



2023 AAAA-AH Turkey Trot

November 20, 2023

Meet Information



Meet Referee
Steve Mandacina
 210-346-1949
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Meet Director / Entries Chair:
Garrett Nelson
 864-908-9727
alamoheightsaquaticsentries@gmail.com

Administrative Official:
Mindy Donofrio
 210-391-2024
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Meet: ● 2023 AAAA-AH Turkey Trot

Sanction #: ● ST-23-110cm

Date: ● Monday, November 20, 2023

Entry Deadline: ● Monday, November 13, 2023 by 12:00 Noon

Venue: ● Alamo Heights Natatorium
 ● 705 Trafalgar Rd.
 ● San Antonio, TX 78216 / 210-832-5866

Schedule: ● **Doors open 4:30pm Coaches meeting at 4:45pm**
 ● Warm-ups start at 5:00pm
 ● Officials meet at 5:15pm in the AH Natatorium Classroom
 ● Clear the competition pool at 6:05pm
 ● Competition begins at 6:15pm

Meet Format: ● This meet will be conducted in one single session
 ● All events will be seeded as mixed gender and swum fastest to slowest.
 ● Athletes are allowed to enter 4 events total.

Entry Restrictions: ● This competition is open to all currently registered USA Swimming.
 ● Participation in this meet is open only to swimmers affiliated with AAAA or invited teams.

Entry Procedures: ● Entries must be submitted via Meet Manager HYV File.

Entry Fees: ● **\$8.00** per event (includes the STSI splash fee of \$1.25 per splash and \$.75 per AAAA splash fee).
 ● Checks Payable to **AHISD**
 ● Mail to: Garrett Nelson

Alamo Heights Natatorium
 705 Trafalgar Rd.
 San Antonio, TX, 78216

Qualifying Times: ● No times (NTs) will not be accepted.

Cell Phone ● The presence and/or use of cell phones, smartphones, or any other devices capable of producing audio recordings
Restrictions: and/or 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 prohibition.
 ● Violators are subject to disqualification from the meet, disbarment from the facility and arrest.

Swim Photographs &

Videos: ● No team or parent photographers will be allowed on deck

- In the event such media 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.
- Media photographers and videographers are prohibited from the area immediately behind the starting blocks.

Rules:● Deck changing is prohibited

- Two-piece swim wear is prohibited
- The presence or use of cellphones, smart phones or any other devices capable of producing audio recordings, photographic or video images in locker rooms, restrooms or changing areas is strictly specifically prohibited at all times
- There are no exceptions to this policy.
- Violators are subject to disqualification from the meet and disbarment from the facility
- The presence of cellphones, smartphones, iPads, etc. anywhere behind the starting blocks is prohibited at all times during competition.
- Violators are subject to having their devices temporarily confiscated.
- Photographers and videographers are specifically prohibited from the area immediately behind the starting blocks.
- Parents and other spectators are not permitted on-deck at any time for any reason.
- Flash photography of any sort is expressly forbidden at any time during competition.
- Standing in front of and/or leaning against the glass rails in spectator seating is expressly forbidden.
- Times noted on the scoreboard are never official and must not ever be regarded as such.

USA Swimming

Registration:● All swimmers, coaches, and officials participating in this competition must be current USA Swimming members in good standing as of the meet date(s). 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 enter time trials, if offered, will be required to present their USA Swimming ID card or proof of membership using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app).
- Current national and LSC regulations do not allow for exceptions to these policies.

Liability:● All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP") and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

- In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatics Association, the Alamo Heights Natatorium, 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.

Deck Changing:● Deck changes are prohibited.

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 without the use of the backstroke ledge. 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. All unaccompanied swimmers will be temporarily assigned to a registered USA Swimming coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule 202.5.3. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make sure arrangements prior to the start of the meet.

Sanction:● Held under the Sanction of USA Swimming.

- This meet has been sanctioned by South Texas Swimming and current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), and any relevant sections of the South Texas Policies & Procedures Manual will apply.
- All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- All swimmers must be registered as athletes in good standing with USA Swimming as of the meet date(s). [JE1] Athletes who register with USA Swimming and/or South Texas Swimming after the meet entry deadline may deck.

enter the meet only if they can present their current USA Swimming registration card or proof of membership using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app). South Texas Swimming does not allow on-deck USA Swimming registrations. Athletes who fail to meet this requirement will not be allowed to compete.

- Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Water Depth:● The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet 8.4" inches at the start end and the turn end is 5 feet 2 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.

Course Certification:● Required. Include the appropriate statement and delete the other statement.) The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Age-up Date:● The age of the swimmer will be his/her age on Saturday, June 3rd, 2023.

Drones:● Per USA Swimming Rule 103.13, the operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. Exceptions may be granted with prior written approval by the Programs and Events Committee Chair or designee.

Special Needs:● Please notify the Meet Director in advance of this event with the name and age of any member on your team who needs assistance to enter the building.

- The facility 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. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.
- 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.

Scoring:● This meet will not be scored.

Warm-up:● Warm-ups will be conducted IAW the current STSI Safety Guidelines and Warm-up Procedures noted on page five (5)

Medical:● During the meet lifeguards will be present to provide any necessary medical supervision and treatment for athletes

Supervision: participating in the meet.

Awards:● None.

Timers:● If an insufficient number of individuals sign-up / show up, times achieved will not be entered into the SWIMS National Database.

Officials:● All currently (2023) certified / registered and in-training USA Swimming officials are cordially invited to assist in the conduct of this meet

- The uniform for officials is white collared shirts or blouses over khaki trousers, Bermuda-length shorts, skirts or capris. No short shorts, jeans or flip-flops, thank you.
- Wearing of name tags is strongly encouraged for ALL officials.
- Please report to the Meet Referee in the upstairs AH Natatorium Pool deck classroom at 5:15pm to receive an assignment.



Order of Swimming Events (SCY)

**NOTE: Coaches and Swimmers there will be a 15-minute break between events 7 & 8.
The competition pool will be open for warm- up/warm down for 10 minutes.**

Order of Swimming Events (SCY)	
Event #	Event
1	400 IM
2	100 IM
3	100 Backstroke
4	100 Breaststroke
5	200 Butterfly
6	200 Freestyle
7	50 Freestyle
15 min break	
8	200 IM
9	100 Freestyle
10	100 Butterfly
11	200 Backstroke
12	200 Breaststroke
13	200 Freestyle
14	50 Freestyle
15	1000 Freestyle (12 +) Must be faster than 13:00

The Meet Director reserves the right to combine events, depending on entries.



Safety Guidelines and Warm-up Procedures

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 shall occur from only the designated end of the pool, swimmers must exit on the opposite end of the pool and may be done only under the direct supervision of the coach.
- II. Open Warm-up Procedures

- LANE USE -

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARM UP
10 Lanes (0-9)	0 and 9	1, 2, 6, and 7	3 through 5
10 Lanes (1-10)	1 and 10	2, 3, 7, and 8	4 through 6
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 the starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times and from the designated end. Swimmers must exit the pool on the opposite end.
- d. There will be no diving in the general warm-up lanes—circle swimming only.
- e. 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 two marshals, with a minimum of one of each gender, 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 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.
 3. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 4. 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."
 5. 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.
 6. Hazards in locker rooms, on deck, or in areas used by coaches, swimmers, or officials will be either removed or clearly marked.

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-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.