

The University of Texas at Austin



LONGHORN AQUATICS



**2005 Longhorn Aquatics Sprint Meet
July 27, 2005**

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 sprint meet. This meet will be conducted in one indoor 50 meter 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 2005 rules apply. All swimmers must be registered as athletes for 2005 with USA Swimming.

Schedule: Timed Finals Wednesday, July 27, 2005
 Warm-up: (*in the diving well*) **approximately** 6:30 --7:15 PM *
 Start: 15 minutes after the conclusion of the general meeting following the Sectional meet (**approximately** 7:30 PM) *

* Actual times will be posted on the Longhorn Aquatics website (www.utexas.edu/longhornaquatics/) on Monday, July 18.

Qualifying Times: Swimmers that are entered, in any event, in the Sectional Meet (July 27 -- 30, 2005 at UT) may swim all events. Swimmers not entered in the Sectional Meet must meet these qualifying times and submit proof of time.

Women's #	Qualifying Time (meters)	Event	Qualifying Time (meters)	Men's #
1	2:40.00	200 Medley Relay	2:40.00	2
3	1:00.00	50 Free	1:00.00	4
5	1:00.00	50 Back	1:00.00	6
7	1:00.00	50 Breast	1:00.00	8
9	1:00.00	50 Fly	1:00.00	10
11	2:20.00	200 Free Relay	2:20.00	12

Meet Format: All events are timed finals. Events will be seeded only by time and gender. Age groups will be combined. All events will swim fastest to slowest. Relays will be deck seeded. Relay cards are due 30 minutes before the start of the session. Relay cards not received on time will be considered scratches.

We reserve the right to cap the number of swimmers entered in the meet based on the projected timeline. Swimmers will be entered in the order entries are received.

Entry Deadline: Entries must be received by **Friday, July 15 at 6 PM**. No late entries will be accepted.

Entries: Qualified swimmers may enter all events. Relay swimmers must be qualified and entered in an individual event. The age of the swimmer will be his/her age on July 27, 2005. Enter all events with previous best times achieved in long course meters.

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 the Hy-Tek file, a Word document of the entries with Proof of Time, by swimmer, to Debbie Norval at anorval@austin.rr.com. If you email entries, we must receive your entry fees by 6 PM on Wednesday, July 20, 2005.

Alternatively, you can submit a diskette and hard copies of your teams' entries with proof of time to the address below. Your entry fees must be included. Do not send a package that requires a signature.

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.

Proof of Time: Times submitted to qualify for this meet must have been earned by the entry deadline. Times achieved at the meet cannot be used to prove entry times. The Team Manager "Proof-of-Times Report" is sufficient for proving entry times achieved at meets listed on the TSA or USA Swimming STAR databases. To prove all other times, proof must be submitted with your entries - official printed results or specific web address to verify the times.

Entry Fees: \$5.50 per individual event; \$15 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
Sprint Meet
2808 Montebello Road # 7
Austin, TX 78746

Late Entries: Deck 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. Bring proof of time for meets not listed on the TSA or USA Swimming STAR databases.** Swimmers will be entered in empty lanes. No new heats will be created. The deadline for late entries is 30 minutes before the start of each session.

Awards: No 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

Parking: After 5:45 PM 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 (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.

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.

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.

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

Drury Inn Highland Mall

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

Embassy Suites

Kate Reid
5901 N. IH 35
Austin, TX 78723
(512) 454-8004 ext. 7025
www.embassysuitesaustinnorth.com

Hampton Inn Austin South

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

Radisson Hotel & Suites

111 Caesar Chavez
Austin TX 78701
Diana (Dede) Kavanaugh
(512) 473-1542
dkavanaugh@radissonaustin.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 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 warm-up 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

