Downtown**

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

200 San Jacinto  
Austin, TX 78701

Shawn Ezell  
(512) 744-0822

[sezell@valenciagroup.com](mailto:sezell@valenciagroup.com)

Complimentary breakfast, fitness room,  
pool, walking distance to 75 area  
restaurants, 1 mile to UT 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

Megan Crocker (10+ rooms) (800) 436-1170

[megan.crocker@druryhotels.com](mailto:megan.crocker@druryhotels.com)

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			
POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
8 Lanes	1 and 8	2 and 7	3 thru 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 at 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  
Revised 29SEP03

## ENTRY VERIFICATION FORM

I, the undersigned coach or team representative, verify that all swimmers and coaches listed on the enclosed forms or entry disks are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have current certification requirements.

\_\_\_\_\_  
Team Name LSC

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Title Date

### COACHES INFORMATION

Please provide the following information for each coach who plans to attend.

\_\_\_\_\_  
Name USA Registration #

\_\_\_\_\_  
Name USA Registration #

\_\_\_\_\_  
Name USA Registration #

\_\_\_\_\_  
Name USA Registration #





<b>Relay Entry Form</b>			
<b>Team:</b>		<b>Address:</b>	
<b>Team Initials:</b>			
<b>Head Coach:</b>		<b>Email:</b>	
<b>Phone:</b>			
<b>Event</b>	<b>Description</b>	<b>RelayA,B,C</b>	<b>Entry Time</b>
<b>Swimmer</b>	<b>Last Name</b>	<b>First Name</b>	<b>USA Number</b>
1			
2			
3			
4			
<b>Event</b>	<b>Description</b>	<b>RelayA,B,C</b>	<b>Entry Time</b>
<b>Swimmer</b>	<b>Last Name</b>	<b>First Name</b>	<b>USA Number</b>
1			
2			
3			
4			
<b>Event</b>	<b>Description</b>	<b>RelayA,B,C</b>	<b>Entry Time</b>
<b>Swimmer</b>	<b>Last Name</b>	<b>First Name</b>	<b>USA Number</b>
1			
2			
3			
4			
<b>Event</b>	<b>Description</b>	<b>RelayA,B,C</b>	<b>Entry Time</b>
<b>Swimmer</b>	<b>Last Name</b>	<b>First Name</b>	<b>USA Number</b>
1			
2			
3			
4			
<b>Event</b>	<b>Description</b>	<b>RelayA,B,C</b>	<b>Entry Time</b>
<b>Swimmer</b>	<b>Last Name</b>	<b>First Name</b>	<b>USA Number</b>
1			
2			
3			
4			

