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**Alamo Area MASTERS**

**Meet Information**

 **Sanction:**

**Meet Name:** 2019 Alamo Area Masters Long Course Alamo Cup

**Meet Dates:** Saturday August 3rd, 2019

## Venue: •Northside ISD Aquatic Complex

8400 N. Loop 1604 W.

 San Antonio, Texas 78249

 210-397-7525

**Schedules**: •Warm ups will begin 1200

 •Meet will begin at 1300

 The estimated time for the start of the Masters meet, will be 30 minutes after the conclusion of the

                             USAS meet.  The estimated end time for the USAS meet is 1230

                             We will not start the Masters meet any earlier than 1300

**Format:** •Colorado automatic starting and timing, official times will be determined, according to USMS Rules.

 •Event heats will be seeded by entry time without regard to age or gender, Fastest to slowest.

 •USMS Long Course Rules will govern the meet.

 •The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1

 •Additional lanes will be available for constant warm-ups and cool downs in the dive well

 •Any and all two-piece swim suits are prohibited everywhere within the Northside ISD Aquatic Complex

 •No Relays

 •No Time Trials

**Entry**

**Deadline:** • **Sunday, July 21 2019**

**Facilities:** • One eight (8) lanes, 50 meter OUTDOOR competition course

 •Colorado automatic starting and timing system

 •Spectrum Backstroke Start Devices may be in use

 •The courses have been certified in accordance with US Masters Rule 104.2.2 (C) and a copy is on file with US Masters.

 •Additional lanes will be available for constant warm-ups and cool downs

 •In the event of a Thunderstorm/Lightning storm, the pool will be cleared and competition stopped until 30 minutes have passed from the last weather event.

**Water Depth**: •The outdoor pool depth, measured from the start end, is six feet seven inches and from the turn end is six feet seven inches both measured at one and five meters from either end wall in accordance with Article 103.2.3.

**Deck**

**Changing:** •Deck changing is prohibited

•Violators are subject to disqualification from the meet and disbarment from the facility

**Scoring And**

**Awards:** •Personal satisfaction for a job well done.

**Drones:** •Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Program, NISD and the Police Department.

**Liability:** •In granting a sanction for this meet, it is understood and agreed that USMS, Alamo Area Masters, the North Side Independent School District, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.

**Sanction:** •Sanctioned by South Texas Swimming LMSC for USMS inc. in accordance with article 202.11 and

 2018-2019USMS rules and any current relevant sections of the South Texas Policies & Procedures •Manual will apply. All swimmers must be registered for 2019 with U.S. Masters Swimming by the entry deadline. Athletes that register with U.S. Masters Swimming after the deadline may deck enter the meet only if they can present their 2019 USMS registration card.

•The 2018/2019 USMS Swimming Rules and any relevant sections of the USMS Handbook will apply.

**Restrictions**: •The presence and / or use of cell phones, smart phones, or any other devices capable of producing audio recordings and / or photographic or video images in locker rooms, rest rooms, or changing areas 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.

**Photographs**

**And Videos:** •No team or parent photographers will be allowed on deck.

•In the event such media 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 prohibited from the area immediately behind the starting blocks

**Entries:** •Print and mail or hand deliver entry form along with a copy of your USMS registration card

 to enter this meet.

•No online entry registration is available.

 •NISD Entries Chair:

 • Kim Hansen

 8400 N. Loop 1604 W.

 San Antonio, Texas 78249

•E-mail submissions cannot be accepted.

**Entry**

**Restrictions**: •This meet is open to all 2019 Registered US Masters athletes

 •Maximum of three (3) events per individual

 • (NT) No Times will be accepted.

 •Entries will be processed in the order received

**Entry Fees:** •$8.00 per event/No refunds

 •Late Entry Fee - $15.00

 •Checks payable to: **NISD Aquatics** •Mail or hand deliver to: Kim Hansen

 C/O Northside ISD Aquatics

 8400 North Loop 1604 West San Antonio, TX 78249

**Late/Deck**

**Entries:** *•*Will be accepted the day of the meet*.*

**Qualifying**

**Times:**  *•*No qualifying times are needed and (NT) No Times will be accepted.

**Meet**

**Management: Meet Manager 7.0**

 •Meet Director: •Meet Referee:

 • Terry Vetters • Larry Benson

 • 210-397-8985 • 210-687-2513

 •terry.vetters@nisd.net • L-lbenson@sbcglobal.net

 • Entries Chair: • Admin Official

 •Kim Hansen • Rick Allenstein

 •kimberly.hansen@nisd.net •[rallenstein@gmail.com](rallenstein%40gmail.com%20)

 • 210-397-7525 •210-602-6418

**Warm-ups:** •Warm-ups will be conducted in accordance with the current USMS Policies and Procedures

•Feet first entry into the water

•Please also review the daily schedules on page one (1).

**US Masters**

**Registration:** •All swimmers, coaches, and officials participating in this competition must be currently (2019) registered with US Masters Swimming

•No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302 •All should also be prepared to present their US Masters 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 US Masters ID card or proof of membership.

**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 Northside Aquatics *(210)397-8985* in advance of this meet with the name and age of any member on your team who needs assistance to enter the building.

•The Aquatics 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 Masters Swimming, 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 of more major life activities.

•Coaches and/or athletes must notify the Meet Host and the Meet Referee before the competition begins, and preferably at the time entries are submitted, if any specialized equipment is required and/or if they are to be considered for judging.

**Swim Suit**

**Restrictions:** •Only one suit is permitted during competition

•The suits must:

* Be of one piece,
* Be constructed of woven / knit material
* Be 100% permeable to air and water
* Not aid buoyancy
* Not extend below the top of the knee and not cover the neck or shoulders for women
* Not extend above the navel or below the top of the knee for men
* Swimmers found in violation of these restrictions will be banned from further competition until the violation has been remedied.

**Scratch**

**Rules:** • This meet will be pre-seeded mixed gender without regard to age, fastest to slowest and there is no penalty for scratching from a pre-seeded event

**Timers:**  **Volunteer timers will be needed.**

**Officials:** •All 2019 or 2020 STSI certified and in-training US Masters registered officials are cordially invited to participate. The uniform is:

•White polo collared shirts or blouses over khaki trousers,

•Bermuda-length shorts or Capris.

•**PLEASE: No short shorts, jeans, cut-offs or flip-flops.**

•Please report to the Meet Referee at least 30 minutes prior to the scheduled start time of any session to receive assignments. The wearing of name tags is strongly encouraged.

Alamo Cup Long Course

Entry Form

|  |  |  |  |
| --- | --- | --- | --- |
| **Event Number** | **Distance Yards** | **Stroke** | **Entry Time** |
| 1 | 100 | Free |  |
| 2 | 200 | IM |  |
| 3 | 100 | Back |  |
| 10 Min Break |  |  |  |
| 4 | 100 |  Brst |  |
| 5 | 200 | Free |  |
| 6 | 50 | Back |  |
| 10 Min Break |  |  |  |
| 7 | 50 | Fly |  |
| 8 | 100 | IM |  |
| 9 | 50 | Brst |  |
| 10 Min Break |  |  |  |
| 10 | 200 | Back |  |
| 11 | 50 | Free |  |
| 12 | 100 | Fly |  |

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age as of 7/1/19\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

USMS#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Deadline July 21, 2019**

**\*\*USMS Participant Waiver**

**\*\*COPY OF CURRENT USMS Card**

**\*\*PAYMENT OF CASH OR CHECK**

**MUST BE ATTACHED OR ENTRIES WILL NOT BE SUBMITTED**

The length of the competition course without a bulkhead is in compliance and on file with USMS in

Accordance with articles 105.1.7 and 106.2.1

Mail or hand deliver to:

Kim Hansen

C/O Northside ISD Aquatics

8400 North Loop 1604 West

San Antonio, TX 78249

(210) 397-7525



 