



# Alamo Area Aquatic Association Meet Information



Conducted under Sanction of USA Swimming  
Sanction Number: ST-25-15 Posted: 12/16/24

**Meet Name:** •2025 ST AAAA-NS Frostbite Invite  
•Timed final in Short Course Yards

**Meet Date(s):** •January 18-19, 2025

**Venue:** •NISD Natatorium  
•8400 N. Loop 1604 W  
•San Antonio, Texas 78249  
•210-397-7525

**Schedules:**

	Sat and Sun AM (12 & Under)	Sat and Sun PM (13 & Over)
•Coaches meeting	9:00 am	At conclusion of am session
•Warm-ups begin	9:30 am	1 hour prior to meet start
•Officials meet	10:00 am	30 minutes prior to meet start
•Clear competition pools	10:20 am	10 minutes prior to meet start
•Competition begins	10:30 am	1 hour 30 min after AM session
•Exact warm-up and start time will be posted after entries have been received		

**Format:** •Timed Finals conducted in the indoor pool.  
•2 x 8 lanes may be used for competition; dive well will be used for warm-up/cool-down during the meet.  
•ALL events will be seeded fastest to slowest  
•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 time trials.  
•Sessions may be combined depending on entries.

**Entries Open:** **For AAAA: Monday, January 6, 2025 at 12:00 CST**  
**For other teams: Tuesday, January 7, 2025 at 12:00 CST**  
•Meet will be capped when any session reaches four hours in length

**Entry Deadline:** •Wednesday, January 8, 2025 at 12:00 CST

**Facilities:** •Two eight (8) lane 25 yard competition courses – INDOOR  
•Colorado automatic starting and timing  
•The host will ensure the required course dimensions.  
•Additional lanes will be available for constant warm-ups and cool downs in the indoor pool.  
•Any and all two-piece swimsuits are prohibited everywhere within the Northside ISD Aquatic Complex

**Water Depths** •The minimum water depth, measured in accordance with Article 103.2.3, is six feet seven inches at the start end and the turn end is six feet seven inches measured for a distance of 1.0 meter to 5.0 meters from both end walls

**Deck**

**Changing:** •Deck changing is prohibited  
•Violators are subject to disqualification from the meet and disbarment from the facility

**Age up Date:** •January 18, 2025

**Scoring and Awards:** •No Scoring / No Awards

**Drones:** •Per USA Swimming Rule 103.13 and NISD district policy, the 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 and Events Committee Chair or designee and NISD.

**Liability:** •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the Northside 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. 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.

**Sanction:** •Held under the sanction of USA Swimming  
•This meet has been sanctioned by South Texas Swimming and current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), and any relevant sections of the South Texas Policies & Procedures Manual will apply. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. All swimmers must be registered as athletes in good standing with USA Swimming as of the meet date(s). Athletes who register with USA Swimming and/or South Texas Swimming after the meet entry deadline may deck enter the meet only if they can present their current USA Swimming membership card using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app). Athletes who fail to meet this requirement will not be allowed to compete. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

## USA Swimming

**Registration:** •All swimmers, coaches, and officials participating in this competition must be current USA Swimming members in good standing as of the meet date(s). 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 USA Swimming membership card using the USA Swimming app as proof of their membership 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 USA Swimming ID card using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app). Current national and LSC regulations do not allow for exceptions to these policies.

## 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.

## Entry

**Procedures:** •The **only** acceptable mode of entry is via Hy-Tek Commlink File  
•Hard copy (PDF) **MUST** accompany  
•Entries received without a seed time will not be entered into the meet and fees will not be refunded  
•Please e-mail entries to the Entry Chair noted below  
•An HYV File for importing events and time standards into Team Manager is available from the Club Calendar and Results Page of the AAAA NS Web Site: [nisdaqatics.com](http://nisdaqatics.com)

## E-Mail

**Entries:** •Entries in Commlink Format only, MUST be sent or delivered to:  
•**NISD Entries Chair:** •Brandon Allenstein •210-397-7516 •[northsideaquaticsentries@gmail.com](mailto:northsideaquaticsentries@gmail.com)  
•E-mail submissions to any other address cannot be accepted.  
•The Commlink File must be renamed to clearly identify the entering team, the shorter the better  
•Athletes 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  
•Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (PDF) is received as an attachment to the e-mail, or hand-delivered.

## Entry

- Restrictions:**
- This Meet is open to all USA Swimming athletes in good standing as of the meet date(s).
  - This meet is open to all teams in South Texas.
  - Swimmers from the following clubs must enter with a **provable** slower than B or BB or faster time (this meet is on the same weekend as the STX B Champs North meet): AQTX, CAA, CCSS, COTA, FISH, GOLD, LIFE, LSAC, NTRO, PFPF, PLAT, RUSH, TEXE, TST, TXLA, WLOO, WWW. Athletes from other teams not listed above may enter with any entry time.
    - *Maximum of eight (8) events total - four (4) events Saturday and four (4) events Sunday*
  - All entries *must* include a seed time
  - Entries will be processed in the order received
  - Swimmers entering with a “non-conforming” time (LCM or SCM) should enter the event using the nonconforming time, which will allow for proof-of-time.

- Entry Fees:**
- \$8.00 per individual event / No refunds (includes \$2.00 splash fees - \$1.25 to STSI and \$0.75 to AAAA-NS)
  - 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

## Late / Deck Entries:

- No late / deck entries

## Qualifying Times:

- No qualifying times

## Meet

- Management:**
- Meet Manager 8.0
  - Meet Director            Brandon Allenstein            210-397-7516    [brandon.allenstein@nisd.net](mailto:brandon.allenstein@nisd.net)
  - Meet Referee             Fabio Caliandro                [f.caliandro@gmail.com](mailto:f.caliandro@gmail.com)
  - Admin Official            Rick Allenstein                 [rallenstein@hotmail.com](mailto:rallenstein@hotmail.com)
  - Entries Chair              Brandon Allenstein            210-397-7516    [northsideaquaticsentries@gmail.com](mailto:northsideaquaticsentries@gmail.com)

## 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

- Rules:**
- The 2025 USA Swimming Technical Rules and any relevant sections of the STSI Policies and Procedures Manual will apply to this competition

- Warm-ups:**
- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page 6.
  - Continuous warm-up and warm-down will be available in the adjacent lanes.
  - Please also review the daily schedules below.

## 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.

## Scratch

- Rules:**
- This meet will be pre-seeded fastest to slowest and there will be no penalty for scratching from a pre-seeded event

## Athlete

### Necessary

- Accommodations:**
- Coaches entering swimmers with disabilities that require any accommodations or modifications, including the need for personal assistants and/or registered service animals, must provide advance written notice, accompanying their meet entry file, to the Entry Chair or Meet Director and Meet Referee by the entry deadline. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. Failure to provide advance notice may limit the meet host’s ability to accommodate all requests. The suggested form can be downloaded [here](#). In any meet that may include one or more swimmers with visual, hearing, cognitive, or physical disabilities, the judging of such competitors shall be in accordance with the current USA Swimming Rules and Regulations, including Article 105.

**Officials:**

- All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck and administrative officials must be current members in good standing with USA Swimming and their local LSC.
- 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 on page one (1).to be briefed and receive Assignments
- A limited number of officials will be allowed on deck for the meet. This will not be less than the minimum amount needed for sanctioning and will not be greater than six (6).
- The wearing of name tags is strongly encouraged

**Timers:**

- Volunteer timers will be needed to conduct the meet. A signup for timing spots will be posted online via TeamUnify for timers to sign-up prior to arrival.

## Saturday Morning Session (12 & Under)

<b>Girl's Event #</b>	<b>Age Group</b>	<b>Description</b>	<b>Boy's Event #</b>
1	12 & Under	200 Individual Medley	2
3	11-12	200 Backstroke	4
5	12 & Under	100 Breaststroke	6
7	12 & Under	50 Butterfly	8
9	12 & Under	100 Freestyle	10
11	11-12	200 Butterfly	12
13	12 & Under	50 Backstroke	14
15	12 & Under	500 Free (Mixed Gender)	15

## Saturday Afternoon (13 & Over)

<b>Girl's Event #</b>	<b>Age Group</b>	<b>Description</b>	<b>Boy's Event #</b>
101	13 & Over	200 Individual Medley	102
103	13 & Over	200 Backstroke	104
105	13 & Over	100 Breaststroke	106
107	13 & Over	50 Butterfly	108
109	13 & Over	100 Freestyle	110
111	13 & Over	200 Butterfly	112
113	13 & Over	50 Backstroke	114
115	13 & Over	500 Free (Mixed)	115

## Sunday Morning Session (12 & Under)

<b>Girl's Event #</b>	<b>Age Group</b>	<b>Description</b>	<b>Boy's Event #</b>
17	12 & Under	200 Freestyle	18
19	11-12	200 Breaststroke	20
21	12 & Under	100 Butterfly	22
23	12 & Under	50 Freestyle	24
25	12 & Under	100 Individual Medley	26
27	12 & Under	100 Backstroke	28
29	12 & Under	50 Breaststroke	30
31	11-12	400 IM (Mixed)	31

## Sunday Afternoon (13 & Over)

<b>Girl's Event #</b>	<b>Age Group</b>	<b>Description</b>	<b>Boy's Event #</b>
117	13 & Over	200 Freestyle	118
119	13 & Over	200 Breaststroke	120
121	13 & Over	100 Butterfly	122
123	13 & Over	50 Freestyle	124
125	13 & Over	100 Individual Medley	126
127	13 & Over	100 Backstroke	128
129	13 & Over	50 Breaststroke	130
131	13 & Over	400 IM (Mixed)	131

# 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.**