

Alamo Area Aquatic Association Meet Information



Conducted under Sanction of USA Swimming Sanction Number: ST-24-29 Posted: 2/13/24

Meet Name: •2024 ST AAAA-NS Salute to the troops LC Meet

Timed final in Long Course Meters

Meet Date(s): •May 17, 18, 19, 2024

 Northside ISD Swim Center or NISD Natatorium Venue:

> •8400 N. Loop 1604 W •San Antonio, Texas 78249

•210-397-7525

Entries Open

For AAAA: •Tuesday, May 7, 2024 at 12:00 CST

Entries Open

For other teams: •Wednesday, May 8, 2024 at 12:00 CST

•Meet will be capped when any session reaches four hours in length

Entry Deadline: •Thursday, May 9, 2024 at 12:00 CST

Entry

Entry Fees:

Restrictions: •This Meet is open to all 2024 Registered USA Swimming athletes in good standing as of the meet date(s).

Maximum of eleven (11) events total - three (3) events Friday, four (4) events Saturday and four (4) events Sunday

•All entries *must* include a seed time

•Entries will be processed in the order received

•No Late Entries or deck entries

No qualifying times

No Awards and no scoring

Age up Date: •May 17, 2024

Daily	Daily		Saturday and S	unday
Schedules:		Friday PM	AM Sessions	PM Sessions
	 Coaches meeting 	3:45 pm		
	Warm-ups begin	4:00 pm	7:00 am	Immediately following the AM session
	 Officials meet 	4:45 pm	7:45 am	45 minutes prior to the start of session
	Sprint lanes open	5:00 pm	8:00 am	30 minutes prior to the start of meet
	 Clear competition pools 	5:20 pm	8:20 am	10 minutes prior to the start of meet
	 Competition begins 	5:30 pm	8:30 am	about 1 hour 30 minutes after conclusion of AM
	Positive Check-in	400 Free - 5:	30 pm / 400 IM an	d 1500 Free - 30 minutes prior to the start of session

Saturday Afternoon Sessions

•Warm-up begins immediately after the conclusion of the previous session for one (1) hour

•Sprint lanes (one way only) will be available 30 minutes prior to the start of the session in the competition course

Competition begins about 1 hour and 30 minutes after the conclusion of morning session each day

•Exact warm-up and start time will be posted after entries have been received

Morning and afternoon sessions may be combined based on the entries and will be swum in the morning

•Timed Finals conducted in the outdoor Swim Center Format:

•1 x 8 lanes will be used for competition; diving well will be used for warm-up/cool-down during the meet.

• ALL events will be seeded fastest to slowest, with mixed gender

•Chase starts may be used. If used, Odd Heats will finish at the South end, Even Heats will finish at the North end.

•ALL 50's will start from the North end

•Entry times will be seeded: LCM, SCY, SCM

•No relays - No Time trials.

•\$8.00 per individual event / No refunds (Includes \$1.25 STX splash fee and \$0.75 AAAA splash fee)

•Northside Aquatics TeamUnify accounts will be billed the Tuesday after the meet entry deadline.

•Other teams: Checks payable to: Northside Aquatics

•Mail to: Brandon Allenstein

c/o Northside ISD Aquatics 8400 N Loop 1604 W San Antonio, TX 78249

Timers: • Volunteer timers will be needed to conduct the meet. A Signup Genius link will be posted online for timers to sign-up

prior to arrival.

Entry

•The only acceptable mode of entry is via Hy-Tek Commlink File

• Hard copy (PDF) **MUST** accompany

•Entries received without a seed time will not be entered into the meet and fees will not be refunded

•Please e-mail entries to the Entry Chair noted below

•An HYV File for importing events and time standards into Team Manager is available from the Club Calendar and

Results

Page of the AAAA Web Site: www.alamoareaaquatics.com.

E-Mail Entries: •Entries in Commlink Format only, MUST be sent <u>or</u> delivered to:

•NISD Entries Chair: Brandon Allenstein at northsideaquaticsentries@gmail.com

•E-mail submissions to any other address cannot be accepted.

•The Commlink File must be renamed to clearly identify the entering team, the shorter the better

• Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded

•Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (PDF) is received as an attachment to the e-mail, or hand-delivered.

Scratch Rules: •This meet will be pre-seeded fastest to slowest and there will be no penalty for scratching from a pre-seeded event

•Events 400 M and longer will require positive check-in by times listed above in the schedule.

If a swimmer misses an event after positively checking in, they will be disqualified from their next event.
Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on the last page

Warm-ups:

• warm-ups will be conducted in accordance with the current 3131 Policies and Procedures on the last

Meet

Management: • Meet Manager 8.0

Meet Director
 Meet Referee
 Admin Official
 Brandon Allenstein
 210-397-7516
 brandon.allenstein@nisd.net
 f.caliandro@gmail.com
 rallenstein@hotmail.com

• Entries Chair Brandon Allenstein 210-397-7516 <u>northsideaquaticsentries@gmail.com</u>

•One eight (8) lane 50 meter competition courses – OUTDOOR

Colorado automatic starting and timing

•The host will ensure the required course dimensions.

• Additional lanes will be available for constant warm-ups and cool downs in the diving well

•Any and all two-piece swimsuits are prohibited everywhere within the Northside ISD Aquatic Complex

•Both the outdoor and indoor pool depths, measured from the start end and turn end, is six feet seven inches both

measured at one and five-meters from either end wall in accordance with Article 103.2.3.

Deck Changing: • Deck changing is prohibited

Violators are subject to disgualification from the meet and disbarment from the facility

Drones:•Per USA Swimming Rule 103.13 and NISD district policy, 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 Program and Events Committee Chair or designee and

VISD.

Liability: •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc.

(STSI), the Alamo Area Aquatic Association (AAAA), the Northside Independent School District, 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: • Held under the sanction of USA Swimming

•This meet is sanctioned by South Texas Swimming and the current USA Swimming rules, including minor athlete abuse prevention policy ("MAAPP") and any relevant sections of the current South Texas Policies and 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.

•Conduct of these sanctioned events shall conform in every respect to all Technical and Administrative Rules of USA

Swimming.

Rules: •The 2024 USA Swimming Technical Rules and any relevant sections of the STSI Policies and Procedures Manual will

apply to this competition

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

• Current national and LSC regulations do not allow for exceptions to these policies

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 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.

Cell Phone

Restrictions:

- •The presence and / or use of cell phones, smart phones, or any other devices capable of producing audio recordings and / or photographic or video images in locker rooms, rest rooms, 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.

Photographs And 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
- Photographers and videographers are prohibited from the area immediately behind the starting blocks, and are specifically prohibited from making shots during the start phase of any race.

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 Northside Aquatic Complex (210-397-8985) 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.
- Coaches and/or athletes must notify the Meet Host and the Meet Referee before the competition begins, and preferable 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.

Officials:

- •All 2024 STSI certified and in training USA Swimming registered officials in good standing as of the meet date(s) are cordially invited to participate
- •The required uniform is:
 - •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 to be briefed and receive assignments
- •A limited number of officials will be allowed on deck for the meet.
- •The wearing of name tags is strongly encouraged

Medical **Supervision:**

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

USA Swimming COVID-19:

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 against 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. THE ALAMO AREA AQUATIC ASSOCIATION (AAAA), THE NORTHSIDE INDEPENDENT SCHOOL DISTRICT, AND EACH OF THEIR OFFICERS, 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 THEREWITH.

Order of Events

Friday, May 17 - Afternoon Session					
Event Number	Gender	Age Group	Distance and Stroke		
1	Mixed	Open	200 Individual Medley		
2	Mixed	Open	50 Backstroke		
3	Mixed	Open	50 Butterfly		
4	Mixed	Open	50 Breaststroke		
5	Mixed	Open	400 Freestyle		

Saturday, May 18 - Morning Session (12 & Under)				
Girls Event Number	Age Group	Distance Stroke	Boys Event Number	
7	12 & Under	50 Freestyle	8	
9	12 & Under	100 Breaststroke	10	
11	12 & Under	200 Backstroke	12	
13	12 & Under	100 Butterfly	14	
15	12 & Under	200 Freestyle	16	

Saturday, May 18 - Midday Distance Session (Open)					
Girls Event Number Age Group Distance Stroke Boys Event Number					
17	Open	400 Individual Medley	NA		
NA	Open	1500 Freestyle	18		

Saturday, May 18 - Afternoon Session (13 & Over)				
Girls Event Number	Age Group	Distance Stroke	Boys Event Number	
107	13 & Over	50 Freestyle	108	
109	13 & Over	100 Breaststroke	110	
111	13 & Over	200 Backstroke	112	
113	13 & Over	100 Butterfly	114	
115	13 & Over	200 Freestyle	116	

Sunday, May 19 - Morning Session (12 & Under)				
Girls Event Number Age Group Distance Stroke Boys Event Number				
19	12 & Under	200 Butterfly	20	
21	12 & Under	100 Freestyle	22	
23	12 & Under	200 Breaststroke	24	
25	12 & Under	100 Backstroke	26	

Sunday, May 19 - Midday Distance Session (Open)					
Girls Event Number Age Group Distance Stroke Boys Event Number					
NA	Open	400 Individual Medley	28		
29	Open	1500 Freestyle	NA		

Sunday, May 19 - Afternoon Session (13 & Over)					
Girls Event Number Age Group Distance Stroke Boys Event Number					
119	13 & Over	200 Butterfly	120		
121	13 & Over	100 Freestyle	122		
123	13 & Over	200 Breaststroke	124		
125	13 & Over	100 Backstroke	126		

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 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 WARMUP
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 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:
 - 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.

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 backstroker 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.