

The University of Texas at Austin



LONGHORN AQUATICS



**2005 Longhorn Aquatics February Short Course
Feb 11 – 13, 2005**

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 split into morning and afternoon sessions based on age. The morning sessions each day will be for swimmers 12 & Under and the afternoon sessions will be for swimmers 13 & Over. In an effort to even out the sessions, ***we are reserving the right to move the 12 year old swimmers to the afternoon sessions on Saturday and Sunday.***

Friday	All Swimmers	Warm-up Start	5:00 PM 5:45 PM
Saturday	12 & Under	Warm-up Start	8:30 AM 9:15 AM
	13 & Over	Warm-up Start:	1:30 PM * 2:15 PM *
Sunday	12 & Under	Warm-up Start	8:30 AM 9:15 AM
	13 & Over	Warm-up Start	1:30 PM * 2:15 PM *

* These are estimated times.

QUALIFYING TIMES: Refer to the order of events for qualifying times.

SANCTIONS: This meet is sanctioned by South Texas Swimming and 2005 rules apply. All swimmers must be registered for 2005 with USA swimming/South Texas Swimming.

MEET FORMAT: All events will be timed finals, swum in two short course yard pools, seeded by time and gender only. Age groups will be combined. Unless otherwise noted, events will be swum slowest to fastest.

We reserve the right to cap the number of swimmers entered in order to stay within the four hour rule. Swimmers will be entered in the order entries are received. Depending on the size of the meet, we may combine sessions or run the meet in one pool instead of two. We are also reserving the right to move the 12 year old swimmers to the afternoon sessions on Saturday and Sunday. (If we

move the 12 year olds to the afternoon, awards will be given to the 11 year olds and 12 year olds separately, we will add the 100 IM in the afternoon session on Saturday, they will not be eligible for the 200 IM on Saturday or 1000 Free on Sunday.) The person submitting entries for your team will be notified of any change via email.

CHECK-IN: Positive check-in is required for the 1000 Freestyle by 1:45 PM. This event will be swum fastest to slowest.

ENTRY DEADLINE: **January 31, 2005 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 February 11, 2005. Enter all events with previous best times achieved in short course yards. Enter swimmers in the 1000 with their best 500 yard time.

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 the entry chair. When you email the entries, also attach a Word document of the entries (by swimmer) and a Word document of the meet entry fees report. If you email entries, your check for entry fees must be postmarked on or before January 31, 2005.

Alternatively, you can submit a diskette and hard copies of your teams' entries (by swimmer) and the meet entry fees report by mail to the address below or in person to the Swim Center. Your entry fees must be included.

Teams with fewer than five swimmers may use the attached meet entry form. No phone or fax entries will be accepted.

Entries received without accurate USA Swimming registration numbers will NOT be accepted or processed.

ENTRY CHAIR: **Debbie Norval**
512 329-9110
anorval@austin.rr.com

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: Meet Director—February Short Course Meet
The University of Texas at Austin
Longhorn Aquatics
1900 Robert Dedman Drive
1 University Station D4050
Austin, TX 78712-0364

LATE ENTRIES: Late entries will be accepted on deck at \$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.** Swimmers will be entered in the first heat of pre-seeded events. No new heats will be created. The deadline for late entries is 30 minutes before the scheduled start of each session.

AWARDS: Ribbons, first through eighth place will be awarded according to the following age groupings: 8 and under, 9 &10, 11&12. No other awards will be given.

MEET REFEREE: Bob Ward
512-328-7070
reward@prismnet.com

MEET DIRECTORS: Rhonda Dirvin and Michelle Rigterink
512-327-3537 and 512-394-0010
jrdirvin@sbcglobal.net drigterink@earthlink.net

FRIDAY, February 11, 2005

SESSION 1 Friday night

Warm-up 5:00 PM
Meet Starts 5:45 PM

Girls	Qualifying Time	Event	Qualifying Time	Boys
1		500 Free *		2
	7:30.00	10 & Under	8:00.00	
	6:45.00	11 - 12	7:00.00	
	6:30.00	13 - 14	6:30.00	
	6:25.00	15 & Over	6:18.00	
3		50 Fly		4
5		50 Free		6
7		50 Breast		8
9		50 Back		10
11		12 and Under 200 IM		12
13		13 and Over 400 IM **		14
	5:50.00	13 - 14	5:50.00	
	5:45.00	15 & Over	5:36.00	

* Counters must be provided by the swimmer. The 500 Free will be swum fast to slow.
** Timers must be provided by the swimmer. The 400 IM will be swum fast to slow.

SATURDAY, February 12, 2005

SESSION 2 12 & Under

Warm-up 8:30 AM
Meet Starts 9:15 AM

Girls	Qualifying Time	Event	Qualifying Time	Boys
15		12 & under 200 Free		16
17		12 & under 100 Back		18
19		12 & under 50 Fly		20
21	3:24.34	12 & Under 200 Breast	3:35.50	22
23		12 & Under 50 Free		24
25		12 & Under 100 IM		26
27	3:03.65	12 & Under 200 Fly	3:17.21	28

SESSION 3 13 & Over

Warm-up – starts at approximately 1:30
Meet Starts – approximately 2:15

Girls	Qualifying Time	Event	Qualifying Time	Boys
29		13 & Over 200 Free		30
31		13 & Over 100 Back		32
33		13 & Over 50 Fly		34
35		13 & Over 200 Breast		36
	3:13.19	13 - 14	3:01.00	
	3:09.39	15 & Over	2:54.00	
37		13 & Over 50 Free		38
39		13 & Over 200 IM		40
41		13 & Over 200 Fly		42
	2:50.88	13 - 14	2:43.00	
	2:48.58	15 & Over	2:36.00	

SUNDAY, February 13, 2005

SESSION 4 12 & Under

Warm-up 8:30 AM
Meet Starts 9:15 AM

Girls	Qualifying Time	Event	Qualifying Time	Boys
43		12 & Under 50 Back		44
45		12 & Under 50 Breast		46
47		12 & Under 100 Free		48
49	3:00.65	12 & Under 200 Back	3:11.58	50
51		12 & Under 100 Breast		52
53		12 & Under 100 Fly		54

SESSION 5 13 & Over

Warm-up – starts at approximately 1:30
Meet Starts – approximately 2:15

Girls	Qualifying Time	Event	Qualifying Time	Boys
55		13 & Over 50 Back		56
57		13 & Over 50 Breast		58
59		13 & Over 100 Free		60
61		13 & Over 200 Back		62
	2:49.38	13 - 14	2:41.00	
	2:47.77	15 & Over	2:34.00	
63		13 & Over 100 Breast		64
65		13 & Over 100 Fly		66
67		13 & Over 1000 Free*		68
	6:30.00	13 - 14	6:30.00	
	6:25.00	15 & Over	6:18.00	

* Positive check-in is required for the 1000 Free by 1:45 PM. Entry times for the 1000 should be the swimmer's best 500 yard time (the qualifying times are 500 yard times). We reserve the right to cap the number of heats of the 1000 to 4 girls and 4 boys; first come, first entered. Swimmers must provide their own timers and counters for the 1000.

OFFICIALS: Help from visiting officials is always welcome. Visiting officials are asked to indicate their availability with the team's entry forms.

TIMERS: Teams entering 10 or more swimmers will be assigned lanes. Lane assignments will be in the meet program. If there is no response to a call for timers, the meet will continue without timers. Any electronic failure will result in no time for swimmers in lanes without timers. Please respond 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.

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, 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.

The University of Texas at Austin

**Lee and Joe Jamail
Texas Swimming Center**

2005 SPONSOR HOTELS

Drury Inn & Suites

Nicole Cummings, National Sales Coordinator
6711 I-H 35
Austin, TX 78752
(800) 436-1175
nicole.cummings@druryinn.com

Hampton Inn Austin South

4141 Governor's Row
Austin, TX 78744
Connie Ramos
(512) 442-4040 ext. 2128
cramos@valenciagroup.com

Drury Inn Highland Mall

919 E. Koenig Lane
Austin, TX 78752
(800) 436-1175
nicole.cummings@druryinn.com

Radisson Hotel & Suites

111 Caesar Chavez
Austin TX 78701
Taylor Young
(512) 473-1512
www.radissonaustin.com

Embassy Suites

Kate Reid
5901 N. IH 35
Austin, TX 78723
(512) 454-8004 ext. 7025
www.embassysuitesaustinnorth.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 at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroke 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

