



Alamo Area Aquatic Association Meet Information



Conducted under Sanction of USA Swimming
Sanction Number: ST-24-04 Posted: 11/15/23

Meet Name: •2024 ST AAAA-NS Frost Bite Meet
•Timed final in Short Course Yards

Meet Date(s): •January 19-20, 2024

Venue: •Northside ISD Swim Center or NISD Natatorium
•8400 N. Loop 1604 W
•San Antonio, Texas 78249
•210-397-7525

Entries Open

For AAAA: •Tuesday, January 9, 2024 at 12:00 CST

Entries Open

For other teams: •Wednesday, January 10, 2024 at 12:00 CST

•Meet will be capped when any session reaches four hours in length

Entry Deadline: •Thursday, January 11, 2024 at 12:00 CST

Entry

Restrictions: •This Meet is open to all 2024 Registered USA Swimming athletes in good standing as of the meet date(s).
•Maximum of eight (8) events total - four (4) events Friday and four (4) events Saturday
•All entries must include a seed time
•Entries will be processed in the order received
•No Late Entries or deck entries
•No qualifying times
•No Awards and no scoring

Age up Date: •January 19, 2024

Daily

Schedules:	Friday PM (Open)	Saturday AM (12 Un)	Saturday MD (Open)	Saturday PM (13 Ov)
•Coaches meeting	3:45 pm			
•Warm-ups begin	4:00 pm	7:00 am	TBD	TBD
•Officials meet	4:45 pm	7:45 am	TBD	TBD
•Sprint lanes open	5:00 pm	8:00 am	TBD	TBD
•Clear competition pools	5:20 pm	8:20 am	TBD	TBD
•Competition begins	5:30 pm	8:30 am	TBD	TBD

•Saturday Afternoon Sessions (Midday and PM)

•Warm-up begins about 45 minutes before the conclusion of the previous session for one (1) hour in the warm-up pool
•Sprint lanes (one way only) will be available after the conclusion of the previous session in the competition course
•Competition begins about 30 minutes after the conclusion of morning session each day
•Exact warm-up and start time will be posted after entries have been received

Format: •Timed Finals conducted in the indoor pool. (may be moved outside if needed for weather or other facility reasons.)
•2 x 8 lanes will be used for competition; diving well will be used for warm-up/cool-down during the meet.
•ALL events will be seeded fastest to slowest, with mixed gender
•If 2 pools are used, Odd Heats will be swum in the South end, Even Heats will be swum in the North end.
•Entry times will be seeded: SCY, LCM, SCM
•No relays - No Time trials.

Entry Fees: •\$8.00 per individual event / No refunds (Includes \$1.25 STX splash fee and \$0.75 AAAA splash fee)
•Northside Aquatics TeamUnify accounts will be billed the Tuesday after the meet entry deadline.
•Other teams: Checks payable to: Northside Aquatics
•Mail to: Brandon Allenstein
c/o Northside ISD Aquatics
8400 N Loop 1604 W
San Antonio, TX 78249

Timers: •Volunteer timers will be needed to conduct the meet. A Signup Genius link will be posted online for timers to sign-up prior to arrival.

Unaccompanied

Swimmers:

- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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 without the use of the backstroke ledge.
- 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
- All unaccompanied swimmers will be temporarily assigned to a registered USA Swimming coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule 202.5.3. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make sure arrangements prior to the start of the meet.

Cell Phone

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, and are specifically prohibited from making shots during the start phase of any race.

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 Aquatic Complex (210-397-8985) in advance of this meet with the name and age of any member on your team who may need 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 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.
- Coaches and/or athletes must notify the Meet Host and the Meet Referee before the competition begins, and preferable at the time entries are submitted, if any specialized equipment is required and / or if they are to be considered for judging under Article 105.

Officials:

- All 2024 STSI certified and in training USA Swimming registered officials in good standing as of the meet date(s) are cordially invited to participate
- The required uniform is:
 - White collared shirts / blouses over khaki trousers, Bermuda-length shorts, skirts or capris
 - PLEASE: **NO** jeans, cut-offs or flip flops
- Please report to the Meet Referee in accordance with the Daily Schedule to be briefed and receive assignments
- A limited number of officials will be allowed on deck for the meet.
- The wearing of name tags is strongly encouraged

Medical

Supervision:

During the meet, lifeguards and an AED device will be present to provide any necessary medical supervision and treatment for athletes participating in the meet.

USA Swimming

COVID-19:

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, SOUTH TEXAS SWIMMING, THE ALAMO AREA AQUATIC ASSOCIATION (AAAA), THE NORTHSIDE INDEPENDENT SCHOOL DISTRICT, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Order of Events

Friday Afternoon Session (Open)

Girls Event #	Age Group	Event Description	Boys Event #
1	Open	200 Freestyle	2
3	Open	50 Butterfly	4
5	Open	50 Backstroke	6
7	Open	100 Individual Medley	8
9	Open	50 Breaststroke	10
11	Open	50 Freestyle	12

Saturday Morning Session (12 & Under)

Girls Event #	Age Group	Event Description	Boys Event #
13	12 & Under	200 Individual Medley	14
15	12 & Under	200 Butterfly	16
17	12 & Under	100 Breaststroke	18
19	12 & Under	100 Backstroke	20
21	12 & Under	100 Butterfly	22
23	12 & Under	200 Breaststroke	24
25	12 & Under	100 Freestyle	26
27	12 & Under	200 Backstroke	28

Saturday Midday Session (Open)

Event # (Mixed event)	Age Group	Event Description
29	Open	500 Freestyle
30	Open	400 Individual Medley

Saturday Afternoon (13 & Over)

Girls Event #	Age Group	Event Description	Boys Event #
113	13 & Over	200 Individual Medley	114
115	13 & Over	200 Butterfly	116
117	13 & Over	100 Breaststroke	118
119	13 & Over	100 Backstroke	120
121	13 & Over	100 Butterfly	122
123	13 & Over	200 Breaststroke	124
125	13 & Over	100 Freestyle	126
127	13 & Over	200 Backstroke	128

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 shall occur from only the designated end of the pool, swimmers must exit on the opposite end of the pool, and 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
10 Lanes (0-9)	0 and 9	1, 2, 6, and 7	3 through 5
10 Lanes (1-10)	1 and 10	2, 3, 7, and 8	4 through 6
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 and from the designated end. Swimmers must exit the pool on the opposite end.
 - d. There will be no diving in the general warm-up lanes—circle swimming only.
 - e. 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 two marshals, with a minimum of one of each gender, 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.

