



2014 USA Swimming Southern Zone Age Group Swimming Championships

Sponsored by: USA Swimming and South Texas Swimming
Hosted by: Alamo Area Aquatics Association
July 29 – August 2, 2014
www.aaaa-sa.org

- Meet Name:** •Southern Zone Age Group Swimming Championships
•Hosted by AAAA
- Sanction Number:** •STA-14-52
- Meet Date(s):** •July 29th – August 2nd, 2014
- Venue:** **NISD Swimming Complex (Outdoor Swim Center, Indoor Natatorium)**
•8400 N Loop 1604 West
•San Antonio, Texas 78249
•210-397-7525
- Directions:** •Please use Google Maps and put in the following address for accurate directions: 13200 Skyhawk, San Antonio, TX 78249
- Meet Updates:** •Important updates and other useful information pertaining to the meet and local amenities will be available on Southern Zone website, located on the USA Swimming webpage, the South Texas Swimming website (www.stswim.org), and the AAAA website (www.aaaa-sa.org)
- Facility:**
- State of the art outdoor facility
 - Eight (8) lane 50-meter racing course
 - Depths: Start end 6'7 feet / Turn end 6'7" feet in accordance with article 103.2.3
 - All automatic Colorado Timing System starting and timing
 - Meet Management by HY-TEK Meet Manager 5.0
 - Deck seating for athletes, coaches and officials is 1500
 - Shaded stadium seating for 2500 spectators
 - Spectrum starting block with track start wedge
 - Relay Judging Platforms
 - A 16 x 28 full color video board
 - Eight (8) (50 meters) warm-up lanes indoors
 - 10 (25 yards) outdoor warm-up lanes in diving well
 - The host reserves the right to move the competition indoors
 - Concessions and swim shop available
 - This pool has been certified in accordance with USA Swimming Rule 104.2.2 (C) and a copy is on file with USA Swimming
 - The courses have been professionally surveyed and certified
- 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.

Sanction: •Held under the sanction of USA Swimming this meet is sanctioned by South Texas Swimming and 2014 USA Swimming rules and any current relevant sections of the South Texas Policies & Procedures Manual will apply. All swimmers must be registered for 2014 with USA Swimming by the entry deadline. Athletes that register with USA Swimming after the deadline may deck enter the meet only if they can present their 2014 USA Swimming registration card (or a coach may present the club's official, water-marked roster from the USA Swimming club portal). South Texas Swimming does not allow on-deck USA Swimming registrations.

Meet Format: •**Prelims:** Chase starts will be utilized, swum fast to slow, alternating heats of women and men.
 •**Finals:** Top eight swimmers from each event in the preliminary session will qualify for Finals. There will be only one championship heat per event during Finals. Additional information will be available at the General Meeting.
 •With the approval of the Zone Age Group Chair, the Meet Referee and the Meet Director reserve the right to make changes to meet logistics, if deemed appropriate.

Live Stream: •Finals of all sessions will be streamed live. Links will be available closer to the start date of the meet

Meet

Management:	Meet Director •Terry Vettters •210-397-8985 •terry.vettters@nisd.net	Entries Chair •Terry Vettters •210-397-8985 •terry.vettters@nisd.net	Administrative Referee •Herb Schwab •281-242-1334 •herb.schwab@gmail.com
--------------------	--	--	--

Other Important Contact Information:

Ron Zolno- Meet Referee 512-775-8113 (cell) rzolno@gmail.com	Brian Dangelmaier- Zone Age Group Chairman 817-925-0505 (home) 817-274-9214 (fax) coachbrian@marswim.org
Tim Bauer- Zone Director- Coach 214- 697-4145 (home) 972- 539- 1591 (office) gillespys@lisd.net	Jay Thomas- Zone Director- Non Coach 954-873-3370 (cell) 888- 782-4091 (fax) jayfthomas@comcast.net

Officials: •Help from visiting officials is always welcome, and appreciated. All deck officials must be currently certified by USA Swimming, and have a current background check. All positions will be assigned through an application process. All officials are asked to submit their completed application form (available at http://www.szoneswim.com/TabGeneric.jsp?_tabid_=43797&team=szlsc) via email to the Southern Zone Officials Chair, Wayne Shulby (at wayne.a.shulby@GSK.com) and the Meet Referee, Ron Zolno (at rzolno@gmail.com). 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. John Wilson will be the National Evaluator. Officials who are interested in being evaluated need to indicate that on their official's application (see above). It will be possible to get evaluations for all positions at all levels.

Captains: •Each LSC is required to designate at least one (1) and no more than three (3) athletes as captains. One (1) captain must attend the General Meeting.

General

Meeting: •There will be a mandatory meeting for all head coaches and at least one captain from each LSC on the first day of the meet, Tuesday, July 29, at 9:00 AM. Location TBA.

Opening

Ceremonies: •The athlete parade will be on Friday, August 1, prior to the Finals Session.

Safety Guidelines And Warm-Up Procedures:

•See attached Safety Guidelines and Warm-Up Procedures on pages 15-16.

Eligibility:

- All swimmers shall be USA Swimming year-round registered athletes.
- Each LSC may select a maximum of forty-eight (48) athletes for its team. They may select a maximum of eight (8) females and eight (8) males in each of the 11-12, 13-14 and 15-18 age groups.
- Swimmers that have ever achieved any current Junior National summer standard are not eligible to participate in the meet, unless they achieved the result within two weeks of the entry deadline.
- The age of a swimmer on the first day of the respective meet shall determine the swimmer's age for that meet.

Entry

Process:

- The **only** acceptable mode of entry is via Hy-Tek Commlink File
- Hard copy **MUST** accompany
- An "HYV" File for Team Manager is available on the Meet Calendar Page under AAAA Club Swimming at www.aaaa-sa.org
- Mail or hand deliver entries to the Meet Director as noted below
- Entries may also be submitted via email
- If you have an entry question, please contact Entries Chair Terry Veters at terry.veters@nisd.net. Email is preferred.
- Each LSC shall identify the name and telephone of the person responsible for their entries.
- Each LSC shall bring to the general meeting, a copy of their LSC's Official Selection Procedure for this meet.
- A list of coaches and chaperones up to 12 individuals **must** accompany the entries and may be e-mailed.

E-Mail

Entries:

- Entries in Commlink Format only, **MUST** be sent or delivered to: terry.veters@nisd.net
- 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 (hard copy) is received as an attachment to the e-mail, via FAX (210-561-5280), or hand-delivered
- Athletes **WILL NOT** be entered into the meet until entry fee payment has been received by the Meet Director or designee

FAX Entries:

- Under no circumstances will entries be accepted via FAX
- Entry Reports **WILL** be accepted via FAX

Entry

Deadline:

- Monday, July 28, 2014 @ 12:00 PM NOON CDT.**
- There are no late entries or deck entries for this meet.**

Disability

Entries:

- Each LSC may bring six (6) swimmers; three (3) boys and three (3) girls with disabilities who are 11 to 18 years of age; selected in any manner deemed appropriate and assisted by the Southern Zone Adapted Swimming Coordinator, if necessary. Swimmers' disability must satisfy the definition of a disability as outlined in USA Swimming Rules and Regulations: a permanent physical or mental impairment that substantially limits one or major life activities. These swimmers with disabilities are in addition to the permitted forty-eight (48) swimmers and are not required to meet the time standards for their age group/events, however, they must provide a time for each event they enter. Swimmers with disabilities may compete in finals, earn awards and score points for their team in the same manner as the able bodied swimmers. Each swimmer is limited to six (6) individual events for the meet with no more than three (3) events per day.
- Entries for swimmers with disabilities should be submitted on the attached entry form indicating

preference for seeding, and highlighted on the hard copy of the LSC's meet entry.

- It is the responsibility of the swimmer, or his/her coach, to inform the Meet Referee of any disability-related accommodations he/she may need to compete. This information must be given in advance of the meet. The Meet Referee shall inquire about the swimmer's needs and determine any modifications that may be required. This information shall be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light cannot be repositioned.

- Swimmers will be seeded into events with able-bodied swimmers. They will also score accordingly.

- It is the responsibility of the USA Swimming Disability Swimming Chair to provide the Meet Referee with current American Records for swimmers with disabilities. It is the swimmer's responsibility to complete and submit an application for an American Record should one is set.

- **Create four categories of disabilities:**

1. Visually Impaired
2. Hearing Impaired
3. Cognitively Impaired
4. Physically Impaired

- Each swimmer wishing to enter the disability events would have to have a classifiable disability that would fall into at least one of the four categories.

- If a swimmer had more than one category of disability they would then choose which of the categories they would like to compete in for the duration of the meet.

Entry Limits:

- Each LSC is limited to

- Three (3) individual entries for the 400 Free/400 IM/800 Free/1500 Free
- **Unlimited** entries for all other individual events,
- One (1) relay team per relay event.

- Each swimmer is limited to

- Six (6) individual events for the meet (entered),
- Three (3) individual events per day (entered).

Entry Fees:

- Southern Zone Age Group **Swimming Championships:**

- Individual events - \$7.50/event.
- Relay events - \$10.00/event.
- Fees may be changed by a majority vote of the LSC representatives in attendance at the annual meeting.

- Southern Zone Age Group **Open Water Championships:**

- \$25.00 per event
- **2007 and beyond – **All swimmers** entered in the Southern Zone Meet will pay a \$7.50 Surcharge which will go to the Open Water Host, regardless of participation. Swimmers not in the Southern Zone Meet will pay the entry fee of \$25.00.

- Please make checks payable to: [NISD Aquatics](#)

- All entry fees must be paid in full to the Meet Director prior to the conclusion of the General Meeting on the first day of competition.

- **No late entries – No substitutions.**

Relays:

- All relays will be swum in the evening session as timed finals. Relay cards will be filled out at the meet and turned in to the Clerk of Course as specified by the Meet Referee at the General Meeting.

Voice Confirm:

- It is the responsibility of each LSC to contact the Meet Director / Entries Chair after emailing their entries to ensure that the entries have been received: 210-397.8985

Seeding:

- Only Long Course times shall be used for seeding.

- The 11-12 400 Free, the 13-14 and 15-18 800/1500 Free shall be deck-seeded, timed final events. Positive check-in will be required. The heats in these events will be swum **fastest to slowest**, alternating women and men.

- All other individual events will be seeded as Prelim/Final events.

- Re-seeding shall only be done in the case of administrative error by the host.

- Under no circumstance will any swimmer left off the LSC's original Entry Form be permitted to swim any event(s) in the meet.

- Scratches:**
- No penalty for scratches on the blocks in the preliminaries.
 - For deck-seeded events, swimmers who are checked in and then fail to compete will be barred from their next individual event.
 - For the Finals, those swimmers who qualify for the Finals and fail to declare their intention to scratch to the Administrative Referee within thirty (30) minutes of the announcement of the finalists for that event, and then fail to scratch within thirty (30) minutes of their last event of that session and then fail to compete in the event in the Finals, will be barred from all subsequent competition in the meet. (Exception: The Meet Referee may allow a swimmer to compete further if based on his judgment, the swimmer was ill or the reason for missing the final was beyond the control of the swimmer.).

- Awards:**
- All Awards shall follow the General Awards Schedule as close as possible (page 10) .
 - The following awards shall be awarded at the Southern Zone Age Group Swimming Championships. **Only the top three (3) places in each event will actually be PRESENTED.**
 - Individual events: 1st-8th place medals
 - Relay events: 1st-3rd place medals,
 - Team Awards: 1st Place “Champions Medals” and 54 t-shirts. 2nd & 3rd Place: Plaque/Trophy
 - Age Group Awards: 1st place Women and Men in each age group – Plaque/Trophy
 - Open Water Awards: Medals: 1st – 8th place, by age group and gender.
 - The Charlene Craddock Sportsmanship Award: Medals and 54 caps swim caps.
 - Shall be awarded to the team who exhibits the highest level of sportsmanship throughout the meet. (*This is a Sportsmanship Award as opposed to a Spirit Award*).
 - Shall be voted on by the Meet Director, Meet Referee, Chief Starter and LSC's (one (1) vote each) during the last session of the competition.
 - A minimum of nine (9) votes shall be required for selection.

- Scoring:**
- Each meet shall be scored separately. Each LSC shall be scored as a team for the Southern Zone Age Group Swimming Championship. Each Zone Team and Individual team entering the Southern Zone Age Group Open Water Championship shall be scored separately for this meet.
 - Each event shall be scored according to the amount of lanes in use at said facility.
 - Each event shall be scored to eight places under the following system:
 - Individual events: (8 lane) 9-7-6-5-4-3-2-1
 - Relay events: (8 lane) 18-14-12-10-8-6-4-2
 - Southern Zone Age Group Open Water Championship:
 - The Top 16 Open Water swimmers will score in each age group and gender. The scoring will be as follows:
 - Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
 - Disability swimmers will be scored with able bodied swimmers in both individual events and team awards.

Pool

- Measurement:** •The competition course is certified, in accordance with USA Swimming Rule 104.2.2(C). The water depths of the competition course measure:

<u>Pool</u>	<u>Start End</u>	<u>Middle</u>	<u>Turn End</u>
South	6.7'	9.0'	6.7'
North	6.7'	9.0'	6.7'

Timing System:

- The Colorado Timing System with electronic scoreboard will be used. Two watches per lane will be used as a back-up.

Timers:

- The Host team will provide all timers for all sessions. Swimmers in the 800/1000 Freestyle events must provide one lap counter if desired (timers will be provided by AAAA).

Pool Deck

Restriction:

- Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all South Texas sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

•Please see attached “Rules & Regulations” Policy of the NISD Aquatics Complex. **All meet entries must be accompanied by a signed copy of NISD’s “Rules and Regulations” Policy (one per team or one per individual swimmer not attached to a team).**

Photography: •No team or parent photographers will be allowed on deck.
•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 must stay out of the area immediately behind the starting blocks, and are specifically prohibited from making shots during the start phase of any race

Deck

Passes and

Registration: •Deck passes must be presented to enter the competition deck area. All meet personnel and USA Swimming registered coaches, officials and participating swimmers will be issued deck passes. **Coaches and officials must present valid USAS Registration cards to receive a deck pass.** No team photographers will receive deck passes. Deck passes for media personnel must be arranged with the Meet Director. Deck passes must be picked up at the registration desk. Replacement of a lost deck pass will cost \$10.

Spectator

Admission: • All Sessions Meet Pass: \$30.00
•Per Day Pass: \$10.00
•Individual Session Pass: \$5.00

Heat Sheets: • Prelims: \$5.00 separately or \$20.00 for all days
•Finals: Free with All Session Meet pass stamp or coupon
•Finals Individual Sales (no coupon): \$4.00 each day

Audio/Visual Recording

Devices: •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.

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. 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.

Concessions: •A concession stand will be open during the meet on the concourse level of the Northside Swim Center.

Hospitality: •A hospitality area will be available for all coaches, officials and meet workers.

Merchandise: •Apparel and swim gear will be on sale during the meet.

Meet Results: •Final meet results will be posted at: www.stswim.org, www.aaaa-sa.org, www.usaswimming.org
•Meet Mobile will be active for all sessions and Real Time Results can be accessed from the Home Page of the AAAA website at www.aaaa-sa.org

Spectator

Seating: •Reserving seats before, between or during sessions is not allowed. Tents, chairs and inflatable mattresses are not allowed. Certain items such as coolers and stadium seats are restricted - please see attached “The NISD Aquatics Complex Rules & Regulations Policy” attachment for specific information.

Deck Seating, Signs, &

Rules: •**RESERVING OF SEATS ON DECK IS NOT ALLOWED.** Covered team seating will be provided. Only coaches may bring chairs on to the deck. Each competing team is permitted one temporary banner, placed at the discretion of the Aquatics Director. Team banners must not exceed 5' by 8'. **NO HANDMADE SIGNAGE IS ALLOWED to be hung in the Swim Center.**

•**DECK CHANGING IS NOT ALLOWED.** SWIMMERS MAY BE EXPELLED FROM THE FACILITY IF CAUGHT CHANGING ON DECK. Please use the locker rooms to change clothes or suits while in the facility.

•Please see attached “Rules & Regulations Policy” of the NISD Aquatics Complex for additional information.

Meet

Committee:

• **The Meet Director and Southern Zone Age Group Chairman will appoint a meet committee. It will consist of: Meet Referee, Zone Age Group Chairman or his designee**, three (3) coaches and two (2) athletes from five (5) different, randomly selected LSC’s. This committee will have jurisdiction over technical protests with the exception of officials' judgment calls. The committee will follow the USA Swimming *Rules and Regulations*, the *Southern Zone Age Group Swimming Championships Meet Handbook* and the meet information letter at all times.

Daily

Schedule:

•The following schedule will be used as a general guideline for all activities:

•**Tuesday:** Timed Finals: Warm-ups 11:00 AM; Competition 1:00 PM

•**Wednesday-Saturday:**

Prelims: Warm-ups 7:00 AM; Competition 9:00 AM

Finals: Warm-ups 4:00 PM; Competition 5:30 PM

• **Sunday:** Open Water: See OW Meet Announcement which is attached to this meet information

Warm-Up

Schedule:

•A detailed warm-up schedule is attached.

**2014 USA Swimming Southern Zone Age Group Swimming Championship
July 29 – August 2, 2014**

ORDER OF EVENTS

<u>Event # (Female Odd, Male Even)</u>	<u>Tuesday</u> <u>Age Group</u>	<u>Timed Finals 1:00 pm</u> <u>Distance/Stroke</u>
1-2	11-12	400 Free*
3	13-18	800 Free*
4	13-18	1500 Free*
	*The 400, 800, & 1500 Free will be swum fastest to slowest, alternating women then men.	
<u>Prelims 9:00 am</u>	<u>Wednesday</u>	<u>Finals 5:30 pm</u>
5-6	11-12	200 Free
7-8	13-14	200 Free
9-10	15-18	200 Free
11-12	11-12	50 Breast
13-14	13-14	200 Breast
15-16	15-18	200 Breast
17-18	11-12	100 Fly
19-20	13-14	100 Fly
21-22	15-18	100 Fly
23-24	11-12	400 Medley Relay**
25-26	13-14	400 Medley Relay**
27-28	15-18	400 Medley Relay**
	**All relays are timed finals and will be swum in the finals.	
<u>Prelims 9:00 am</u>	<u>Thursday</u>	<u>Finals 5:30 pm</u>
29-30	15-18	200 Back
31-32	13-14	200 Back
33-34	11-12	50 Back
35-36	15-18	100 Free
37-38	13-14	100 Free
39-40	15-18	400 IM
41-42	13-14	400 IM
43-44	11-12	400 Free Relay**
45-46	13-14	400 Free Relay**
47-48	15-18	400 Free Relay**
	**All relays are timed finals and will be swum in the finals.	

<u>Prelims 9:00 am</u>	<u>Friday</u>	<u>Finals 5:30 pm</u>
49-50	11-12	100 Back
51-52	13-14	100 Back
53-54	15-18	100 Back
55-56	11-12	100 Breast
57-58	13-14	100 Breast
59-60	15-18	100 Breast
61-62	11-12	100 Free
63-64	13-14	400 Free
65-66	15-18	400 Free
67-68	11-12	200 Medley Relay**
69-70	13-14	200 Medley Relay**
71-72	15-18	200 Medley Relay**
	**All relays are timed finals and will be swum in the finals.	
<u>Prelims 9:00 am</u>	<u>Saturday</u>	<u>Finals 5:30 pm</u>
73-74	11-12	200 IM
75-76	13-14	200 IM
77-78	15-18	200 IM
79-80	11-12	50 Free
81-82	13-14	50 Free
83-84	15-18	50 Free
85-86	11-12	50 Fly
87-88	13-14	200 Fly
89-90	15-18	200 Fly
91-92	11-12	200 Free Relay**
93-94	13-14	200 Free Relay**
95-96	15-18	200 Free Relay**
	**All relays are timed finals and will be swum in the finals.	



**2014 USA Swimming Southern Zone Age Group Swimming Championship
July 29 – August 2, 2014**

Finals & Awards Schedule

Tuesday

No Awards

Wednesday

Swim 200 Free

Swim 50 Breast

Swim 200 Breast

Awards for 400/800/1500 Free

Swim 100 Fly

Swim 400 Medley Relay

Thursday

Awards for 200 Free

Awards for 50 & 200 Breast

Awards for 400 Medley Relay

Swim 200 Back

Swim 50 Back

Swim 100 Free

Awards for 200 Back

Awards for 50 Back

Awards for 100 Free

Swim 400 IM

Swim 400 Free Relay

Friday

Awards for 400 IM

Awards for 400 Free Relay

Swim 100 Back

Swim 100 Breast

Awards for 100 Back

Awards for 100 Breast

Swim 100 Free

Swim 400 Free

Swim 200 Medley Relay

Saturday

Awards for 100 Free

Awards for 400 Free

Awards for 200 Medley Relay

Swim 200 IM

Swim 50 Free

Awards for 200 IM

Awards for 50 Free

Swim 50 Fly

Swim 200 Fly

Swim 200 Free Relay

Awards for 50 & 200 Fly

Awards for 200 Free Relay

**2014 USA Swimming Southern Zone Age Group Swimming Championship
July 29 – August 2, 2014**

Coaches:

Please use this checklist to make sure you return all the required items. This form must be filled out and included with your entry.

- Financial Summary Form (including e-mail address).
- Hard copy of entries.
- Check for all fees (payable to NISD Aquatics).

I certify that this entry is completed to the best of my ability and that all swimmers entered have achieved the entry time required in each event.

Coach's Signature

Date

LSC

Abbreviation

2014 USA Swimming Southern Zone Age Group Swimming Championship
July 29 – August 2, 2014

Meet Entry Summary Sheet

LSC _____ Abbreviation _____

Coach(s) _____

LSC Contact Person #1 _____

Home/Cell Phone Number #1 _____ Work Phone Number _____

Email Address _____

Mailing Address _____

LSC Contact Person #2 _____

Home/Cell Phone Number #2 _____ Work Phone Number _____

Email Address _____

Mailing Address _____

Number of Swimmers ___ X \$7.50 Open Water surcharge per swimmer \$ _____

Number of Individual Events ___ X \$7.50 each \$ _____

Number of Relays _____ x \$10.00 each \$ _____

Total Amount Enclosed (checks payable to NISD Aquatics) \$ _____

I, the undersigned coach or LSC representative verify that all the swimmers and coaches listed on the enclosed entry forms are registered with USA Swimming. USA Swimming, South Texas Swimming, Alamo Area Aquatics Association and Northside Independent School District, its agents, employees, and coaches shall be held free from any liability or claim rising by reason of injury to anyone during the conduct of the meet.

Signature/Title _____

**2014 USA Swimming Southern Zone Age Group Swimming Championship
July 29 – August 2, 2014**

Swimmers with Disabilities Meet Entry Summary Sheet

Name: _____ DOB: __/__/__ Male Female

Address: _____ USA Swimming #: _____

City: _____ State: ____ Zip: _____ Age on August 1, 2XXX: _____

Disability: _____ Classification (if known): _____

Swimmer/Parent E-mail Address: _____

Club: _____ Club Coach: _____ Phone: _____

Parent/Guardian's Name: _____

Phone: Day: _____ Evening: _____ Cell: _____

Emergency Contact: Name: _____ Phone: _____

Special Accommodations Needed: _____

ONLY LONG COURSE METER (LCM) TIMES WILL BE ACCEPTED FOR THE PURPOSES OF SEEDING

#	<u>EVENT DESCRIPTION</u>	<u>ENTRY TIME</u>	<u>SEED WITH</u>		Comparable Time
			Age Group (same age & distance)	Different Distance (same age) (distance depends on entry time)	
1	_____	_____	_____	_____	_____
2	_____	_____	_____	_____	_____
3	_____	_____	_____	_____	_____
4	_____	_____	_____	_____	_____
5	_____	_____	_____	_____	_____
6	_____	_____	_____	_____	_____

Please indicate the swimmer's preference regarding seeding of their entry for each event. Please note that changing age groups may change the session that the swimmer swims. Changing the distance may affect the date on which the swim occurs. Take these factors into consideration when selection the seeding procedure for each event listed below. The Meet Referee has the final decision regarding seeding procedures.

I certify that the above listed times are correct.

Signed: _____ Date: _____
Club Head Coach/Age Group Coach (REQUIRED SIGNATURE)

USA SWIMMING SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS

CODE OF CONDUCT

The following code is in effect throughout the 2014 USA Swimming Southern Zone Age Group Swimming Championships. Anyone who, in the opinion of the LSC Zone Meet Coaching Staff, acts in a manner that would interfere with the travel objectives listed below, will be subject to immediate return home (at the expense of the parent and/or swimmer) and other punishments including barring from future LSC trips or competition may be imposed.

- 1) The LSC may travel as a team to these meets/training sessions and everyone is expected to behave in an exemplary manner. The reputation of the LSC, as well as the other athletes with you, is dependent on your behavior.
- 2) The LSC Coaching Staff holds the final word on any rules, regulations or disciplinary actions.
- 3) a) The consumption or purchase of alcohol, smoking or chewing tobacco, or use of any other illegal drug or substance of any kind will not be allowed. In addition, any member found or suspected to be in the **presence of others** (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments and probable expulsion from the LSC Zone Team. Any swimmer suspected of such activity will appear before a review committee composed of the LSC Coaching Staff, and LSC Zone Team Captains .
b) Use of inappropriate language, including obscene language or gestures and other threatening language or conduct will not be tolerated while traveling with the LSC Zone Meet.
- 4) At no time will male and female athletes be in the same hotel room together. This applies to your LSC Zone Team members or members of any other LSC Zone Team.
- 5) No team meetings or practices may be missed. Be punctual to all meetings and warm-up times.
- 6) No team member may be out of their room after the assigned curfew time and no one may leave their room alone. Permission must be obtained from the LSC Coaching Staff to leave the room.
- 7) Any damages or thievery incurred at a hotel will be at the expense of the swimmers assigned to that room, and further disciplinary action will be taken. No loud or boisterous behavior will be tolerated in the hallways or public areas, such behavior should be kept to a minimum in your rooms
- 8) Any individual damages or thievery incurred on the trip will be at the expense of the swimmer, and further disciplinary action will be taken, such behavior will not be tolerated.
- 9) All team members will be polite in restaurants. Leave a 15% tip (Minimum). If there is a problem with the service, see the LSC Coaching Staff.
- 10) Agree to follow these and any other rules having to do with the behavior and the LSC Zone Team, as established by the Coaching Staff and the LSC.

I recognize my responsibility to abide by these rules and requirements and those of the LSC Zone Team I am representing and I acknowledge that I have received and read such.

Swimmer's Printed Name _____ Dated _____

Swimmer's Signature _____ Dated _____

LSC Head Coach's Signature _____ Dated _____

2014 USA Swimming Southern Zone Age Group Swimming Championship
July 29 – August 2, 2014
Warm-Up Procedures

The competition pool will be open for general warm-ups during the following times before the meet begins: This grouping is based on last year's attendance and may be subject to change based on teams entered.

- Monday 4:00-8:00 PM
- Tuesday 8:00-10:00 AM

Lanes	Group 1	Group 2	Group 3
1			
2	Georgia	Mississippi	Kentucky
3	South Texas	Border	North Carolina
4	Florida	North Texas	South Carolina
5	Gulf	Florida Gold Coast	West Texas
6	Louisiana	Southeastern	West Virginia
7			
8	Disability	Disability	Disability

	1st warm-up	2nd warm-up	3rd warm-up
Tuesday	Group 1	Group 2	Group 3
Wednesday	Group 3	Group 1	Group 2
Thursday	Group 2	Group 3	Group 1
Friday	Group 1	Group 2	Group 3
Saturday	Group 3	Group 1	Group 2

Warm-up Times:

<u>Tuesday:</u>	11:00-11:30 PM 11:30-12:00 PM 12:00- 12:30 PM 12:30- 12:45 PM	Group 1 Warm-up Group 2 Warm-up Group 3 Warm-up Lanes 1, 2, 7, 8 Pace lanes Lanes 3 & 6 One Way Starts Lanes 4 & 5 General warm-up
<u>Wed-Sat Prelims:</u>	7:00-7:30 AM 7:30-8:00 AM 8:00-8:30 PM 8:30- 8:50 AM	Group 1 Warm-up Group 2 Warm-up Group 3 Warm-up Lanes 1, 8 Pace Lanes 2, 3, 6, 7 One Way Lanes 4 & 5 General Warm-up
<u>Wed-Sat Finals:</u>	4:00-4:45 PM 4:45-5:15 PM	Lanes 1-8 General Warm-up Lanes 1 & 8 Pace Lanes Lanes 2, 3, 6, 7 One Way Lanes 4 & 5 General Warm-up

Sprint and Pace Lanes will be added at the discretion of the Meet Referee

On Friday night, the day of the parade, the General Warm-up will end at 4:45 PM

The Warm-Up pool will be set up with lane lines and will be available during all sessions for general Warm-Up

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 ½ 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 kick boards, 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 (4) 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 must be members of United States Swimming.
 3. Marshals will have 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.
 4. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 5. 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."
 6. 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.
 7. Hazards in locker rooms, on deck, or 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.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the 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.

**2014 USA Swimming Southern Zone
Age Group Swimming Championship
July 29 – August 2, 2014
TRAVEL INFORMATION**

Local Airport

San Antonio International Airport
9800 Airport Blvd
San Antonio, TX 78216

Regional Airports

Austin-Bergstrom International Airport
George Bush Intercontinental Airport/ Houston
Dallas/Ft. Worth International Airport

Car Rental Agencies

Alamo	800/445-5664
Avis	800/352-7900
Budget Rent-A-Car	800/214-6094
Dollar	800/800-5252
Enterprise	800/264-6350
Hertz	800/654-4173
National	800/468-3334
Thrifty	800/847-4389

DRIVING DIRECTIONS FROM GOOGLE MAPS TO NORTHSIDE AQUATICS COMPLEX

From Austin, TX	Head SW on Presidential Blvd. Slight left to stay on Presidential Blvd. Turn left onto E State Hwy 71 Service Rd. Take the ramp on the left onto TX-71W. Continue onto E Ben White Blvd. Take the Texas 71W ramp on the left. Merge onto TX-71W. Take the I35N/US-290E exit toward Waco. Keep left at the fork and merge onto I35S. Continue on I35S. Take exit 172 for TX-1604 Loop W / Anderson Loop. Follow signs for Texas 1604 Loop W and merge onto TX-1604 Loop W. Take the exit toward TX-16/San Antonio/Bandera. Merge onto Access Rd 1604/North Loop 1604W. Sharp left to stay on Access Rd 1604/North Loop 1604W. Turn right on Bamberger Trail. Northside Aquatics Complex will be on your left.
From Dallas, TX	Head S. Slight left toward S Internatl Pkwy. Continue onto TX-97 Spur/Internatl Pkwy. Keep left at the fork, follow signs for TX-183E/Irving/Dallas and merge onto TX-183E. Take the exit onto TX-161S. Continue onto President George Bush Turnpike S. Keep left at the fork, follow signs for I-20E/Dallas and merge onto I-20E. Take exit 467B to merge onto I-35S toward Waco. Continue onto I-35S. Take exit 172 for TX-1604 Loop W / Anderson Loop. Follow signs for Texas 1604 Loop W and merge onto TX-1604 Loop W. Take the exit toward TX-16/San Antonio/Bandera. Merge onto Access Rd 1604/North Loop 1604W. Sharp left to stay on Access Rd 1604/North Loop 1604W. Turn right on Bamberger Trail. Northside Aquatics Complex will be on your left.
From Houston, TX	Head N on JFK Blvd. Slight left, then turn left to stay on JFK Blvd. Turn right onto Texas 8 Beltway Frontage Rd. Take the Texas 8 Beltway W ramp on the left to I-45. Merge onto Tx-8 Beltway W. Continue onto Sam Houston Tollway W. Take I-10 exit toward SA. Merge onto I-10W. Take exit 587 toward TX-1604 Loop/Anderson Loop/Randolph AFB. Merge onto I-10 Frontage Rd. Turn right onto TX-1604 Loop/Charles West Anderson Loop. Take the exit toward TX-16/San Antonio/Bandera. Merge onto Access Rd 1604/North Loop 1604W. Sharp left to stay on Access Rd 1604/North Loop 1604W. Turn right on Bamberger Trail. Northside Aquatics Complex will be on your left.

2014 USA Swimming Southern Zone Championships Participant Hotels

Courtyard by Marriott SeaWorld Westover Hills

11605 State Highway 151, San Antonio, TX 78251

Phone: (210) 509-3700, www.marriott.com

Group Rate: \$119, includes complimentary parking and wifi, \$5 breakfast vouchers (50% discount)

For room reservations:

[Book your group rate: South Texas Zone Championships Room Block >>](#)

or call 210-509-3700 & request to book under the block.

Drury Inn & Suites Near La Cantera Pkwy

15806 IH-10 West, San Antonio, TX 78249

Phone: (210) 696-0800, www.druryhotels.com

Group Rate: Single & Double - \$109, Triple - \$119, Quad - \$129, includes complimentary breakfast, wifi, snacks, evening food and drink

For room reservations: Call 1-800-325-0720, using the group #2212859 or click on the link

<http://www.druryhotels.com/Reservations.aspx?groupno=2212859>

Drury Inn & Suites San Antonio Northwest

9806 IH-10 west, San Antonio, TX 78230

Phone: (210) 561 2510, www.druryhotels.com

Group Rate: Single & Double - \$109, Triple - \$119, Quad - \$129, includes complimentary breakfast, wifi, snacks, evening food and drink

For Room reservations: Call 1-800-325-0720, using the group #2212899 or click on the link

<http://www.druryhotels.com/Reservations.aspx?groupno=2212899>

La Quinta North Stone Oak

18502 Hardy Oak Blvd, San Antonio, TX 78232

Phone: (210) 497-0506, www.lq.com

Group Rate: Single/Dbf - \$99; Triple/Quad - \$109, includes complimentary breakfast and parking

For room reservations:

Call the number above and mention the event or call 800-SLEEP-LQ using the group code GRGMZH

Marriott TownePlace Suites San Antonio NW

5014 Prue Rd, San Antonio, Texas 78240

Phone: (210) 694-5100, www.marriott.com

Group Rate: \$119, includes complimentary breakfast, welcome snack bag and free parking; dinner w/beverages is included Monday thru Thursday

For room reservations:

[Book your group rate: South Texas >>](#)

Microtel Inn & Suites by Wyndham

1605 West Loop 1604 South, San Antonio, TX 78245

Phone: (210)-255-8608, www.microtelinn.com

Group Rate: Double Queen - \$119, includes complimentary breakfast and wifi

Omni San Antonio Hotel at the Colonnade

9821 Colonnade Boulevard, San Antonio, Texas 78230

Phone: (210) 699-5834, www.omnihotels.com

Group Rate: \$145, includes complimentary breakfast buffet for (2) in Bolo's Restaurant, complimentary wi-fi in guestrooms and free parking

For room reservations:

<http://www.omnihotels.com/FindAHotel/SanAntonio/MeetingFacilities/SouthernZones2014Championships7n.aspx> or call 1-800-THE-OMNI and ask for the Southern Zones Room Block

For team bookings only with a rooming list: Ava McCall: amccall@omnihotels.com, 210-699-5832

SpringHill Suites Medical Center/NW

3636 NW Loop 410, San Antonio, TX 78201

Phone: (210) 737-6086, www.mariott.com

Group Rate: 2 Double Beds - \$124, includes complimentary breakfast and wifi

For Room Reservations:

[Book your group rate: South Texas Zone Championship >>](#)

or call (210) 737-6086

Staybridge Suites NW near Six Flags

6919 North Loop 1604 West, San Antonio, TX 78249

Phone: (210) 691-3443, www.staybridge.com

Group Rate: Studio Suite (1 Queen) - \$119; King Bed Suite - \$129; 2 Queen Beds Suite - \$149, includes complimentary breakfast buffet, wifi and wired internet, and parking

For room reservations:

[South Texas Zone Championship Hotel Reservations](#)

Wyndham Garden San Antonio near La Cantera

6809 North Loop 1604 West, San Antonio, TX 78249

Phone: (210) 690-0300, <http://www.wyndham.com/>

Group Rate: Single - \$109, Double - \$119, includes complimentary parking and wifi

For room reservations:

http://www.wyndham.com/groupevents2014/47997_NISD2014/main.wnt



Welcome to the NISD Aquatics Facilities. We ask that while you are on any of our premises you abide by the following Facility Safety Rules and Regulation, and make sure parents, swimmers, and other guests understand the need for safety at all times. Thank you and enjoy your visit.

Facility Safety Rules and Regulations

- NISD highly recommends that all swimmers follow the CDC “Healthy Swimming Policy” by showering before entering the pool.
- NISD Police are empowered to enforce any and all regulations established by NISD Aquatics and the district.
- **NISD is a tobacco, alcohol and weapons free property. Glass containers are not allowed in or around this facility. This applies to all parking lot areas.**
- Shaving is not permitted anywhere, at anytime, at any of our NISD Complexes.
- Chewing gum is not allowed in the water or on the complex grounds.
- **DECK PASS REQUIREMENTS:** Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. Deck Pass Credentials must be worn at all time.
- All spectators must be seated in the bleachers. Participants and spectators are not allowed to lean or stand in front of rails blocking the view of seated spectators.
- Folding chairs are not allowed on the deck of the Swim Center. Chairs are allowed in the Natatorium off the blue deck and in designated areas. When space permits folding chairs will be allowed at the GBAC at the south end.
- Each competing team is permitted one temporary banner, placed at the discretion of the Facility Mgr or Meet Director. Team banners must not exceed 5’x 8’.
- Coolers: Spectators are allowed one (1) cooler 13” wide x 11” deep x 12” tall that can be placed directly under their seating area. Participants/teams are allowed two (2) ice chests on the deck provided they do not contain glass items.
- Teams are expected to clean up their respective areas at the conclusion of each day of competition.
- Participating in any activity that can be interpreted or described as “*risky*” or “*horseplay*” is prohibited at any of the NISD Aquatics complexes.
- Diving boards, trampolines, tower, and other equipment are not to be used unless authorized by the Facility Mgr.
- The use of flash photography or making noise at the start of any race is prohibited. Other noise makers are prohibited in all facilities.
- Photographers from schools, media, etc. must check in with the Facility Mgr. and be cleared for a Deck Pass. Credentials must be worn at all times. Photographers are prohibited from being in the starting area or behind the blocks at any time. Flash photography is not allowed at the start of any event.
- Blocking or restricting fire lanes or emergency exits is strictly prohibited.
- Deck changing is prohibited at all times.

Your safety is our biggest concern. Our safety staff wears “neon yellow” shirts and they are available to assist you with any needs. Let them know of any safety issues you detect and please follow all requests for safety first behaviors.

Acknowledgement

Organization / Team Name: _____ **Representative Name/Title:** _____

I agree, on behalf of my organization that:

I have received a copy of the NISD Aquatics Facility Safety Rules and Regulations. I understand the responsibility for ensuring that all members of the organization and their guests comply with these safety rules and regulations. I understand that additional copies are available upon request in the office of the Facility Mgr. I affirm that all coaches or staff members of my organization have up to date CPR/First Aid certifications, and have specific training or liability coverage as required by the organization’s national governing body.

I understand that NISD may, from time to time, modify its policies and I agree to abide by those changes.

HEAD COACH SIGNATURE

DATE