



NITRO SWIMMING

Cupid Splash



- DATE:** Saturday February 7th, 2015: Warm-up: 2:45PM Meet Start: 3:30PM
- ENTRY DEADLINE:** Friday January 23rd, 2015 11:59PM (CDT).
- SANCTION:** STA-15-19cm
- VENUE:** NITRO Bee Cave -15506 D Hwy 71 West, Bee Cave TX 78738 (512)861-7946
- POOL SPEC:** Indoor 25 yard x 50 meter heated pool. Eight 25 yard lanes will be used for competition. Water depth is 8 feet measured at 1 and 5 meters from both ends of the pool. Dolphin Timing System. Warm-up and warm-down space will be available throughout the meet. The length of this course has been professionally certified in accordance with 104.2.2C (4).
- USA SWIMMING REGISTRATION:** All swimmers, coaches, and officials participating in this competition must be currently (2015) 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 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 a coach may present the club's official, watermarked roster from the USA Swimming club portal). South Texas Swimming does not permit on-deck USA Swimming Registrations.
- RACING STARTS** Swimmers entered in this 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. 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.
- PHOTOGRAPHY** 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.
- ELIGIBILITY:** Age up date February 7th, 2014
- LIABILITY:** In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), Nitro Swimming, Nitro – Bee Cave 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
- RULES:** The most current 2015 USA Swimming Rules and any relevant sections of the STSI Handbook will apply.
- ENTRIES:** Swimmers may enter a maximum of four (4) individual events.
- ENTRY FEES:** \$6.25 per event. Your account on file with www.nitroswim.com will be automatically billed. There will be no refunds for any reason including but not limited to injury and/or illness.
- MEET FORMAT:** This will be a timed final meet. All events will be swum fastest to slowest with flyover starts.
- TIME TRIALS** None
- ENTRY DEADLINE:** Entries must be received by Friday January 23rd, 2014 11:59PM (CDT).

QUALIFYING TIMES: There will be no qualifying times for this meet.

AWARDS: There will be no awards at this meet.

HEAT SHEETS: Heat Sheets will be posted online at www.nitroswimming.com after Wednesday February 4th, 2015.

ADMINISTRATION:

Entries Chair: Florian Rudolph 512-259-7999 florian.rudolph@nitroswim.com	Meet Director: Florian Rudolph 512-259-7999 florian.rudolph@nitroswim.com	Referee: Roland Smits 512-415-7314 roland@patriotdetection.com	Admin Charles Yang 512-992-6200 hellaheat@yahoo.com
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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 their local LSC for 2015 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Please email the Meet Referee with your certification level and availability so he can plan accordingly. 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

WARM-UPS: Warm-ups will be conducted in accordance with the current STSI Policies and Procedures listed below and on the STswim.org Web Site.

SPECIAL NEEDS:

- Please notify the Nitro – Bee Cave 512-861-7946 in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
- The facility 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
- 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.

DECK CHANGING: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

CELL PHONE: The presence and / or use of cell phones, and any other equipment capable of producing photographic or video images, in locker rooms 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.

TIMERS: Volunteer timers will be needed.

Order of Events
(Distance in Yards)

SATURDAY AFTERNOON		
Girls Event #	Event	Boys Event #
1	200 Freestyle	2
3	50 Freestyle	4
5	100 Breaststroke	6
7	50 Backstroke	8
9	100 Butterfly	10
11	100 Individual Medley	12
13	100 Freestyle	14
15	50 Breaststroke	16
17	100 Backstroke	18
19	50 Butterfly	20
21	200 Individual Medley	22

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	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 warmups 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.