



2024 ST SRG New Year's Resolution Races

Conducted under sanction of USA Swimming
Sanction Number: ST-24-01

**Meet name:**

2024 ST SRG New Year's Resolution Races

Meet date:

Saturday, January 6, 2024

Sunday, January 7, 2024

Venue:

Das Rec Natatorium
345 Landa Street
New Braunfels, TX, 78130

Entries open:

Wednesday, December 6, 2023 at noon

Entry deadline:

Friday, December 22, 2023 at midnight

Qualifying times:

None.

Schedule:

	Day 1	Day 2
Warm-ups begin	7:00 a.m.	7:00 a.m.
Officials meeting	8:00 a.m.	8:00 a.m.
Timers meeting	8:30 a.m.	8:30 a.m.
Coaches meeting	8:40 a.m.	8:40 a.m. (if needed)
Clear competition pools	8:50 a.m.	8:50 a.m.
National Anthem	8:55 a.m.	8:55 a.m.
Positive check-in by	9:00 a.m.	8:55 a.m.
Competition begins	9:00 a.m.	9:00 a.m.

Facilities:

Eight FINA-width (2.75-meter) lanes plus three additional warm-up lanes. Colorado timing system. Full scoreboard with heat and event display. Bleacher seating is limited.

*City of New Braunfels - Sec. 86-4.- Additional rules and regulations for control of parks and recreation areas and facilities. It shall be unlawful to stake any item into the ground including tents and hammocks. Only freestanding canopies with no bottoms are allowed.

NO parking on grass, at Frost Bank, or in gravel road behind Das Rec.

Overflow parking needs to park at City Hall

Gym use is not allowed during usage of the meet unless the facility is actively open and you are Das Rec Members, or Daily Pass users(Prices for passes and membership can be found here: <https://www.dasrec.com/join>).

No food or drinks (excluding water) can be consumed on deck. Food and other beverages must be consumed outside.

No use of outdoor heaters or grills are permitted.

In Case of bad weather:

- o Swim Participants can stay in the leisure pool area
- o Parents are allowed to have tents set up outside, but are not allowed to set up chairs or stand in the hallways of the aquatic area.

Format:

Timed Finals.



In case of inclement weather, the competition will stop and decisions about the meet will be made in real time. ALL events will be separate gender and seeded fastest to slowest. The meet will be pre-seeded by time and swum fastest to slowest. All events will be pre-seeded except distance events which will require positive check-in. The 400 Individual Medley and the 500 Freestyle will require positive check-in at the designated time on the day of the event (see daily schedule). Entry times will be seeded: SCY, SCM, LCM. The meet host reserves the right to split the meet to 2 sessions.

Return to competition:

"An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, SOUTH TEXAS SWIMMING, SURGE AQUATICS AND SUBSIDIARIES AND EACH OF THEIR OFFICERS, PARTNERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION."

All City on NB facility COVID-19 procedures, rules etc must be followed. These are located at www.dasrec.com All participants will need to review the Surge Aquatics Return to competition Guidelines.

Meet operations:

All swimmers are encouraged to wear a mask or face shield when not racing, warming up/down, or walking from the race to the warm up/down pool area. All coaches, officials and volunteers are encouraged to wear a face mask or face shield when in the building. During the event All swimmers, coaches, officials, and volunteers should maintain social distancing per CDC guidelines.

Water depths:

The minimum water depth is 4 feet 3 inches at the turn end and the start end is 7 feet 2 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.

Course certification:

The competition course has not been certified in accordance with 104.2.2C(4).

Deck rules:

Deck changing, and shaving is prohibited. Violators are subject to disqualification from the meet and disbarment from the facility.

Age-up date:

Saturday, January 6, 2024

Scoring & Awards:

Ribbons, first through eighth place will be awarded for 10 & under, 11-12, 13-14, and 15 & over in individual events.

Results:

Results can be found on Meet Mobile and posted on STSI website.

**Liability:**

In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), Surge Aquatics, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this 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.

Sanction:

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). Athletes who register with USA Swimming and/or South Texas Swimming after the meet entry deadline may only 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.

USA Swimming:

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.

Cell phone restrictions:

Use of audio or visual recording devices, including a cell phone, is not permitted behind the blocks, in changing areas, rest rooms or locker rooms. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.

Swimmer photographs & 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 encouraged 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.

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.

Entry procedures:

The only acceptable mode of entry is via Hy-Tek Commlink File. Meet entry file HYV will be published on STSI website. Hard copy (PDF) MUST accompany. Please email entries to the Surge Aquatics Entries email (srgmeetentries@gmail.com) and include a Meet entry Report of your entries, listing the swimmer, USA Swimming ID, entries by swimmer name, and total fees due along with your entry file. When submitting files



to the Entries Chair, please include the name, email address, and phone number of the person submitting the entries. If you do not receive email 3 confirmation, your entries were not received.

Entry restrictions:

This meet is open to all currently registered USA Swimming athletes in good standing as of the meet date(s). Maximum five (5) events per session and nine (9) events overall. Entries will be processed in the order received. If a swimmer does not have a SCY time the coach should estimate a time for the swimmer so that the swimmer may be seeded accordingly.

Entry fees:

\$10 per individual event and \$20 per relay (this includes \$1.25 South Texas Swimming splash fee) No refunds.

\$10 per athlete surcharge

Checks payable to: Surge Aquatics

Mail or hand-deliver to:

Derek Howorth
c/o Surge Aquatics
2911 Oakleaf Drive
San Antonio, Texas 78209

No Personal Checks can be accepted

Late/deck entries:

Deck entries will close 45 min before the start of the session.

Late Deck Entry Fees - \$20.00 per individual event, athlete surcharge will be applied to Swimmers not currently in the meet. Will be accepted ONLY to fill empty lanes – no new heats will be created. Swimmers who are not currently in the meet will be required to present their USA Swimming ID card or proof of membership using the USA Swimming app. A coach may also present the club's official roster from the USA Swimming app. Current national and LSC regulations do not allow for exceptions to these policies.

Meet management:

Meet Manager 7.0

Meet Director: Danni Britt - coachdanni@surgeaquatics.org – (505) 231-9157

Meet Referee: Tom Schultz - tschultz@gvtc.com - (210) 284-8116

Meet Entries: Surge Aquatics - srgmeetentries@gmail.com - (210) 355-9621

Administrative Referee: Karen Hennessy - jkhenn@yahoo.com - (210) 275-6478

Unaccompanied swimmers:

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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 coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule 202.5.2. 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.

Rules:

The 2024 USA Swimming Technical Rules and any relevant sections of the STSI Policies and Procedures Manual will apply to this competition.

Warm-ups:

Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page 6. There will be three (3) lanes available throughout the duration of the meet. Please also review the daily schedules above.

**Scratch rules:**

There is no penalty for scratching from a pre-seeded event.

Special needs:

Please notify Surge Aquatics at admin@surgeaquatics.org in advance of this meet with the name and age of any member on your team who may need assistance to enter the building. The Aquatics 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 Host and the Meet Referee before the competition begins and prefer-able at the time entries are submitted, if any specialized equipment is required and/or if they are to be considered for judging under Article 105.

Timers:

Timers in each lane will have enough room to social distance while encouraged to wear a face covering (unless immediate family members with each other).

Officials:

All South Texas certified and in training USA Swimming registered officials in good standing as of the meet date(s) are invited to participate. Please contact the Meet Referee if you wish to participate. The required uniforms are White collared shirts/blouses over khaki trousers, Bermuda-length shorts, skirts or capris. PLEASE: NO jeans, cut-offs or flip flops. Please report to the Meet Referee in accordance with the Daily Schedule on page one (1) to be briefed and receive assignments. The wearing of name tags is strongly encouraged.

Medical Supervision:

During the meet, lifeguards will be present to provide any necessary medical supervision and treatment for athletes participating in the meet.





Order of Events

Saturday, January 6, 2024		
Girls Event #	Event	Boys Event #
1	200 Individual Medley	2
3	100 Breaststroke	4
5	50 Backstroke	6
7	11 & Over 200 Butterfly	8
9	100 Freestyle	10
11	11 & Over 200 Backstroke	12
13	50 Butterfly	14
15	500 Freestyle*	16

*Athletes in the 500 Freestyle must provide two (2) backup timers and one lap counter

Sunday, January 7, 2024		
Girls Event #	Event	Boys Event #
17	200 Freestyle	18
19	100 Butterfly	20
21	50 Freestyle	22
23	11 & Over 200 Breaststroke	24
25	100 Backstroke	26
27	50 Breaststroke	28
29	100 Individual Medley	30
31	11 & Over 400 Individual Medley**	32

**Athletes in the 400 IM must provide (2) backup timers



SOUTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

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.

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 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.

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).
 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.

B. MISCELLANEOUS NOTES

- I. 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.
- 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 10/9/2016