

The University of Texas at Austin



LONGHORN AQUATICS



**2006 Texas Open
June 30 – July 2, 2006**

Welcome: Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in the 2006 Texas Open. 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:	Friday	Session 1 – All Swimmers	Warm-up	12:00 PM
			Start	1:00 PM
	Saturday	Session 1 - 12 & Under	Warm-up	7:30 AM
			Start	8:30 AM
		Session 2 - 13 & Over	Warm-up	1:00 PM*
			Start	2:00 PM*
	Sunday	Session 3 - 12 & Under	Warm-up	7:30 AM
			Start	8:30 AM
		Session 4 - 13 & Over	Warm-up	1:00 PM*
			Start	2:00 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 some events -- refer to the order of events. Athletes that do not finish an event within the qualifying time will be required to prove their LCM entry time. Swimmers that cannot prove an entry time (in meters) will be fined \$25 payable to the University of Texas. These swimmers will be barred from competition (at this or subsequent TXLA meets at the Swim Center) until the fines are paid.

Sanctions: This meet is sanctioned by South Texas Swimming and 2006 rules apply. Foreign athletes must notify the meet director for FINA approval before the entry deadline. All other swimmers must be registered as athletes for 2006 with USA swimming by the entry deadline.

Meet Format: All events are timed finals and will swim in one long course meter pool, seeded only by time and gender. Age groups will be combined. All events will swim fastest to slowest. Odd heats will **finish** at the Texas Flag end of the pool and even heats will **finish** at the American Flag end of the pool. Depending on the number of swimmers, chase starts and/or over/under starts may be used. Some events require a positive check-in – see below.

In order to stay within the four hour rule, we reserve the right to cap the number of swimmers entered in the meet. Swimmers will be entered in the order entries are received as long as entry fees are also received on time.

Check-in: Positive check-in is required for the 400 free and 400 IM on Friday and the 200 back and 200 breast on Sunday. 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 events should swim. Exact times will be posted on the day of the event.

Swimmers that check-in for an event and fail to swim will be fined \$25 payable to the University of Texas. These swimmers will be barred from competition (at this or subsequent TXLA meets at the Swim Center) until the fines are paid.

Entry Deadline: Entries must be received by **Monday, June 19th at 6 PM.** Entry Fees must be received by Friday, June 23 at 6 PM.

Entries: Swimmers may enter up to 5 individual events per day. The age of the swimmer will be his/her age on June 30, 2006. Enter all events with previous best times achieved in long course meters – do NOT convert times.

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 Debbie Norval at anorval@austin.rr.com. When you email the entries, also attach a Word document of the entries (by swimmer). Include the meet entry fees report with your check. If you don't receive an email confirmation, your entries were not received.

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.

Entry fees must be received by Friday, June 23 at 6 PM.

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: 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 30 minutes before the start of warm-up. Deck entries will close 45 minutes before the start of each session. You may deck enter 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: Heat winners will receive a certificate for a candy bar. Candy bars can be claimed at Clerk of Course. No other awards will be given.

Meet Referee: Bob Ward
 512-328-7070
reward@prismnet.com

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

Friday, June 30, 2006

SESSION 1 – All Swimmers

Girls Event #	Qualifying Time	Event	Qualifying Time	Boys Event #
1		13 & over 400 Free		2
	5:10.00	15 & over	4:58.00	
	5:20.00	13/14	5:15.00	
3		12 & under 400 Free		4
	5:48.00	11/12	6:07.00	
	7:00.00	10 & under	7:00.00	
5		50 Free		6
7	6:40.00	12 & under 400 IM	7:00.00	8
9		13 & over 400 IM		10
	6:00.00	15 & over	5:40.00	
	6:10.00	13/14	5:59.00	

The 400 Free and 400 IM require positive check-in. Timers will be provided for all events.

Saturday, July 1, 2006

SESSION 2– 12 & Under

Girls Event #	Qualifying Time	Event	Qualifying Time	Boys Event #
11		100 Free		12
13		200 IM		14
	3:12.00	11/12	3:21.00	
	3:33.00	10 & under	3:47.00	
15		100 Breast		16
	1:38.00	11/12	1:47.00	
	1:55.00	10 & under	1:58.00	
17		50 Fly		18
19		100 Back		20
	1:33.00	11/12	1:39.00	
	1:42.00	10 & under	1:51.00	
21	3:12.00	200 Fly	3:19.00	22

Saturday, July 1, 2006

SESSION 3 - 13 & Over

Girls Event #	Qualifying Time	Event	Qualifying Time	Boys Event #
23		100 Free		24
25		200 IM		26
	2:50.00	15 & over	2:40.00	
	2:55.00	13/14	2:48.00	
27		100 Breast		28
29		50 Fly		30
31		100 Back		32
33		200 Fly		34
	2:49.00	15 & over	2:36.00	
	2:56.00	13/14	2:49.00	

Sunday, July 2, 2006

SESSION 4 - 12 & Under

Girls Event #	Qualifying Time	Event	Qualifying Time	Boys Event #
35		200 Free		36
	2:49.00	11/12	2:58.00	
	3:10.00	10 & under	3:22.00	
37		50 Back		38
39		100 Fly		40
	1:29.00	11/12	1:34.00	
	1:43.00	10 & under	1:57.00	
41		50 Breast		42
43	3:15.00	200 Back	3:23.00	44
45	3:32.00	200 Breast	3:36.00	46

The 200 Back and 200 Breast require positive check-in.

Sunday, July 3, 2006

SESSION 5 - 13 & Over

Girls Event #	Qualifying Time	Event	Qualifying Time	Boys Event #
47		200 Free		48
	2:29.00	15 & over	2:21.00	
	2:36.00	13/14	2:33.00	
49		50 Back		50
51		100 Fly		52
53		50 Breast		54
55		200 Back		56
	2:44.00	15 & over	2:38.00	
	2:53.00	13/14	2:45.00	
57		200 Breast		58
	3:14.00	15 & over	2:48.00	
	3:16.00	13/14	3:00.00	

The 200 Back and 200 Breast require positive check-in.

- 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

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