



2016 Speedo Southern Zone Long Course Sectional Championships & Time Trials

Hosted by LONGHORN AQUATICS
July 7-10, 2016

Entry deadline – NOON CDT, Monday, July 4, 2016
(USA Swimming OME)

- Welcome:** Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center to compete in the Speedo Southern Zone Long Course Sectional Championships. This meet is open to all qualifying USA registered swimmers as a member of Texas or Louisiana. The meet will be conducted in one indoor 50 meter course, using a Daktronics Timing System, Omega Touch Pads and Hy-Tek Meet Manager software. Designated warm-up lanes will be available during the meet.
- Facility:** The Lee and Joe Jamail Texas Swimming Center has an indoor 8 lane 50 meter competition pool. The pool is considered one of the fastest pools in the world due to its depth, gutter system, high filtration rate and lane width. There are two movable, power-operated bulkheads. For Sectionals, the competition course *has* been certified in accordance with 104.2.2C(4).
- Location:** The Swim Center is located on the University of Texas Campus, 1900 Red River Street, one block west of I-35 on the northwest corner of the intersection of Martin Luther King Boulevard and Red River Street.
- Water Depths:** The minimum water depth, measured in accordance with Article 103.2.3, is 9 feet at the start end and the turn end is 9 feet measured for a distance of 1.0 meter to 5.0 meters from both end walls.
- Liability:** In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), The University of Texas, the Lee and Joe Jamail Swimming Center, Longhorn Aquatics, and all meet officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. 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 or drink into the Texas Swim Center from outside sources. Teams ARE permitted to bring two (2) coolers on to the deck.

Sanctions: Held under the sanction of USA Swimming. This meet has been sanctioned by South Texas Swimming and current USA Swimming rules and any relevant sections of the South Texas Policies & Procedures Manual will apply. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

USA Swimming Registration: All swimmers, coaches, and officials participating in this competition must be *currently* (2016) registered with USA Swimming. **No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.** All should also be prepared to present their USA Swimming ID Card as proof of their Registration to the Meet Director or designee at any time. Swimmers who 1) late enter when possible; 2) need to be late-entered because of clerical errors by the entering team or the Meet Host; or 3) are not entered in this meet and choose to deck enter, if offered, will be required to present their USA Swimming ID card (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). Current national and LSC regulations do not allow for exceptions to these policies. South Texas Swimming does not allow on-deck USA Swimming registrations.

Schedule:	<p>Wednesday, July 6 Registration Desk, 2:00 PM- 6:00 PM, 2nd floor General Meeting, 5:30 PM, 2nd floor grandstands Warm-ups, 5:30 PM-8:30 PM Scratch box closes 15 minutes after the conclusion of the General Meeting for Thursday's events</p> <p>Thursday, July 7 Prelims Warm-up 7:00 - 8:50 AM Start 9:00 AM Finals Warm-up 4:30 - 5:50 PM Start 6:00 PM</p> <p>Friday, July 8 Prelims Warm-up 7:00 - 8:50 AM Start 9:00 AM Finals Warm-up 4:30 - 5:50 PM Start 6:00 PM</p> <p>Saturday, July 9 Prelims Warm-up 7:00 - 8:50 AM Start 9:00 AM Finals Warm-up 4:30 - 5:50 PM Start 6:00 PM</p> <p>Sunday, July 10 Prelims Warm-up 7:00 - 8:50 AM Start 9:00 AM Finals Warm-up 3:30 - 4:50 PM Start 5:00 PM</p>
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The diving well will be available during the meet for continuous warm-up and cool-down. The competition pool will be cleared 10 minutes prior to the start of the meet.

General Meeting: Coaches and swimmers must be represented at a pre-meet general meeting that will be held on Wednesday, July 6, 2016 at 5:30 PM. The meeting will be held on the 2nd floor grandstands. Any possible changes in the conduct of the meet will be decided at this meeting. It is each swimmer's and/or coach's responsibility to be aware of any decisions or changes that are made at this meeting.

Eligibility: Swimmers must be currently registered as athletes for 2016 with USA Swimming by the entry deadline and must be registered as a member of USA Swimming in Texas or Louisiana. The age of the swimmer will be his/her age on July 7, 2016.

Order of Events

All events swum in LCM

<u>Prelims 9:00 AM</u>	<u>Thursday</u>	<u>July 7, 2016</u>	<u>Finals 6:00 PM</u>
1	100-Meter	Freestyle	2
3	200 Meter	Backstroke	4
5	200-Meter	Butterfly	6
7	800-Meter (A)	Free Relay	8

<u>Prelims 9:00 AM</u>	<u>Friday</u>	<u>July 8, 2016</u>	<u>Finals 6:00 PM</u>
9	200- Meter (B)	Freestyle Relay	10
11	200-Meter	Breaststroke	12
13	200- Meter	Freestyle	14
15	400-Meter	Individual Medley	16
17	200-Meter (C)	Medley Relay	18

<u>Prelims 9:00 AM</u>	<u>Saturday</u>	<u>July 9, 2016</u>	<u>Finals 6:00 PM</u>
19	100-Meter	Backstroke	20
21	100- Meter	Breaststroke	22
23	400-Meter	Freestyle	24
25	100-Meter	Butterfly	26
27	400-Meter (A)	Freestyle relay	28

<u>Prelims 9:00 AM</u>	<u>Sunday(*)</u>	<u>July 10, 2016</u>	<u>Finals 5:00 PM</u>
29	200-Meter	Individual Medley	30
31	800-meter (D)	Freestyle	
	1500 Meter (D)	Freestyle	32
33	50-Meter	Freestyle	34
36	400-Meter (A)	Medley Relay	36

(A) These relay events will be conducted as timed finals with the two fastest heats of women and the two fastest heats of men swum at the end of finals. All other heats will be swum at the conclusion of prelims fastest to slowest, alternating fastest women/fastest men.

(B) The 200 Free Relay will be conducted as timed finals, all heats conducted at the beginning of preliminaries.

(C) The 200 Medley Relay will be conducted as timed finals, all heats conducted at the conclusion of finals.

(D) The 800/1500 Freestyle will be conducted as timed finals. The fastest heat of women and the fastest heat of men will swim in finals in event number order. All other heats will be swum at the end of preliminaries, alternating women's and men's heats, fastest to slowest.

*Sunday events will swim in numerical order for finals.

Meet Format: This is a prelim-finals long course meters meet with A, B, C, D & E finals for 400 meter events and shorter. The 800 Free, 1500 Free and all relays will be timed finals. The E final will always be reserved for athletes 18 years of age and younger.

All prelim events will swim fastest to slowest, with the first 3 heats circle seeded. In prelims the 400 IM & 400 Free will swim the first 2 fastest circle seeded heats of women, the first two fastest circle seeded heats of men, then alternating heats of women/men, fast to slow. All finals will swim slowest to fastest.

The 800/1500 Free events will swim as Timed Finals. The fastest heat of the 800/1500 will swim with finals. Swimmers entered in the 800/1500 Free may indicate their preference to swim in the Prelims session. The top eight swimmers who do not declare their preference to swim in Prelims will swim in the Finals Session. All other heats of the 800/1500 Free will swim fastest to slowest, alternating women/men, following prelims. The 800 and 1500 Free require positive check-in.

Prelims: Prelims sessions will be seeded the evening before. Swimmers must scratch any event that they will not swim the next day by 6:30PM. After heats have been seeded, any swimmer who fails to compete in a prelims event in which they have been entered and have not scratched, will be barred from further individual and relay events that day. Additionally, that swimmer will not be seeded in any event on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for the succeeding day's events.

Individual events in prelims will be conducted using both ends of the 50-meter pool – odd heats start at the Non-Flag end, even heats start at the Flag end. All 50's will start at the Non-Flag end. Depending upon the size of the meet, we reserve the right to run events from only one end of the pool. Chase starts and fly-over starts may be used at the discretion of the meet referee.

Finals: Scratching for all final events is required as outlined in the current USA Swimming rules 207.11.6D and 207.11.6E. The finalists and two alternates will be announced and have 30 minutes after the announcement to either scratch, or declare an intent to scratch from finals. Any qualified swimmer in the event may be moved into finals due to scratches, therefore, all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet.

Thirty minutes after the announcement, no further scratches will be accepted. The existing scratches will be tabulated and the finalists and two alternates will be set. Only those finalists at that point will be subject to a fine.

Any finalist who fails to compete at finals, consolation finals, or any other bonus final heat, for which they have qualified and failed to scratch, will be banned from further competition in the meet in accordance with USA Swimming Rules and Regulations. On Sunday, any finalist that fails to compete at finals, consolation finals or any other bonus final heat will be fined \$50.00 and that swimmers team will be barred from further competition for the remainder of the meet, and any future Sectional Championships, until that fine is paid.

Scratch Deadlines: Friday-Sunday prelims deadline: 6:30 PM, day prior to the event. For Thursday prelims, the scratch box closes 15 minutes after the conclusion of the General Meeting on Wednesday.

Relays: Relays are timed finals events. Teams are not limited on the number of relay entries. Relay swimmers must be qualified to swim and entered in an individual event. For the 400 Freestyle Relay, 400 Medley Relay, and 800 Freestyle Relay, the fastest two heats of relays will swim in finals. All remaining heats will swim at the end of prelims fastest to slowest, alternating women/men heats.

The 200 Free Relay will be conducted as timed finals with all heats swimming at the beginning of preliminaries.

The 200 Medley Relay will be conducted as timed finals with all heats swimming at the conclusion of finals.

There will be a 15 minute break before all relay events.

RELAY CARDS ARE DUE BY 6:30 PM THE DAY PRIOR. Any deck entered relay will be limited to swimming in the slowest heat.

Entry Deadline: The entry deadline is NOON CDT **Monday, July 4, 2016**. OME will automatically close at that time.

Entries: Swimmers may enter as many events as they are qualified to swim but they may only compete in a total of 7 individual events during the entire meet with no more than 3 individual events during any one day, plus 1 relay event per day. Time trial events will count as one of the 3 events allowed per swimmer per day.

If you enter more than 7 events, you must scratch the events you don't want to swim. Refer to the "Scratch Rule" below.

Entries for Sectionals must be completed in USA Swimming's online meet entry (OME) system – www.usaswimming.org/OME. Entries will open in OME on June 1, 2016. A Hy-Tek file is available on the Longhorn Aquatics website for running eligibility reports and working out relays, but teams may NOT submit entries using Hy-Tek. You are not entered in the meet until you have checked out and paid for your entries in OME. OME saves your entries and you can complete your entries in more than one sitting. But once you check-out, you cannot delete an entry (but you can add additional entries until the entry deadline). OME accepts Visa, MasterCard, American Express, and Discover.

Coaches must register in OME to receive a deck pass.

If you have **trouble using OME**, please contact **Jamie Lewis** with USA Swimming jlewis@usaswimming.org or (719) 866-3581 work.

If you have an **entry question**, please contact **Bridgette Laitala** at bridgette.rhoades@austin.utexas.edu. Email is preferred.

Proof of Times/Qualifying Times: OME will automatically provide proof of time. However, if you override a time in OME, you will be required to provide proof of time. Qualifying times are 2016 Texas Senior Circuit Sectional time standards. Swimmers must be qualified to swim the events entered. Events may be qualified for by meeting yards or meters qualifying times. All swimmers must meet the 2016 Sectional time standards established for each event they enter and must have achieved those times within two (2) years of the first day of the meet (July 7, 2016). Time standards can be found here: [https://www.teamunify.com/txtscs/UserFiles/File/2016%20Sectionals%20Time%20Standards%20\(1\).pdf](https://www.teamunify.com/txtscs/UserFiles/File/2016%20Sectionals%20Time%20Standards%20(1).pdf). Athletes entered in at least one individual event may swim up to two bonus events, provided they meet the "Sectional Bonus Standards."

- Entry Fees:** \$15.00 per individual event, \$30 for relays.
Time Trials are \$25.00 per individual event.
Deck Entries are \$25.00 per individual event, \$50 for relays.
- Deck Entries:** Deck entries will be accepted. Deck Entries are \$25.00 per individual event, \$50 for relays. You may deck enter for the current session beginning at the start of warm-up. Deck entries will close 30 minutes before the start of each session. Swimmers who deck enter the day before will be seeded into the events according to their time. Swimmers who deck enter the day of the session must provide a qualifying time to the Admin Referee and will be entered in an open lane. Swimmers not previously entered in the meet must present their 2016 USA swimming registration. A coach may also present the club's official, watermarked roster from the USA Swimming club portal.
- Time Trials:** Time Trials will be held, *time permitting*, for participants between prelims and finals on Friday and Saturday. Time Trials are only for swimmers already entered in the meet. Time Trial entries will be accepted at the Clerk of Course located on deck from 9AM -11AM on Friday and Saturday. There will be no time trials on Thursday or Sunday. The entry fee is \$25 per event. A swimmer may swim a maximum of one time trial per day. The 800/1500 Free will only be offered for Time Trial on Friday. Time trial events count towards a swimmers maximum events per day. Event order will be determined by the Time Trial Referee. Swimmers must provide their own timer/counter for Time Trials. There will be a 10 minute break between the end of the prelim session and the start of time trials.
- Credentials/Registration:** All coaches, officials, volunteers and participating athletes will be issued credential tags. Only people with credential tags will be allowed access to the deck. Coaches must register in OME for a deck pass.
- Coaches may pick up their team's credential tags on Wednesday, July 6 at the Registration Desk between 2:00 PM- 6:00 PM. The registration desk will be located on the second level of the Swim Center in the Hall of Fame. Credential tags not picked up between these times will be available at Clerk of Course. Replacement credential tags will be available at a cost of \$50.
- Deck Access:** Only people with credential tags will be allowed access to the deck. Those wishing to volunteer as a timer will be given a pass to access the deck and help for that specific purpose.
- Coaches must register in OME for a deck pass. Deck passes are only available for coaches. Deck passes will be limited based on a Team's number of swimmers entered in individual events. Teams with 1 – 3 swimmers will be allowed 1 deck pass; 4 – 6 swimmers 2 deck passes, 7 – 9 swimmers 3 deck passes, 10 – 20 swimmers 4 deck passes, 21-30 swimmers 5 deck passes, 31-40 swimmers 6 deck passes, 41-50 swimmers 7 deck passes. Teams with 51 + swimmers 9 deck passes. Those needing additional deck passes will incur a cost of \$20 per additional credential and will need to be cleared with the Meet Director. All coaches must present their 2016 USA Swimming card at registration.
- 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.
- Scoring:** The top 16 places will score.
Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Awards: Individual events 1st-8th Medals
 Relay events 1st-3rd Medals
 Individual High Point Top 3 Women & Top 3 Men
 Team awards 1st-10th banners
There will be no award ceremony. Awards may be picked up Sunday following Finals.

Meet Referee:	Trey Prinz	512-633-4851	Trey.Prinz@netapp.com
Admin Referee:	Herb Schwab	281-242-1334	herb.schwab@gmail.com
Head Coach:	Mike Laitala	512-471-7703	mike.laitala@austin.utexas.edu
Meet Director:	Bridgette Laitala	512-471-7703	bridgette.rhoades@austin.utexas.edu

& Entry Chair

Officials: All deck officials must be currently certified by USA Swimming and their LSC, and have a current background check. Help from visiting officials is always welcome. Officials are asked to please fill out an [application to officiate](#). Feel free to also email the Meet Referee, Trey Prinz (Trey.Prinz@netapp.com) if you have any questions. All officials must attend a mandatory meeting one-hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. Finals uniform will be navy blue polo shirt over khaki pants/skirt (NO shorts), as appropriate. All officials will be issued credential tags. Only persons with credential tags will be allowed access to the deck. Officials should prominently display their meet credential while on deck. The wearing of name tags is encouraged.

Official Certification: This meet has been approved as an Officials Qualifying Meet. Officials who are interested in being evaluated need to submit their completed application (link referenced above) to the Meet Referee by July 1, 2016. The following evaluations will be available: N2 and N3 for Stroke and Turn; N2 and N3 Initial and Final for Chief Judge, Starter, and Deck Referee.

Swimmer Photographs and Videos: There may be one or more photographers and / or videographers on deck at this meet. In the event such personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made, are required to contact the Meet Director prior to the beginning of warm-ups. Photographers and videographers are strongly encourage to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race.

Deck Changing: Deck changing is prohibited.

Cell phone restrictions: The presence or use of cell phones, smart phones or any other devices capable of producing audio recordings, photographic or video images in locker rooms, restrooms or changing areas is strictly and specifically prohibited at all times. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility and arrest.

Special Needs: A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. Please notify the Texas Swimming Center at 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. The Texas Swimming Center 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 South Texas Swimming, Inc., which 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. Coaches and / or athletes must notify the Meet Referee before the event begins if they are to be considered to be judged under Article 105.

Unaccompanied Swimmers: Any swimmer entered in the meet must be certified by a USA swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Parking: The University of Texas requires a UT permit for parking along Trinity and San Jacinto. Please go to our website, <http://www.utexas.edu/longhornaquatics> as we get closer to the meet for more information on parking.

Heat Sheets: Heat sheets will be posted on the Longhorn Aquatics website for free at: <http://www.utexas.edu/longhornaquatics> . Hard copies will also be sold at the Longhorn Aquatics store, located on the 2nd floor of the Swim Center for \$3.

Concessions: O's Café, located on the 2nd floor of the swim center, will be open during the meet.

Hospitality: A hospitality room can be found in the classroom on the deck level for Coaches, Officials and designated volunteers. Athletes & spectators are not permitted in this area.

Spectator Seating: Spectator seating is in the grand stands on the 2nd & 3rd level of the swim center. No reserved seating is allowed. Athletes must remain on deck with their team, as no wet athletes are allowed in the grand stands.

Admission: Spectators should enter the main entrance on the 3rd level of the swim center. Tickets will be sold at the ticket booth at the start of each session. Tickets will be sold on a first come, first serve basis.
 Adult (12 +) all session pass: \$30
 Adult (12+) single session pass: \$5
 Children (0-11) Free

Results: Real Time results can be found at: <http://www.utexas.edu/longhornaquatics/live-results/> and also through the Meet Mobile app.

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 half 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.
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes—circle swimming only.
- f. No kickboards, pull buoys, or hand paddles may be used.
- III. 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 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). Marshals will have the 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.
 2. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 3. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and 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."
 4. 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.
 5. Hazards in locker rooms, on deck, or in areas used by coaches, swimmers, or officials will be either removed or clearly marked.

B. MISCELLANEOUS NOTES

- I. Coaches will ensure that backstrokers 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.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. 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.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- V. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Meet 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 last Revised 29-SEP-03

2016 Speedo Southern Zone Sectional Championships Hotels

