

## Texas Swimming Association



# 2004 LSC All-Star Championship Meet January 3-4, 2004



- WELCOME:** Longhorn Aquatics invites the five Texas Local Swim Committees "LSC ALL-STAR Teams" to the Lee and Joe Jamail Texas Swimming Center to compete in a timed finals, pre-seeded championship meet. The meet will be conducted in an indoor 25-yard course, using Colorado Timing System and Hy-Tek Meet Manager software. Designated warm-up lanes will be available during the meet.
- LOCATION:** The Lee and Joe Jamail Texas Swimming Center (The University of Texas Campus), 1900 Robert Dedman Drive, Austin, Texas 78712-0364, is one block west of I-35 at the intersection of MLK (Martin Luther King-19th Street) and Red River Street. (This is a physical address not a mailing address. Please see entry information regarding mailing address.)
- ELIGIBILITY:** All swimmers must have achieved at least a current National Motivational "A" Time in each event in which they enter.
- CLASSIFICATION:** This is a timed final meet with events for the following single age groups...11, 12, 13, 14 for each gender. There will be three hours between the end of the first session and the start of the warm-up of the second session on Saturday.
- SCHEDULE:**
- |  |          |                     |         |          |
|--|----------|---------------------|---------|----------|
|  | Saturday | Session 1           | Warm-up | 9:30 AM  |
|  |          |                     | Start   | 10:30 AM |
|  |          | Lunch for All Teams |         | 1:30 PM  |
|  |          | Session 2           | Warm-up | 5:00 PM  |
|  |          |                     | Start   | 6:00 PM  |
|  | Sunday   | Session 3           | Warm-up | 8:00 AM  |
|  |          |                     | Start   | 9:00 AM  |
- SANCTIONS:** This meet is sanctioned by South Texas Swimming. 2003 USA Swimming and Texas Swimming Association rules will apply. All swimmers must be 2004 registered USA Swimming athletes.
- SPECIAL NEEDS:** Please notify our Jamail Texas Swimming Center Staff (512-471-7703) in advance of this event with the name, and age of any member on your team if they need assistance to enter the building. TSC staff will make reasonable accommodations for all swimmers, coaches, or spectators who wish to enter and use our facility.

In any meet sanctioned or approved by this LSC that 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 physical or mental impairment that substantially limits one or more major life activities.

**DECK ACCESS:** Only USA Swimming registered athletes, coaches, officials and volunteers will be allowed regular access beyond the front desk of the Texas Swimming Center. Those wishing to volunteer as a timer will receive a pass to access the deck and help for that specific purpose. Coaches and officials must show their current USA Swimming registration card at the front desk.

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 Manager, or Texas Swimming Center staff.

**LIABILITY:** USA Swimming, South Texas Swimming, The University of Texas, The Lee and Joe Jamail Texas Swimming Center, and Longhorn Aquatics accept no responsibility or liability for injuries sustained by any individual, athlete, 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.

**TEAM COLORS:** Each LSC must adhere to the following color scheme for team caps and t-shirts: **Border – Black, Gulf – Red, North Texas – Yellow, South Texas – Green, West Texas – Blue.**

**ENTRIES:** Each LSC All-Star Team may enter up to four swimmers per individual event, except in the 500 Free and 400 IM, which are limited to three swimmers per team.

Swimmers may swim **two individual events and one relay event per session**. The age of the swimmer will be his/her age on January 3, 2004. Enter all events with previous best times achieved in short course yards.

**RELAYS:** Each LSC must designate which relays will be the “A” and “B” relay. More relays may swim, but only the designated A and B relays may score. Relay cards are due to the Clerk of Course 30 minutes prior to the start of the session in which the relay occurs.

The Progressive Mixed 400-yard Relay shall include one male and one female per age group, each person swimming 50 yards, e.g., Age 12 Backstroke, Age 14 Breaststroke, Age 13 Butterfly, Age 11 Freestyle.

**ENTRY FORMS:** All teams must submit their entries using the Hy-Tek Team Manager software. Mail or deliver a diskette **and** hard copy of your teams' entries (by swimmer and with correct event numbers) along with your check to the address below. Alternatively, you can email entries to the meet director, Jonna Axtell at [jaaxtell@aol.com](mailto:jaaxtell@aol.com). If you email entries, submit the hard copy with your payment to the address below.

No phone or fax entries will be accepted. Entries received without complete USA Swimming registration numbers will not be accepted or processed.

Each swimmer who participates in the All-Star meet must have the All-Star Liability and Medical Release signed by a parent or guardian. The Head Coaches must give all Liability and Medical Release forms to the Meet Director prior to the start of the competition.

**ENTRY FEES:** **\$25.00 per individual swimmer.** This includes lunch on Saturday.

Submit one check per team, payable to **The University of Texas at Austin**.

Mail to:

All-Star Meet, Entry Coordinator  
The University of Texas at Austin  
Longhorn Aquatics  
1900 Robert Dedman Drive  
1 University Station D4050  
Austin, TX 78712-0364

**ENTRY DEADLINE:** **Thursday, December 18, 2003 at 12 Noon.** The University of Texas will be closed for two weeks for the winter holiday break. Longhorn Aquatics will not be able to receive mail or deliveries after Thursday.

**LATE ENTRIES:** Late entries will not be accepted.

**SEEDING:** All events will be conducted as timed finals and will be pre-seeded. Check-in is NOT required. The 400-yard IM and 500-yard Free will be swum fastest to slowest, alternating heats of women and men.

**WARM-UP:** Warm-up lanes will be assigned for each session.

**SCORING:** Individual Events 20-17-16-15-14-13-13-12-9-7-6-5-4-3-2-1  
Relay Events 40-34-32-30-28-26-24-22-18-14

**AWARDS:** Winning team members will receive a t-shirt from Texas Swimming Association.

**FINAL RESULTS:** Final results will be provided on a disk to each of the five participating LSCs. Additional copies may be purchased for \$5.00 from the Meet Director.

**CONCESSIONS:** Food concessions will be available for swimmers and spectators. Hospitality will be available for coaches, volunteers, and deck officials only.

Lunch will be served to all athletes, coaches, and officials on Saturday from 1:30 to 2:30 PM, or immediately following the conclusion of Session I. Each participant shall receive a meal ticket.

**MEET REFEREE:** Bob Ward  
PO Box 160307  
Austin, Texas 78716  
512-328-7070  
[reward@prismnet.com](mailto:reward@prismnet.com)

**MEET DIRECTOR:** Jonna Axtell  
The University of Texas at Austin  
Longhorn Aquatics  
1 University Station D4050  
Austin, TX 78712-0364  
512-471-7703

Jonna Axtell 512-892-2292 [jaaxtell@aol.com](mailto:jaaxtell@aol.com)

**OFFICIALS:** Help from visiting officials is always welcome. Visiting officials are asked to contact Bob Ward at [reward@prismnet.com](mailto:reward@prismnet.com) to indicate their availability.

**TIMERS:** Each team will be requested to help provide timers for this meet.

**TSC RULES:** As guests of The University of Texas, all must adhere to the 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 coolers on deck.**

**Swimmers are required to remain with the team on pool deck and in locker areas during each session.**

**PARKING:** Parking is available for all teams, coaches, and spectators in Parking Garage 7 on the corner of Martin Luther King and Trinity Streets, directly across the street from the Swim Center. Parking costs \$7.00 per day. Parking is also available in C Lot 80, directly in front of the swim center, on Saturday and Sunday. Go to the Texas Swim Center website for additional parking information [www.tsc.utexas.edu](http://www.tsc.utexas.edu)

**LODGING:** Lodging reasonably close to the Lee and Joe Jamail Texas Swimming Center:

**Drury Inn & Suites**

Nicole Cummings, National Sales Coordinator  
6711 I-H 35  
Austin, TX 78752  
(800) 436-1175  
[nicole.cummings@druryinn.com](mailto:nicole.cummings@druryinn.com)

**Red Lion Inn**

Terry Felding  
6121 N IH 35  
Austin TX 78752  
(512) 371-5246

**Embassy Suites**

Kate Reid  
5901 N. IH 35  
Austin, TX 78723  
(512) 454-8004 ext. 7025  
[www.embassysuitesaustinnorth.com](http://www.embassysuitesaustinnorth.com)

**Radisson Hotel & Suites**

111 Caesar Chavez  
Austin TX 78701  
Taylor Young  
(512) 473-1512  
[www.radissonaustin.com](http://www.radissonaustin.com)

**Drury Inn Highland Mall**

Nicole Cummings, National Sales Coordinator  
919 E. Koenig Lane  
Austin TX 78752  
(800) 436-1175  
[nicole.cummings@druryinn.com](mailto:nicole.cummings@druryinn.com)

**Hampton Inn and Suites**

Cherie Spirey  
4141 Governor's Row  
Austin, TX 78744  
512) 442-4040 ext. 2128

## Saturday January 3, 2004

**WARM-UP:** Group A - South Texas, West Texas, Border (USA Flag Course)  
Group B – Gulf, North Texas (Texas Flag course)

### SESSION 1

Warm-up 9:30 to 10:15 AM  
Meet Starts 10:30 AM

WOMEN	EVENT	MEN
1	11 – 200 Medley Relay	2
3	12 – 200 Medley Relay	4
5	13 – 200 Medley Relay	6
7	14 – 200 Medley Relay	8
9	11 – 200 Free	10
11	12 – 200 Free	12
13	13 – 200 Free	14
15	14 – 200 Free	16
17	11 – 100 Breast	18
19	12 – 100 Breast	20
21	13 – 200 Breast	22
23	14 – 200 Breast	24
25	11 – 50 Fly	26
27	12 – 50 Fly	28
29	13 – 100 Fly	30
31	14 – 100 Fly	32
33	11 – 100 Back	34
35	12 – 100 Back	36
37	13 – 200 Back	38
39	14 – 200 Back	40

### SESSION 2

Warm-up 5:00 to 5:45 PM  
Meet Starts 6:00 PM

WOMEN	EVENT	MEN
41	11 – 500 Free *	42
43	12 – 500 Free *	44
45	13 – 500 Free *	46
47	14 – 500 Free *	48
49	11 – 50 Back	50
51	12 – 50 Back	52
53	13 – 100 Back	54
55	14 – 100 Back	56
57	11 – 200 IM	58
59	12 – 200 IM	60
61	13 – 200 IM	62
63	14 – 200 IM	64
65	11 – 50 Free	66
67	12 – 50 Free	68
69	13 – 50 Free	70
71	14 – 50 Free	72
73	Progressive Relay	73

**\*500 Freestyle will be swum fastest to slowest with alternating heats of women and men.**

**Sunday January 4, 2004**

**WARM-UP:** Group A South Texas, West Texas, Border (USA Flag Course)  
 Group B Gulf, North Texas (Texas Flag Course)

**SESSION III**

Warm-up 9:00 to 9:45 AM

Meet Starts 10:00 AM

<b>WOMEN</b>	<b>EVENT</b>	<b>MEN</b>
75	11 – 100 IM	76
77	12 – 100 IM	78
79	13 – 400 IM**	80
81	14 – 400 IM**	82
83	11 – 100 Free	84
85	12 – 100 Free	86
87	13 – 100 Free	88
89	14 – 100 Free	90
91	11 – 50 Breast	92
93	12 – 50 Breast	94
95	13 – 100 Breast	96
97	14 – 100 Breast	98
99	11 – 100 Fly	100
101	12 – 100 Fly	102
103	13 – 200 Fly	104
105	14 – 200 Fly	106
107	11 – 200 Free Relay	108
109	12 – 200 Free Relay	110
111	13 – 200 Free Relay	112
113	14 – 200 Free Relay	114

**\*\*400 IM will be swum fastest to slowest with alternating heats of women and men**

**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**

<b>POOL</b>	<b>PUSH/PACE</b>	<b>DIVES/SPRINTS</b>	<b>GENERAL WARMUP</b>
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! 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 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 warmup 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.***

**STSI Safety Guidelines and Warm-up Procedures**

**2004 LSC All-Star Championship Meet  
LSC COACHING STAFF**

LSC Team \_\_\_\_\_

Head Coach \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

Fax \_\_\_\_\_ E-mail \_\_\_\_\_

<b>Age Group</b>	<b>Coach Name</b>	<b>Address</b>	<b>Phone</b>
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<b>11 Girls</b>			
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<b>11 Boys</b>			
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<b>12 Girls</b>			
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<b>12 Boys</b>			
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<b>13 Girls</b>			
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<b>13 Boys</b>			
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<b>14 Girls</b>			
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<b>14 Boys</b>			
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