

*The University of Texas at Austin and*  
**LONGHORN AQUATICS**  
**2012 Long Course Kick Off**  
**April 20-22, 2012**

**Welcome:** Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in our 2012 Long Course Kick Off. This meet is open to all USA Swimming registered swimmers and will be conducted in one 50 meter competition pool, using Daktronics Timing System, and Hy-Tek Meet Manager 4.0 software.

**Facility:** The Lee and Joe Jamail Texas Swimming Center has an indoor 8 lane 50 meter competition pool. The pool is considered one of the fastest pools in the world due to its depth, gutter system, high filtration rate and lane width. There are two movable, power-operated bulkheads. For the Long Course Kick Off meet the competition course *has* been certified in accordance with 104.2.2C(4). The Swim Center is located on the University of Texas Campus, 1900 Robert Dedman Drive, one block west of I-35 on the northwest corner of the intersection of Martin Luther King Boulevard and Red River Street.

**Water Depths:** The Start end is 9 feet, and the turn end is 9 feet.

**Liability:** USA Swimming, South Texas Swimming, The University of Texas, the Lee and Joe Jamail Texas Swimming Center, and Longhorn Aquatics accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the 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.

**TSC Rules:** As guests of The University of Texas, all must adhere to the Texas Swim Center (TSC) rules. Coaches must supervise their swimmers. Chewing gum and glass containers are not permitted in the building. Locks may not be left on lockers overnight. Wet swimmers cannot leave pool deck. Children must be supervised at all times. Spectators and athletes may not bring food or drink into the Texas Swim Center from outside sources. Teams ARE permitted to bring two (2) coolers on to the deck.

**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.

**Cell phone restrictions:** The presence or use of cell phones, smart phones or any other devices capable of producing audio recordings, photographic or video images in locker rooms, restrooms or changing areas is strictly and specifically prohibited at all times. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility and arrest. ST-12-24

**Sanction:** This meet has been sanctioned by South Texas Swimming and 2012 rules will apply. All swimmers must be registered as athletes for 2012 with USA Swimming by the entry deadline. Athletes that register with USA Swimming after the entry deadline may deck enter the meet only if they can present their 2012 USA card.

**USA Swimming Registration:** All swimmers, coaches, and officials participating in this competition must be *currently* (2012) registered with USA Swimming. 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 **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. South Texas Swimming does not permit on-deck USA Swimming Registrations

Schedule: Saturday and Sunday, the meet will be split into morning and afternoon sessions based on age. The morning sessions each day are planned for swimmers 12 & Under and the afternoon sessions for swimmers 13 & Over. However, we reserve the right to split the sessions differently or to combine sessions based on the entries received. Warm-ups may be split if a large number of swimmers enter the meet.

Friday: All Ages	Warm-up 5:00 PM	Start 6:00 PM
Saturday: 12 & Under	Warm-up 9:00 AM	Start 10:00 AM
13 & Over	Warm-up **	Start **
Sunday: 12 & Under	Warm-up 8:00 AM	Start 9:00 AM
13 & Over	Warm-up **	Start **

\*\* The warm-up for the afternoon session will begin immediately after the morning session. The exact time will be posted on the Longhorn Aquatics' website no later than April 19th.

**Qualifying Times:** There are "B" qualifying times for events of 200 meters and longer. The qualifying times are from USA Swimming's 2009-2012 National Age Group Motivational Times. The age groups are based on 10&U, 11-12, 13-14, 15-16, and 17-18+. Athletes who do not finish an event within the LCM qualifying time noted will be required to prove their entry time. The entry time must be in the USA Swimming database. **Swimmers that cannot prove their entry time will be fined \$30** payable to the University of Texas. These swimmers will be barred from competition (at this and/or subsequent meets at the swim center) until the fines are paid.

**Meet Format:** All events are timed finals, swum in one long course meter pool, seeded only by time and gender. Age groups will be combined. All events will swim fastest to slowest. Depending on the number of swimmers, chase starts and/or flyover starts may be used. If there are enough swimmers to run both ends of the pool, then even heats will finish at the Flag end of the pool and odd heats will finish at the Non-Flag end of the pool. All 50's will swim in the same alternating fashion.

Friday's 10 & Over 200 Backstroke, and 11-12 400 Freestyle will be pre-seeded. The 800 Freestyle, 1500 Freestyle 13 & over 400 Freestyle, and 400IM will require positive check-in. We are requesting courtesy scratches for all other sessions (see Scratch section below). Heat sheets will be for sale at the store at the beginning of each session.

All 400 Freestyle, 400 IM, 800 Freestyles, and 1500 Freestyles will swim alternating girl/boy. Swimmers in the 800/1500 must also provide their own counters and timers. Girls will start at the Flag end of the pool, and boys will start at the Non-Flag end for these races only. Swimmers must choose either the 800 or 1500 on Friday. **Swimmers are NOT allowed to swim both.** The Meet Director and Meet Referee reserve the right to modify the operations of the meet, depending upon the number of entries.

**We reserve the right to cap the number of swimmers entered in order to stay within the four hour rule. Friday evening's session will be capped at 3 hours.** Swimmers will be entered in the order entries are received.

**Scratches:** We are asking swimmers to scratch events they will not swim the next day. By 7 PM on Friday, swimmers should scratch any events they will not swim on Saturday. Coaches, please help us out and scratch any athletes that will not attend the meet on Saturday.

On Saturday, before you leave your session, you will need to scratch any event you will not swim on Sunday. There is no penalty for failing to scratch an event, BUT our experience with this courtesy scratch during long course season will shape our decision about positive check-in for all events in the future. Please help us eliminate empty lanes and allow the greatest number of swimmers to participate.

**Check-in:** Positive check-in is required for 13 & Over 400 meter freestyle, 13 & Over 800/1500 meter Freestyle, and 13 & Over 400 meter IM. Check-in sheets for the 13 & Over 800/1500 Freestyle will be available as the swimmers enter the pool for warm-up and will close at 6:00PM. Check in for all other positive check-in events will be available at the start of warm-up for the session and due approximately one hour before the event is scheduled to swim. Exact times will be posted at Clerk of Course on the day of the event.

Swimmers that **check-in for an event and fail to swim will be fined \$30** payable to the University of Texas. These swimmers will be barred from competition (at this or subsequent TXLA meets at the Swim Center) until the fines are paid.

**Entry Dates:** Entries are due no later than 11:59 p.m. (CST) on Friday, March 30<sup>th</sup>. Please go to [www.nitroswim.com](http://www.nitroswim.com) to complete your entries. Entry fees will be billed to your account on file with Nitro. There will be no refunds for any reason including illness or injury.

**Entries:** Swimmers may enter a **maximum of 3** individual events per day and a maximum of 7 individual events for the meet. The age of the swimmer will be his/her age on April 20, 2012. Enter all events with previous best times achieved in **Long Course Meters**. Although athletes may enter the meet with NT, we would encourage you to estimate a time. A good estimated time will ensure your athlete is seeded in the proper heat, and help our timeline.

**Entry Fees:** \$9.25 per individual event. This includes the South Texas Swimming splash fee of \$1.25 per splash.

**Deck Entries:** Deck entries will be accepted only for open lanes. No new heats will be created. You may deck enter for the current session beginning at the start of warm-up. Deck entries will close 30 minutes before the start of each session. You may deck enter the future sessions' events after the meet starts.

The deck entry fee is \$20.00 per event. **Swimmers not previously entered in the meet must present their 2012 USA swimming registration card** at Clerk of Course to be able to deck enter.

**Awards:** Ribbons, first through eighth place will be awarded according to the following age groupings: boys and girls 8 and under, and 9–10. No other awards will be given.

**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 Texas Swimming Center at 512-471-7703 in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The Texas Swimming Center 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 Referee before the event begins if they are to be considered to be judged under Article 105.

**Officials:** All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and STSI Swimming for 2012 and have a current Background Check acknowledged by USA Swimming. Please email the Meet Referee, Trey Prinz ([prinz@netapp.com](mailto:prinz@netapp.com)), with your certification level and availability so he can plan accordingly. The uniform will be white polo shirts over navy blue pants, skirts or shorts. Please report to the Meet Referee at least 45 minutes 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. ST-12-24

**Deck Access:** Only currently registered coaches and officials will be allowed access beyond the front desk of the Texas Swimming Center. Coaches and officials will be required to show their current USA Swimming registration card at the front desk in order to be on deck. Volunteers will be given a pass to access the deck and help for that specific purpose.

Please be aware that swimmers will not be allowed on the deck until one of their team coaches has checked in and is on deck.

Any non-registered individuals not respecting these rules will be removed from that area or from the facility at the discretion of the meet director, Longhorn Aquatics Program Director or Texas Swimming Center staff.

**Parking:** The University of Texas requires a UT permit for parking along Trinity and San Jacinto as well as C Lot 80 in front of the Swim Center. They will be charging \$12 for parking in the Trinity garage.

Please go to our website, [www.utexas.edu/longhornaquatics](http://www.utexas.edu/longhornaquatics) as we get closer to the meet for more information on parking.

## **ORDER OF EVENTS**

**FRIDAY, APRIL 20, 2012**

### **Session 1: All Ages**

GIRLS EVENT #	EVENT	BOYS EVENT #
1	200 BACK (10 & OVER)	2
3	400 FREE (11-12)	4
5	800 FREE (13 & OVER)!*	6
7	1500 FREE (13 & OVER)!*	8

(!) Positive check-in required AND swimmers must provide their own timers

(\*) Swimmers must provide their own counters

**Saturday Morning, April 21, 2012**

### **SESSION 2 - 12 & Under**

GIRLS EVENT #	EVENT	BOYS EVENT #
9	200 IM	10
11	50 Free	12
13	100 Breast	14
15	200 Fly (10-12 only)	16
17	50 Back	18
19	100 Free	20

**Saturday Afternoon, April 21, 2012**

### **SESSION 3 - 13 & Over**

GIRLS EVENT #	EVENT	BOYS EVENT #
21	200 IM	22
23	50 Free	24
25	100 Breast	26
27	200 Fly	28
29	50 Back	30
31	100 Free	32
33	400 Free!	34

(!) Positive check-in required AND swimmers must provide their own timers

**Sunday Morning, April 22, 2012**

**SESSION 4 - 12 & Under**

GIRLS EVENT #	EVENT	BOYS EVENT #
35	200 Free	36
37	50 Breast	38
39	100 Fly	40
41	200 Breast (10-12 Only)	42
43	50 Fly	44
45	100 Back	46
47	400 IM (10-12 Only)!	48

(!) Positive check-in required AND swimmers must provide their own timers

**Sunday Afternoon, April 22, 2012**

**SESSION 5 - 13 & Over**

GIRLS EVENT #	EVENT	BOYS EVENT #
49	200 Free	50
51	50 Breast	52
53	100 Fly	54
55	200 Breast	56
57	50 Fly	58
59	100 Back	60
61	400 IM !	62

(!) Positive check-in required AND swimmers must provide their own timers

**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 may be done only under the direct supervision of the coach

**II. Open warm-up procedures. LANE**

**USE POOL**

8 Lanes

6 Lanes

**PUSH/PACE**

1 and 8

1 and 6

**DIVES/SPRINTS**

2 and 7

2 and 5

**GENERAL WARMUP**

3 through 6

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! Dive sprints may only be done under the direct supervision of the coach.
- d. There will be no diving in the general warm-up lanes. Circle swimming only.
- e. No kick boards, pull buoys, or hand paddles may be used.

**3. 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. 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**

- 1. Backstrokers will ensure that they are not starting as 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.
- 2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- 3. 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.
- 4. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- 5. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-up 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.**