

Palo Alto College Natatorium

Posted 04/20/07

Meet: w2007 Speedo Long Course Sectional Championships
wHosted by the Alamo Community College District at the Palo College Natatorium

Dates: wJuly 25 through 28, 2007

Sanction: wS0TX-07-13

Venue: wPalo Alto College Natatorium
w1400 West Villaret Blvd.
wSan Antonio, TX 78224
w210-921-5234

FAX: w210-921-5390

<p>Entry deadline: 12-noon, Tuesday, July 17, 2007 No exceptions — no late or deck entries!</p>
<p>E-mail entry address: dryther@accd.edu</p>

Facility: wEight FINA-width (2.75-meters) lanes
w0.33-meter buffers outside lanes one and eight
w2-meter minimum depth
wAll automatic starting and timing
wFull scoreboard
wOn-deck seating for 1500
wConcessions and swim shop in the lobby.

Rules: wThe most current version of the USA Swimming Rules and Regulations will apply
wNominal interval of 50 seconds between races in preliminaries

General Meeting:

wAll athletes must be represented at a General Meeting to be held TUESDAY, July 24, 2007
wThe meeting will convene at 6:00 PM in the east-side spectator stands at the scoreboard end of the pool
wAny revisions or alterations to the meet format will be addressed at this meeting
wt is the responsibility of each coach and each athlete to be aware of any changes made at this meeting
wThe pool will be open for approximately two hours immediately following the completion of this meeting
wThe Meet Host reserves the right to alter starting times and start procedures to accommodate a larger or smaller number of entries as necessary

Format:

wChampionship
wPreliminaries
wA, B, C, and D Finals with the exception of the 400-meter freestyle and individual medley, which will advance only A, B, and C finals
wThe 800-meter freestyle will be Timed Finals swum in the preliminary session, slowest to fastest, alternating women – men –women, etc.
wThe 1500-meter freestyle will be Timed Finals swum in the preliminary session, fastest to slowest, alternating women – men –women, etc
wThe fastest heat of women and men will swim in the Sunday finals session – please see the Order of Events on page five
wEvents of 400-meters or longer will require a positive check-in
wAll events, including relays, will be seeded on deck
wPlease review the Scratch Rules below
wRelay events will be contested as Timed Finals, with the fastest two heats swum in the finals sessions

- wRelay swimmers must be qualified and swim in at least one individual event, i.e., relay only swimmers are not permitted
- wRelay cards must be in the hands of the Meet Director (or designee) not later than 11:00 AM Thursday through Saturday and 10:00 AM on Sunday
- wCards received after the deadline will be considered as scratches

Check-ins: wA positive check-in is required for the 400-, 800-, and 1500-meter freestyles AND the 400-meter individual medley as follows:

800-meter freestyle	Positive check-in by:	By 8:30 AM Wednesday, July 25th
400-meter individual medley	Positive check-in by:	By 8:30 AM Thursday July 26
400-meter freestyle	Positive check-in by:	By 8:30 AM Friday, July 27th
1500-meter freestyle	Positive check-in by:	By 7:00 PM Friday, July 27th

Entry

Restrictions: wAny single competitor may enter a maximum of three individual events, one relay event per day, and no more than seven individual events overall.
wSwimmers must be currently registered with USA Swimming and be unattached or attached to USA Swimming Teams in Texas or Louisiana

Entry

Procedures wEntries must be submitted by Hy-Tek Team Manager Commlink File or disk
wHard copy must accompany
wPlease format disks before utilizing for entries
wEntries may be submitted ONLY via e-mail or hand delivered.

E-Mail

Entries: wEntries in Commlink Format only, must be sent to: dryther@accd.edu
wThe Commlink File must be renamed with the Team's four-letter code to clearly identify the entering team
wAthletes 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.
wAthletes WILL NOT be entered into Meet Manager if the Meet Entry Report (hard copy) is not received.
wAthletes WILL NOT be permitted to compete in the meet until satisfactory fee payment arrangements have been made with the Meet Director or her / his designee
wPre-proofs of time must be included with entries
wMore detailed instructions in a PDF Document will be found on the Forms, etc. Page of the AAAA Web Site at www.aaaa-sa.org/Forms.htm

Scratch

Rules: wThe, 400-meter IM, the 800-, 400- and 1500-meter free events are deck seeded and positive check-in is required
wAll other events will be deck-seeded following the scratch deadline for that day's preliminary events
wAny swimmer who fails to compete in a preliminary event in which they have entered and have not scratched, will be barred from further competition that day
 wIn addition, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim, prior to the close of the scratch box for that day's events
wThe location of scratch box will be specified at the General Meeting
wSwimmers who are entered on-deck by the "Scratch Box" deadline, will be seeded into the events according to their entry time
wSwimmers who are entered on-deck on the morning of the scheduled events, will be allowed to swim in open lanes or additional heats
 wNo standbys will be allowed for open lanes and additional heats will be added, if necessary
wDeck entered relays will compete in the morning sessions only

Wednesday prelims scratch / early on deck deadline	Close of General Meeting, Tuesday, July 24th
Thursday prelims scratch / early on deck deadline	Wednesday, July 25th – 7:00 PM
Friday prelims scratch / early on deck deadline	Thursday, July 26th – 7:00 PM
Saturday prelims scratch / early on deck deadline	Friday, July 27th – 7:00 PM

wSwimmers qualifying for finals have 30 minutes after the announcement of preliminary results to either scratch or declare their INTENT TO SCRATCH

wSwimmers who indicate an intent to scratch must declare their final intentions within 30 minutes after completing their last individual preliminary event
wAny finalist who fails to report for competition for any final heat, for which she / he has qualified and failed to scratch with the Meet Director or designee, prior to the scratch deadline, will be banned from further competition in the meet in accordance with USA Swimming Rules and Regulations
wFinalists and alternates will be announced and shall have thirty (30) minutes after the announcement to scratch from finals
wAny qualified swimmer in the event (a swimmer is qualified for finals or consolation finals if he has successfully completed the event in Prelims) may be moved into finals due to scratches
 wTherefore, all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet
wThirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be designated
wOnly the "A", "B", "C", and "D" Finalists designated at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals
wAny finalist who does not scratch and fails to compete in finals will be expelled from the meet

Qualifying

Times:

wThe minimum qualifying times for this meet will be found on page six
wSwimmers who have one Texas Senior Circuit Automatic Cut qualify to swim all events except the 800- and 1500-meter freestyles
wSwimmers without an automatic cut must meet the Sectional qualifying standard
wSwimmers entered in one, two or three events with a Sectional qualifying time, may also swim one "bonus" event
wSwimmers entered in four, five, or six events with a Sectional qualifying time may swim two "bonus" events"
wA "bonus" event is any individual event of 200-meters or less
wThere is no cut-off date
wTexas Senior Circuit Qualifying times are Life-time bests

Proof

of Time:

wUSA Swimming SWIMS Database or a Team Manager Hy-Tek File
w1650 /1500 times can be used to prove the 1000 / 800 or vice versa
 wWill not count as a bonus event.

Warm-ups:

wWarm-up lane assignments will be made as the coaches pick up their information packets.

Entry Fees:

w\$ 7.50 per individual event
w\$15.00 per relay event
w**Checks payable to:** Palo Alto College

Management:

w**Meet Director / Entries Chair**
wDennis P. Ryther
wPalo Alto College
w1400 West Villaret Blvd.
wSan Antonio, Texas 78224
w210-921-5234
wdryther@accd.edu

wMeet Referee:

wMack Umack
w3202 Twining Drive
wSan Antonio, Texas 78211
w210-535-5332
wmaxumac@aol.com

Daily

Schedule:

wPreliminaries:		wFinals Wed – Fri		Saturday only:
wWarm-ups begin at	7:00 AM	wWarm-ups begin at	4:30 PM	3:30 PM
wClear pools	8:45 AM	wClear pools at	5:45 PM	4:45 PM
wSessions begin	9:00 AM	wNational Anthem at	5:57 PM	4:57 PM
		wSessions begin at	6:00 PM	5:00 PM

Awards:

wSpeedo Medals - places one through eight – individual events
wSpeedo Medals – places one through three - relay events
wCombined Team Banners – places one through five
wHigh Point winners - women and men
wThere will be awards ceremonies
 wAwards will be placed in the coaches' mail boxes as the meet progresses
 wAwards WILL NOT be mailed and any not picked up by teams will be lost
wFirst Senior National cut – T-Shirt
wFirst Senior Circuit Automatic cut – Swim Cap

Scoring:

Place	Ø	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual		20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relays		40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Officials

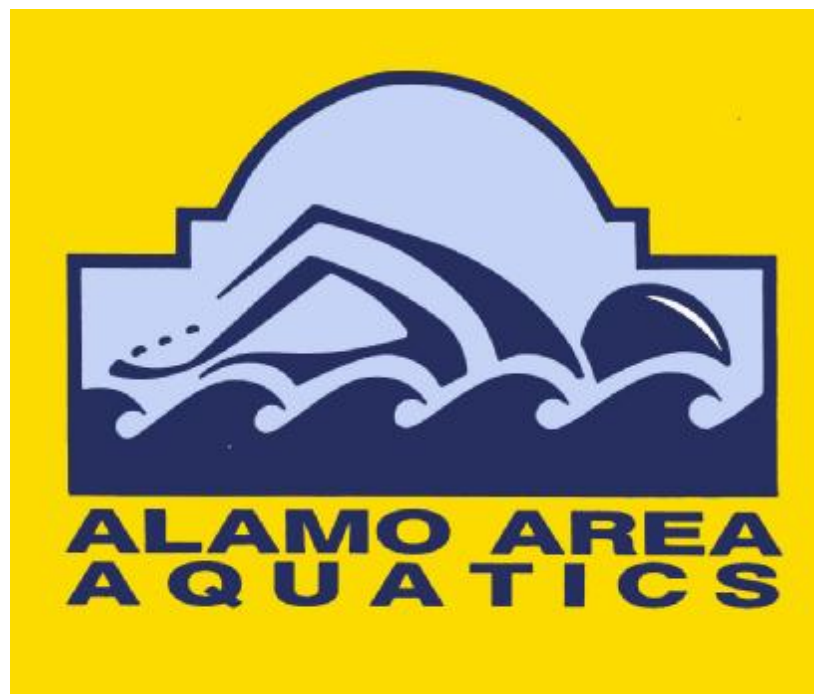
Please Make

Special Note:

- wAll deck officials must be currently certified by USA Swimming and their LSC
- wDeck officials must prominently display their USA Swimming and LSC Credentials while on deck
- wThe Meet Referee will make all deck assignments two or three days BEFORE the meet
- wTherefore, all officials who desire to be assigned to deck positions MUST notify the Meet Referee of their intentions and availability NOT LATER than 6:00 PM, Saturday, July 21, 2007
- wPlease specify the sessions for which you will be available
- wPlease submit your information to: maxumac@aol.com
- wYou WILL NOT be assigned if your commitment and information are not submitted or not received by the deadline noted above
- wUniforms for deck officials will be as follows: **Preliminaries** – white shirts/blouses over navy blue pants, skirts, or Bermuda-length shorts (NO JEANS, PLEASE). **Finals** – navy blue shirts/blouses over white pants or skirts (NO SHORTS, PLEASE).
- wPlease report to the second floor classroom (top of the stairs to the right) 45 minutes prior to the scheduled starting time of each session to receive your assignments.



Natatorium



Order of Events – Distances are in meters

July 25th – Prelims – W/U @ 7:00 AM Meet @ 9:00 AM			July 25th – Finals – W/U @ 4:30 PM – Meet @ 6:00 PM		
Women's #	Event	Men's #	Women's #	Event	Men's #
1	100 Freestyle	2	1	100 Freestyle	2
3	100 Breaststroke	4	3	100 Breaststroke	4
5	200 Backstroke	6	5	200 Backstroke	6
7*	800 Freestyle*	8*	7	800 Freestyle	8
July 26th – Prelims – W/U @ 7:00 AM Meet @ 9:00 AM			July 26th – Finals – W/U @ 4:30 PM – Meet @ 6:00 PM		
Women's #	Event	Men's #	Women's #	Event	Men's #
9	200 Freestyle	10	9	200 Freestyle	10
11	400 Individual Medley	12	11	400 Individual Medley	12
15 Minute Break			15 Minute Break		
13	800 Free Relay	14	13	800 Free Relay	14
July 27th – Prelims – W/U @ 7:00 AM Meet @ 9:00 AM			July 27th – Finals – W/U @ 4:30 PM – Meet @ 6:00 PM		
Women's #	Event	Men's #	Women's #	Event	Men's #
15	100 Backstroke	16	15	100 Backstroke	16
17	200 Breaststroke	18	17	200 Breaststroke	18
19	100 Butterfly	20	19	100 Butterfly	20
21	400 Freestyle	22	21	400 Freestyle	22
15 Minute Break			15 Minute Break		
23	400 Free Relay	24	23	400 Free Relay	24
July 28th – Prelims – W/U @ 7:00 AM Meet @ 9:00 AM			July 28th – Finals – W/U @ 3:30 PM – Meet @ 5:00 PM		
Women's #	Event	Men's #	Women's #	Event	Men's #
25	200 Individual Medley	26	25	200 Individual Medley	26
27	200 Butterfly	28	33	Women's 1500 Freestyle	-----
29	50 Freestyle	30	27	200 Butterfly	28
15 Minute break			29	50 Freestyle	30
31	400 Medley Relay	32	-----	Men's 1500 Freestyle	34
33*	1500 Freestyle*	34*	15 minute break		
* Swimmers must provide their own timers and lap counters			31	400 Medley Relay	32

Women's 2007 Sectional Time Standards

Event	Sectional Standards			Automatic		
	SCY	SCM	LCM	SCY	SCM	LCM
50 FREE	:25.29	:28.39	28.89	24.59	:27.29	27.79
100 FREE	:54.39	1:01.49	1:01.69	52.89	:59.19	1:00.19
200 FREE	1:56.99	2:13.89	2:13.59	1:54.19	2:07.59	2:09.09
400 FREE	5:16.99	4:39.59	4:43.19	5:03.29	4:25.29	4:30.69
800 FREE	10:48.19	9:35.59	9:51.49	10:21.29	9:07.89	9:15.99
1500 FREE	18:21.59	18:41.09	18:58.59	17:24.29	17:22.69	17:46.69
100 BACK	1:01.69	1:11.79	1:11.89	59.09	1:07.09	1:07.89
200 BACK	2:14.09	2:34.19	2:34.49	2:06.99	2:24.19	2:25.99
100 BREAST	1:10.49	1:19.89	1:21.29	1:06.89	1:14.59	1:16.79
200 BREAST	2:33.59	2:55.49	2:54.79	2:24.29	2:42.09	2:44.99
100 FLY	:59.89	1:08.69	1:08.39	58.49	1:05.39	1:05.79
200 FLY	2:13.59	2:34.09	2:35.19	2:07.39	2:23.19	2:24.19
200 I-M.	2:12.79	2:32.09	2:34.19	2:09.49	2:24.99	2:27.59
400 I-M.	4:42.19	5:24.89	5:27.29	4:33.09	5:05.99	5:09.69

Men's 2007 Sectional Time Standards

Event	Sectional Standards			Automatic		
	SCY	SCM	LCM	SCY	SCM	LCM
50 FREE	22.69	25.09	25.79	:21.69	24.09	24.79
100 FREE	49.29	55.19	56.39	:47.09	52.49	53.99
200 FREE	1:48.09	2:01.89	2:04.29	1:43.09	1:55.39	1:58.09
400 FREE	4:56.89	4:17.29	4:25.99	4:39.59	4:01.59	4:09.79
800 FREE	10:09.09	8:54.49	9:12.69	9:39.29	8:23.69	8:40.79
1500 FREE	17:13.59	17:25.49	17:39.29	16:13.69	16:17.79	16:41.79
100 BACK	57.09	1:04.59	1:06.49	:53.09	59.69	1:01.39
200 BACK	2:03.99	2:19.79	2:23.39	1:54.79	2:08.59	2:12.39
100 BREAST	1:04.29	1:11.39	1:12.69	:59.49	1:05.99	1:08.29
200 BREAST	2:22.69	2:35.09	2:40.59	2:09.79	2:24.59	2:29.79
100 FLY	54.49	1:01.09	1:01.89	51.89	58.19	58.89
200 FLY	2:03.99	2:20.59	2:22.59	1:54.89	2:08.29	2:10.59
200 I-M	2:02.69	2:17.99	2:22.39	1:56.29	2:08.99	2:13.59
400 I.M.	4:25.99	4:53.79	5:02.19	4:08.09	4:35.99	4:43.89

SOUTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

1. General Warm-up (First 30 - 45 minutes).
 - a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
 - b. Dive sprints may be done only under the direct supervision of the coach.
2. Final 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. Push/Pace Lanes will push off one or two lengths from starting end.
- b. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times. One way only!
- c. There will be no diving in the general warm-up lanes. Circle swimming only.

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 backstroker 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.