

TST FALL FRENZY

Meet Information

November 10-12, 2023



- Meet:** **2023 TST Fall Frenzy**
Hosted by Tiger Shark of Texas
Held under the sanction of USA Swimming
- Dates:** November 10-12, 2023
- Sanction Number:** ST-23-86
- Venue:** BISD Swim Center: 600 Lake Road, Belton, Texas 76513
- Eligibility:** This meet is open to all USA Swimming athletes. Athletes must be currently registered year-round members of USA Swimming in good standing.
- Facility:** This meet will be conducted in our 8 lane, 25 yard competition pool with a separate 3 lane 25 yard warmup-warm down pool that will remain open throughout the meet. We will use Hy-Tek Meet Manager software and Daktronics timing system. The minimum water depth, measured in accordance with Article 103.2.3, is six feet at the start end and the turn end is four feet measured for a distance of one meter to five meters from both end walls. The course has not been professionally surveyed and certified in accordance with 104.2.2C(4).
- Liability:** In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), BISD, Tiger Sharks, 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.
- 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, BISD, TIGER SHARKS, 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.
- 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 current athlete members in good standing with USA Swimming before the meet start date. 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.

Format: Timed Finals.

All events will be separated by gender and seeded fastest to slowest. The meet will be pre-seeded by time and swum fastest to slowest unless otherwise specified in this document. All events will be pre-seeded except distance events will require positive check-in. The 400 Individual Medley and the 500 & 1650 Freestyle will require athletes positive check-in at the designated time on the day of the event (see daily event schedule). All entry times will be seeded: SCY, LCM, SCM. The meet host reserves the right to adjust the meet into multiple sessions a day.

Meet management reserves the right to alter meet operations based on the number of participants.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently registered year-round members of USA Swimming in good standing. (Flex members are not eligible to compete at LSC championship meets.) 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.

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 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.

Age up Date: The age of the swimmer will be his / her age on November 10, 2023.

Entry

Restrictions: An individual swimmer may enter a maximum of five (5) individual events per day and a maximum of one (1) relay.

Time Trials: No Time Trials at this event.

Relay

Entries: Relay cards are due to the Meet Director or designee on the day of the event by the conclusion of open warmups. Relay team entry times may be determined by the sum of the individual team member's times for the like strokes/distances, or the actual time of that relay team achieved in sanctioned competition

Entry

Deadlines: Entries will be accepted starting **Monday, October 16, 2023 at 12:00PM** and must be submitted by the deadline of **Monday, October 30, 2023 at 11:59PM**

Entry

Requirements: All entries must contain the following information: the name, email address, and phone number of the person preparing the entries in case clarification is needed; an attachment of the Hy-Tek Team Manager or Team Unify export file; an attached document of the meet entry fees report.

Teams with exceptions will be e-mailed notice of same. Teams and entrants are responsible to check the exception report and correct any errors prior to the deadline given to them by the meet host.

Entry

Procedures: \$10.00 per individual event – includes the STSI splash fee of \$1.25 per event.
\$15.00 for relays
\$10 per athlete facility charge

Make checks payable to: Tiger Sharks of Texas

Mail to: 600 Lake Rd.

Belton, TX 76513

Entry fees must be received by November 10, 2023. If payment is not received on time the affected swimmers will be scratched from the meet. Please include the meet entry fee report with your check. Once the entry fees are accepted, they will not be refunded for any reason, even if a swimmer should fail to compete. No paper, phone, or fax entries will be accepted. If you do not receive an e-mail confirmation, your entries were not received.

Deck (late)

Entries: Deck entries will be accepted at \$15.00 per individual event. Swimmers may deck enter for the current session beginning at the start of warm-ups. Deck entries will close 45 minutes prior to the start of each session. Swimmers may deck enter for subsequent sessions after deck entries close for the current session. At the discretion of meet administration, a Heat "Zero" may be added for late entries, if needed. Swimmers *not previously entered in the meet* must present their USA Swimming proof of membership using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app) to the Clerk of Course to deck enter. In addition, the swimmer must present proof of time before a deck entry will be accepted.

Cell Phone

Restrictions: Use of audio or visual recording devices, including a cell phone, is not permitted 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 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 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:

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.

Deck

Changing: Deck changes are prohibited.

**Special
Needs:**

Please notify the Meet Director (Sean Barry; sean.barry@bisd.net) in advance of this event with the name and age of any member on your team who needs assistance to enter the facility. The host 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 judged under Article 105. Adaptive swimmers who would like their events to be seeded in the lane next to the starter should notify the entry chair by the second entry deadline.

Awards:

Awards will be given by gender in the following age groups: 10 & under, 11-12, & 13-14
Individual events: medals first through third and ribbons fourth through eighth place

There will be no awards presentation.

Clubs must pick-up awards during the meet from the awards desk area.

Scoring:

Place in Finals	1	2	3	4	5	6	7	8
Ind. event points	20	17	16	15	14	13	12	11
Place in Finals	9	10	11	12	13	14	15	16
Ind. event points	9	7	6	5	4	3	2	1

Relay Place	⇒	1	2	3	4	5	6	7	8
Relay points		40	34	32	30	28	26	24	22
Relay Place	⇒	9	10	11	12	13	14	15	16
Relay points		18	14	12	10	8	6	4	2

Meet

Management:

Entries Chair: Chris Knip

Meet Director: Sean Barry

Meet Referee: Heidi Hornik-Parsons

Admin Official: Jeremy Ferguson

Christopher.knipp@bisd.net

Sean.barry@bisd.net

Heidi_hornik@baylor.edu

baylorferg@gmail.com

Officials:

All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck and administrative officials must be current members in good standing with USA Swimming and their local LSC. Please email the Meet Referee with your certification level and availability so she/he can plan accordingly. The uniform will be white polo shirts over khaki pants or skirts for events on Friday evening and during the prelims session, and navy polo shirts over khaki pants or skirts for finals sessions on Saturday and Sunday. Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials' briefing and to receive your assignments. The wearing of name tags is strongly encouraged.

**Daily
Schedule:**

Friday:

Warm-ups begin	5:00 PM**
Clear competition pool	6:25 PM
Coaches meeting	6:25 PM
Sessions begin	6:30 PM

Friday events: Check-in time for the 500 freestyle, the 12 & Under 200 individual medley, and the 400 individual medley is Friday by **5:45PM**.

**Subject to change depending on meet size. Any changes will be communicated to teams.

Saturday AM Session (13 & Over):

Warm-ups begin	7:00 AM**
Clear competition pool	8:50 AM
Sessions begin	9:00 AM

Sunday AM Session (13 & Over):

Warm-ups begin	7:00 AM
Clear competition pool	8:50 AM
Sessions begin	9:00 AM

Saturday PM Session (12 & Under):

Warm-ups begin	TBA
Clear competition pool	TBA
Sessions begin	TBA

Sunday AM Session (12 & Under):

Warm-ups begin	After AM Session
Clear competition pool	TBA
Sessions begin	TBA

Check-in time for the 11-Over 1650 freestyle is **9:00 AM** on the morning of the event.

If additional coach meetings are required, the Meet Referee will announce the meeting times.

Timers: Each participating team is required to provide back-up timers in proportion to the number of swimmers entered in the meet. Swimmers competing in the 500 & 1650 Free and 400 individual medley events must provide their own back-up timers. Swimmers competing in the 500 & 1650 Free must provide their own lap counters.

Warm-up

Procedures: Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement. Athletes must be directly always supervised by a USA Swimming certified coach. Lanes will be available for warm-ups throughout the meet.

Medical

Supervision: During the meet, [lifeguards, EMT, AED device, etc.] will be present to provide any necessary medical supervision and treatment for athletes participating in the meet.

Order of Events

Women's Event #	Friday November 10, 2023	Men's Event#
1	13 & Over 400 IM	2
3	12 & Under 200 IM	4
5	13 & Over 500 Free	6
7	12 & Under 500 Free	8

Women's Event #	Saturday AM November 11, 2023	Men's Event #	Women's Event #	Saturday PM November 11, 2023	Men's Event #
9	13 & Over 200 Medley Relay	10	21	12 & Under 200 Back	22
	10 MINUTE BREAK		23	12 & Under 50 Breast	24
11	13 & Over 200 Free	12	25	12 & Under 100 Free	26
13	13 & Over 100 Breast	14	27	10 & Under 25 Fly	28
15	13 & Over 200 Fly	16	29	12 & Under 200 Breast	30
17	13 & Over 100 Back	18	31	12 & Under 50 Back	32
	10 MINUTE BREAK		33	12 & Under 100 Fly	34
19	13 & Over 1650 Free	-	35	10 & Under 25 Free	36
				5 MINUTE BREAK	
			37	12 & Under 200 Free Relay	38

Women's Event #	Sunday AM November 12, 2023	Men's Event #	Women's Event #	Sunday PM November 12, 2023	Men's Event #
39	13 & Over 200 Free Relay	40	53	12 & Under 200 Free	54
	5 MINUTE BREAK		55	12 & Under 50 Fly	56
41	13 & Over 200 IM	42	57	12 & Under 100 Breast	58
43	13 & Over 50 Free	44	59	10 & Under 25 Back	60
45	13 & Over 200 Breast	46	61	12 & Under 200 Fly	62
47	13 & Over 100 Fly	48	63	12 & Under 50 Free	64
49	13 & Over 200 Back	50	65	12 & Under 100 Back	66
51	13 & Over 100 Free	52	67	10 & Under 25 Breast	68
	10 MINUTE BREAK		69	12 & Under 100 IM	70
-	13 & Over 1650 Free	20		5 MINUTE BREAK	
			71	12 & Under 200 Medley Relay	72

On Friday, the 500 Freestyle, 400 Individual Medley, and 12 & Under 200 Medley will be swum fastest to slowest. These events require positive check-in and will be deck seeded. Check-in time for the Friday distance events is **5:45 PM**.

*** On Saturday and Sunday, Events 23 & 24** (13 & Over 1650 Freestyle) will be swum fastest to slowest. Check-in time for Events 23 & 24 is **9:00 AM on the day of the event**. **The girl's Event #19 will compete on Saturday and the boy's Event #20 will swim on Sunday.**

Swimmers must provide their own backup timers for the 1650 Freestyle, 400 Individual Medley, and 500 Freestyle events, and provide their own lap counters for the 500 and 1650 Freestyle events.

There will be a 10-minute break after the relay events, and a 10-minute break before the 1650 Freestyle.

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:
 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.

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.