

**austin swim club**

**Austin Aquatics & Sports Academy**

18 & Over ASC Masters Last Chance Meet

Saturday, March 12, 2016

**Sanction:** 436-S001

Held under the sanction of US Masters Swimming.

**Venue:** Austin Aquatics and Sports Academy

5513 Southwest Parkway

 Austin, Texas 78735

[**Map**](https://www.google.com/maps/place/5513%2BSouthwest%2BPkwy%2C%2BAustin%2C%2BTX%2B78735/%4030.2435704%2C-97.8437931%2C12z/data%3D%214m2%213m1%211s0x865b4bb39713daeb%3A0x3b6c57988f60d93c)

**Facility:** If there was a competition for the fastest outdoor pool in Texas, we would want in, and we would demand lane four going into finals. The meet will be conducted in the fastest eight 25 yard lanes of our 20 available lanes. Waves will be squelched by the monstrous 6 inch Competitor lane lines allowing each swimmer to get their hand(s) onto the Colorado Timing touchpads with the least hydro-interference planet Earth has to offer. Times will be recorded via Hy-Tek’s Meet Manager software.

 Austin Aquatics & Sports Academy is an outdoor facility with shade structures on two sides of the pool deck for coaches, officials, and athletes. Spectators will not have access to these sides of the pool. We highly encourage sunscreen. Partially shaded bleacher seating is available for 150 spectators on a first come, first serve basis. Grass area will be available to accommodate the athletes and overflow of spectators. Chairs are welcome in this area. Tents are available behind the pool, outside the fenced area.

 Our pool is a twenty-lane pool. Warm down throughout the duration of the meet will be available in the ten lanes nearest the building (north side). The meet will be held in the eight lanes furthest from the building (south side). The two lanes in-between will be blocked off during the competition. See diagram:

|  |
| --- |
| Meet held in eight lanes. |
| One “buffer” lane. |
| Warm up and warm down in two lanes. |

**Facility**

**Parking:** Coaches, Officials, and Volunteer parking available at the facility parking lot. Athlete drop off is allowed:

5513 Southwest Parkway

 Austin, Texas 78735

[**Map**](https://www.google.com/maps/place/5513%2BSouthwest%2BPkwy%2C%2BAustin%2C%2BTX%2B78735/%4030.2435704%2C-97.8437931%2C12z/data%3D%214m2%213m1%211s0x865b4bb39713daeb%3A0x3b6c57988f60d93c)

Athlete and spectator parking at adjacent parking garage – ARM Building

5515 Southwest Parkway

 Austin, Texas 78735

**Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet 1 inch at the start end and the turn end is 7 feet 1 inch measured for a distance of 1.0 meter to 5.0 meters from both end walls.

**Course**

**Certification:** The competition course has been certified in accordance with USMS rules.

**Liability:** In granting the sanction it is understood and agreed that USMS, Inc., South Texas Swimming, Inc. (STSI), the Austin Swim Club (ASC), the Austin Aquatics & Sports Academy (AASA), and all meet officials shall be free from any liabilities of claims for damages arising by reason of injuries to anyone during the conduct of the event. 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.

**USMS**

**Registration:** All swimmers, coaches, and officials participating in this competition must be currently (2016) registered with USMS. All should also be prepared to present their USMS 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 USMS ID Card. Current national and LSC regulations do not allow for exceptions to these policies. On-deck USMS Swimming registrations will not be permitted.

**Meet Format:** This meet is an open meet to all athletes over the age of 18 who are 2016 registered with USMS Swimming. Number of athletes will be capped at 250. Our goal is to see fast swimming, enjoy great racing, and still have time to enjoy the majority of the weekend. All events will be mixed events, and heats will be seeded by age and time according to USMS rules. All events will start on the South end of the pool.

 Heats will be seeded two days prior to the start of the meet. Deck entries will be entered only as to fill empty lanes. We reserve the right to conduct flyover starts if we feel that this is needed to limit the duration of the meet and can be effectively communicated to all the coaches and athletes.

 The meet director reserves the right to conduct flyover starts or change warm-up/session start times depending on meet size.

**Inclement**

**Weather:** In the event that inclement weather is expected for the weekend of the meet, the coaches of the attending teams will discuss the best plan for any needed changes to the event timeline.

**Qualifying**

**Times:** There are no qualifying times.

**Age**

**Restrictions:** Athletes 17 years of age and younger are not allowed to swim in this meet.

**Age Up Date:** The age of the swimmer will be his/her age on March12, 2016.

**Entry**

**Restrictions:** Swimmers can swim a maximum of 5 events.

There are no qualifying times and NT – “No Times” will be accepted, however, for the sake of good racing we encourage all coaches to make their best estimation. Please convert all times to Short Course Yards.

**Entry**

**Deadline:** Entries open on Monday, February 1, 2016 at noon. Entries will close at noon on Friday, February 26, 2016 at 4:00 pm or once the 250 swimmer cap is reached, or to stay within the four-hour rule or another time limit. Whichever comes first.

**Entry**

**Procedures:** All teams must submit entries using Hy-Tek Team Manager or its equivalent or complete the attached meet entry form and submit to the Entries Chair, Martha Hansen (Martha@austinswimclub.org ). Email is the preferred method of delivery; if you need to submit entries in another format, please contact the Entries Chair to make other arrangements. Please rename the entry file to clearly identify the meet name and your club code. Include a Meet Entry Report of your entries, listing the swimmer, USMS Swimming ID, and entries by swimmer name. Please rename the Meet Entry Report using your club code and the report name (such as ASC\_EntriesByAthlete.pdf)

Athletes who wish to attend, independent of their team, may email their full name (as registered with USMS Swimming), USMS Swimming ID, team abbreviation, LMSC, and entry times to the Entries Chair.

When submitting files to the Entries Chair, please include the name, email address, and phone number of the person submitting the entries. If you do not receive email confirmation, your entries were not received.

**Entry Fees:** $12.00 per individual event.

Please include the Meet Entry Fee Report with your payments. Entry fees must be postmarked by Monday, February 29, 2016 or your entries will be removed from the meet. Please send only one check per team location. Refunds will not be given for any reason.

Make checks payable to:

 Austin Aquatics and Sports Academy

Send checks to:

 Austin Aquatics and Sports Academy

 5513 Southwest Parkway

 Austin, Texas 78735

**Deck**

**Entry Fees:** $20.00 per event.

**Deck/Late**

**Entries:** Please scratch any event a swimmer does not plan on swimming. Deck entries for Saturday will only be accepted for open lanes. No new heats will be created. No deck entries will be accepted the day of an event. There is not a penalty for failing to scratch an event; this is simply a courtesy to the other swimmers to eliminate the empty lane.

**Meet Referee:** David Dunn 512.791.3671 david.d.dunn@att.net

**Meet Admin:** Trey Prinz 512.633.4851 trey.prinz@netapp.com

**Head Coach:** Brendan Hansen 512.276.2324 Brendan@austinswimclub.org

**Meet Director:** Nate Chessey 512.276.2324 natec@austinswimclub.org

**Entries Chair:** Martha Hansen 512.276.2324 Martha@austinswimclub.org

**Cell Phone**

**Restrictions:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.

**Racing Start**

**Proficiency**

**(Unaccompanied**

**Swimmers):** Any swimmer entered in the meet must be certified by a USMS Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When accompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. If your athlete will not be accompanied by a coach, please notify the meet director and the host club will ensure your child is properly accounted for.

**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, participants 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.

**Deck**

**Changing:** Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**Special Needs:** Please notify the Meet Director 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 USMS Swimming Rules and Regulations. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. Coaches and/or athletes must notify the Meet Referee before the event begins if they are to be considered to be judged under USMS Swimming Rules and Regulations.

**Officials:** All currently certified and in-training USMS Swimming officials are cordially invited to participate. All deck officials must be registered with USMS Swimming for 2016 and have a current Background Check and Athlete Protection Course acknowledged by USA/USMS Swimming. Deck officials are required by rule to prominently display both their USA/USMS Swimming ID Card and LSC credentials while on deck as an official. Please email the Meet Referee prior to the meet with your availability and current certifications. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments. The wearing of nametags is strongly encouraged.

**Timers:** Teams should come prepared with volunteer timers if called upon.

**Awards:** No awards will be given at this meet.

**Results:** Results can be found on Meet Mobile.

**Daily**

**Schedule:** Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement. Upon approval by all coaches, changes will be sent out by the Meet Director along with the heat sheet 2 days prior to the meet and will also be posted at the Clerk of Course the day of the meet. Starts/Dives will run from in one direction, starting from the starting block side.

Saturday Warm Up: 12:00 pm Start: 1:00 pm

**Hotel**

**Information:** La Quinta Inn & Suites Austin Southwest at Mopac

4424 South Mopac Expwy

Austin, TX 78735

(512) 899-3000

Extended Stay America Austin - Southwest

5100 US Hwy. 290 W

Austin, TX 78735

(512) 892-4272

Holiday Inn Express & Suites Austin SW - Sunset Valley

4892 Hwy 290

Sunset Valley, TX 78735

(512) 891-9500

Hampton Inn Austin/Oak Hill

6401 Hwy 290

Austin, TX 78735

(512) 891-7474

**18 & Over ASC Masters Last Chance Meet**

**All events will be swam in SCY**

**Saturday, March 12th, 2016**

1 Mixed 1650 Free\*

2 100 Free

3 Mixed 200 Breast

4 Mixed 100 Back

- - - 10min break - - -

5 Mixed 50 Fly

6 Mixed 200 IM

- - - 10min break - - -

7 Mixed 50 Free
8 Mixed 500 Free\*

9 Mixed 50 Breast

10 Mixed 200 Back

- - - 10min break - - -

11 Mixed 100 Fly

12 Mixed 100 IM

- - - 10min break - - -

13 Mixed 200 Free

14 Mixed 100 Breast

* - - 10min break - - -

15 Mixed 50 Back

16 Mixed 200 Fly

17 Mixed 400 IM

**\*Positive check in required. Swimmers must provide their own timers.**

**Facility Map:**

 **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 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—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 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.***

**STSI Safety Guidelines and Warm-up Procedures last Revised 9/30/2013**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ USMS #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ LMSC: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of birth: \_\_\_\_\_\_\_\_\_\_\_\_\_ Contact phone/email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please circle desired events and write desired entry time. Swimmers may swim unlimited events at the meet. Entry fees are $12.00 per event, checks made payable Austin Aquatics and Sports Academy. Deck entries will be accepted through Friday, March 11, 2016 and as long as there is an open lane. No new heats will be created. Questions and entries shall be directed to Martha Hansen,** **Martha@austinswimclub.org** **or mailed to Austin Aquatics and Sports Academy, 5513 Southwest Parkway, Austin, Texas 78735.**

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