





## 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

## 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

## Entry Fees:

- \$15.00 per individual event (Includes the \$1.25 STSI Splash Fee)
- \$30.00 per individual event late entry
  - Late entries will be accepted only to fill empty lanes – no new heats will be created
- Checks payable to: **NISD Aquatics**
  - Mail to:
    - Nabil Kebbab
    - c/o Northside ISD Aquatics
    - 8400 North Loop 1604 West
    - San Antonio, TX 78249
    - No Personal Checks can be accepted

## Entry

### Procedures:

- 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.aaaa-sa.org](http://www.aaaa-sa.org).

## E-Mail

### Entries:

- Entries in Commlink Format only, MUST be sent or delivered to:
  - NISD Entries Chair:**
    - Nabil Kebbab
    - 210-397-7524
    - nabil.kebbab@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 (PDF) is received as an attachment to the e-mail, or hand-delivered.

## 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 Natatorium (210-397-8985) in advance of this meet with the name and age of any member on your team who needs 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.



## Order of the Events / Distances are in yards

Minimum Qualifying Times: 2017 - 2020 National Motivational "B" Times

Friday, December 7 – 0830 Prelims / 1700 Finals						
Girl's Event #	Equal to or Faster than:	Age Group	Distance	Stroke	Equal to or Faster than:	Boy's Event #
<b>1</b>	0:38.29	11 and 12	<b>50</b>	<b>Back</b>	0:38.19	<b>2</b>
	0:46.99	10 and Under			0:47.69	
<b>3*</b>	6:40.69	15 and Over	<b>500*</b>	<b>Free*</b>	6:12.59	<b>4*</b>
	6:49.39	13 and 14			6:26.59	
	7:09.09	11 and 12			6:57.29	
	8:26.09	10 and Under			8:16.69	
<b>5</b>	2:48.19	15 and Over	<b>200</b>	<b>I-M</b>	2:32.69	<b>6</b>
	2:51.49	13 and 14			2:39.99	
	3:00.69	11 and 12			2:57.59	
	3:38.49	10 and Under			3:35.49	
<b>7</b>	0:32.09	15 and Over	<b>50</b>	<b>Free</b>	0:28.89	<b>8</b>
	0:32.69	13 and 14			0:29.99	
	0:33.79	11 and 12			0:32.59	
	0:38.89	10 and Under			0:38.09	
<b>9*</b>	13:49.19	15 and Over	<b>1000*</b>	<b>Free*</b>	12:52.99	<b>10*</b>
	14:01.99	13 and 14			13:21.19	
	14:48.09	11 and 12			14:32.59	

\*Requires a positive check-in by 0800 on the day of the event



## Order of the Events / Distances are in yards

Minimum Qualifying Times: 2017 - 2020 National Motivational "B" Times

<b>Saturday, December 8 – 0830 Prelims / 1700 Finals</b>						
Girl's Event #	Equal to or Faster than:	Age Group	Distance	Stroke	Equal to or Faster than:	Boy's Event #
<b>11</b>	0:43.09	11 and 12	<b>50</b>	<b>Breast</b>	0:42.89	<b>12</b>
	0:53.29	10 and Under			0:52.09	
<b>13*</b>	6:05.79	15 and Over	<b>400*</b>	<b>I-M*</b>	5:41.79	<b>14*</b>
	6:05.79	13 and 14			5:41.79	
	6:24.19	11 and 12			6:13.09	
<b>15</b>	1:15.39	15 and Over	<b>100</b>	<b>Fly</b>	1:08.29	<b>16</b>
	1:16.89	13 and 14			1:11.49	
	1:25.09	11 and 12			1:23.29	
	1:53.99	10 and Under			1:52.39	
<b>17</b>	2:29.89	15 and Over	<b>200</b>	<b>Free</b>	2:17.29	<b>18</b>
	2:33.19	13 and 14			2:22.99	
	2:41.19	11 and 12			2:35.69	
	3:19.19	10 and Under			3:06.69	
<b>19</b>	3:08.19	15 and Over	<b>200</b>	<b>Breast</b>	2:48.69	<b>20</b>
	3:11.99	13 and 14			2:58.39	
	3:23.09	11 and 12			3:14.89	
<b>21</b>	1:15.39	15 and Over	<b>100</b>	<b>Back</b>	1:08.39	<b>22</b>
	1:17.19	13 and 14			1:12.09	
	1:25.19	11 and 12			1:22.19	
	1:41.99	10 and Under			1:40.19	

\*Requires a positive check-in by 0800 on the day of the event

<b>Sunday, December 9 – 0830 Prelims / 1700 Finals</b>						
Girl's Event #	Equal to or Faster than:	Age Group	Distance	Stroke	Equal to or Faster than:	Boy's Event #
<b>23</b>	0:36.69	11 and 12	<b>50</b>	<b>Fly</b>	0:37.09	<b>24</b>
	0:47.39	10 and Under			0:45.69	
<b>25</b>	2:44.09	15 and Over	<b>200</b>	<b>Back</b>	2:29.89	<b>26</b>
	2:47.29	13 and 14			2:37.09	
	2:56.59	11 and 12			2:52.69	
<b>27</b>	1:09.59	15 and Over	<b>100</b>	<b>Free</b>	1:02.89	<b>28</b>
	1:10.79	13 and 14			1:05.59	
	1:13.59	11 and 12			1:10.99	
	1:29.59	10 and Under			1:27.79	
<b>29</b>	2:46.79	15 and Over	<b>200</b>	<b>Fly</b>	2:31.39	<b>30</b>
	2:50.09	13 and 14			2:38.29	
	3:00.89	11 and 12			2:56.59	
<b>31</b>	1:26.89	15 and Over	<b>100</b>	<b>Breast</b>	1:17.59	<b>32</b>
	1:28.69	13 and 14			1:21.39	
	1:34.39	11 and 12			1:32.49	
	1:58.09	10 and Under			1:53.59	
<b>33*</b>	23:05.19	15 and Over	<b>1650*</b>	<b>Free*</b>	21:35.39	<b>34*</b>
	23:23.49	13 and 14			22:18.89	
	24:53.99	11 and 12			24:21.89	

\*Requires a positive check-in by 0800 on the day of the event

# 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
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 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 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.**