



# 2025 South Texas Short Course "B" Championships South Meet Information



Date posted: 12/2/24(\*reposted 12/6/24) Sanction Number: ST-25-09

**Meet:** 2025 South Texas Short Course "B" Championships South

Hosted by Alamo Area Aquatic Association  
Held under the Sanction of USA Swimming.

**Dates:** Saturday and Sunday, January 11-12, 2025

**Venue:** Alamo Heights Natatorium  
705 Trafalgar Rd #3  
San Antonio, TX 78216  
(210) 832-5735

## Teams assignments for South Texas Championship meets:

**North Teams** - AQT, CAA, CCSS, COTA, FISH, GOLD, LIFE, LSAC, NTRO, PFPF, PLAT, RUSH, TEXE, TST, TXLA, WLOO, WWW, UN living in North zone

**South Teams** - AAAA, ASC, BAS, BEAQ, C3S, CCLR, CLAN, HILL, HOT, HPAC, MMA, MSC, MVSC, SASA, SEAL, SRG, STSA, SYS, TCA, VTAC, VTX, WAVE, WEST, WOW, WWAC, YMCA, UN living in South zone

## Eligibility / Qualifying times:

This meet is open to all South Texas Swimming athletes ages 18 & under who are attached or unattached to the "South" teams listed in the Team Alignments section (above) and who have achieved the "B" qualifying [2025-2028 USA Swimming National Motivational](#) time standards in short course yards, short course meters, or long course meters for their respectable age group (10 & Under, 11-12, 13-14, 15-16, and 17-18). Swimmers may **not** enter any event in which they have achieved the 2025-2028 USA Swimming National Motivational BB time standard or faster in any course. **Qualifying times must be achieved between September 1, 2023 and January 10, 2025.** If entering with a non-conforming time (SCM or LCM), the swimmer must enter with the time achieved in the non-conforming course. Entries will be accepted in SCY, SCM, and LCM. Converted entry times will not be accepted. Seeding shall be in the following order: yards, long course meters, short course meters (YLS). Athletes must be currently registered year-round members of USA Swimming in good standing. (Flex members are not eligible to compete at LSC championship meets.)

**Bonus Events:** Athletes may enter up to two (2) individual events with a provable time that is slower than the qualifying time for that event. The swimmer must be entered in the meet in an individual event with at least one provable B time. All bonus events must have been achieved between the qualifying dates listed above.

## Entry

**Restrictions:** An individual swimmer may enter a maximum of four (4) individual events per day and a maximum of seven (7) individual events for the meet, including any bonus events or time trial events, if offered.

## Entry

**Deadlines:** There are two entry deadlines for this meet. The first entry deadline is December 31, 2024. The first entry deadline is for athletes who have achieved qualifying times from September 1, 2023 through December 30, 2024. The second (final) entry deadline is January 6, 2025 by 6 pm. Only swimmers who have achieved a qualifying time between December 31, 2024 and January 6, 2025 may enter using the second entry deadline. Teams may use the second entry deadline to update swimmer times if necessary. After entries close, and until January 10, 2025, any swimmer who achieves the 2025-2028 USA Swimming National Motivational BB time or faster in any course in any previously entered event will be removed from that event.

**Daily****Schedule:****First session on Saturday and Sunday:**

Warm-ups begin	7:00 AM
Clear competition pool	8:10 AM
Coaches meeting	8:10 AM
Sessions begin	8:30 AM

**Other Sessions:**

\* Sessions will begin approximately 90 minutes after end of previous session  
 \* Approximate session start times will be posted on the [STX website](#) by 6 PM on Wednesday, January 8, 2025

The meet host may combine events (age groups) in any way to establish the sessions for the meet. The final combination of events will be posted online and communicated to teams by Wednesday, January 8, 2025.

Positive check-in for the 500 Free and 400 IM is required. Check-in time for the 500 Free and 400 IM is the start of the respective session. Swimmers in the 500 Free and 400 IM must provide their own backup timers.

**Format:**

All events will be conducted as timed finals. Events will be seeded by age, time, and gender according to the Order of Events, except as noted. Age groups of identical events may be combined at the discretion of the Meet Referee. All events will be swum slowest to fastest. The 400 IM and 500 Free will be seeded on deck after positive check-in. Check-in for these events is required. Swimmers must provide their own backup timers for the 400 IM and 500 Free events, and provide their own lap counters for the 500 Free event. Meet Management reserves the right to alter meet operations based on the number of participants.

**Age up Date:**

The age of the swimmer will be his / her age on Saturday, January 11, 2025.

**Time Trials:**

Time trials will be conducted on Saturday and Sunday between sessions as time allows. Time trials will be limited to 30 minutes. Time trial events will be offered for events of 200 yards or less. Athletes do not need to be entered in the meet to participate in time trials, but they must provide proof that they are a current member in good standing with USA Swimming using the USA Swimming app. Athletes are limited to one time trial per time trial session. Time trial events count against the maximum events of 4 per day or 7 for the meet.

**Relays:**

There are no relays offered for this meet.

**Entry****Requirements:**

All entries must contain the following information: the name, email address, and phone number of the person preparing the entries in case clarification is needed; an attachment of the Hy-Tek Team Manager or Team Unify export file; an attached document listing the entries (by swimmer) with proofs of time; and an attached document of the meet entry fees report.

Teams with exceptions will be e-mailed notice of same. Teams and entrants are responsible to check the exception report and correct any errors prior to the deadline given to them by the meet host.

**Management:**

Entries Chair:	Garrett Nelson	864-908-9727	<a href="mailto:gnelson2016@gmail.com">gnelson2016@gmail.com</a>
Meet Director:	Garrett Nelson	864-908-9727	<a href="mailto:alamoheightsaquaticsentries@gmail.com">alamoheightsaquaticsentries@gmail.com</a>
Meet Referee:	Didi Byerly	361-549-8887	<a href="mailto:dbyerly@wbhq.com">dbyerly@wbhq.com</a>
Admin Official:	Zoe Galan	210-330-1524	<a href="mailto:zoe.galan@gmail.com">zoe.galan@gmail.com</a>

**Entry****Procedures:**

\$12.00 per individual event	\$10.00 facility charge per individual swimmer
\$20.00 per individual time trial event.	

Make checks payable to Alamo Heights ISD and mail to: AAAA AH % Garrett Nelson, 705 Trafalgar Rd, San Antonio, TX 78216.

Entry fees must be received or arrangements for payment made by Tuesday, January 7, 2025. If payment is not received on time the affected swimmers will be scratched from the meet. Please include the meet entry fee report with your check. Once the entry fees are accepted, they will not be refunded for any reason, even if a swimmer should fail to compete. No paper, phone, or fax entries will be accepted. If you do not receive an e-mail confirmation, your entries were not received.

**Deck (late)****Entries:**

Deck entries will be accepted at \$15 per individual event, plus the \$10.00 facility surcharge for athletes not already entered in the meet. Swimmers may deck enter for the current session beginning at the start of warm-ups. Deck entries will close 45 minutes prior to the start of each session. Swimmers may deck enter for subsequent sessions after deck entries close for the current session. At the discretion of meet administration, a Heat "Zero" may be added for late entries, if needed. Swimmers *not previously entered in the meet* must 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) to the Clerk of Course to deck enter. In addition, the swimmer must present proof of time before a deck entry will be accepted.

**Scratch****Rules:**

There is no penalty for failing to scratch from a pre-seeded event. Swimmers who fail to compete in the 400 IM or 500 Free events after positive check-in will be barred from all further individual and relay events of that day, and then must positively check in for the remainder of the meet with meet administration, per USA Swimming rule 207.11.6.C. Illness and injury may be excused by the Meet Referee.

**Proof of Time:**

Proof of time must be submitted with the entries. All entry times must be verifiable using the USA-S SWIMS database for sanctioned, approved, or observed meets. (Times in the SWIMS database earned at unsanctioned meets may not be used as proof of time.) All proof of times are the responsibility of the entering teams, not the meet host. Entries without an acceptable proof of time will not be accepted.

**Scoring:**

<b>Place =&gt;</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Ind. Event Points</b>	<b>20</b>	<b>17</b>	<b>16</b>	<b>15</b>	<b>14</b>	<b>13</b>	<b>12</b>	<b>11</b>
<b>Place =&gt;</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Ind. Event Points</b>	<b>9</b>	<b>7</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

**Awards:**

Awards will be given by gender in the following age groups: 10 & Under, 11-12, 13-14, and 15-18

Individual events: first through third place: Medals

Individual events: fourth through eighth place: Ribbons

Team Awards: first through third place: Banners

**Note:** Banners will be provided **upon request by the club** (please email the meet director if you would like your banner and it will be shipped to your club).

There will be no awards presentation. Clubs must pick up awards during the meet from the awards desk area.

**Timers:**

Each participating team is required to provide back-up timers in proportion to the number of swimmers entered in the meet. Swimmers competing in the 500 Free and 400 IM events must provide their own back-up timers. Swimmers competing in the 500 Free must provide their own lap counters.

**Facility:**

Eight, 25-yard lanes. The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet at the start end and the turn end is 7 feet measured for a distance of 1.0 meter to 5.0 meters from both end walls. The host will ensure the required course dimensions. Eight lane adjacent pool available for warm ups and warm downs. All automatic Colorado starting and timing system. Meet Manager 8.0 will be used. Limited deck seating of approximately 400 in the bleachers. Chairs will be available for swimmers on the deck. The outdoor porch with workout mats will be open if weather permits. Concessions will be offered, and team banners may not be displayed in the facility.

**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.

## **USA Swimming**

**Registration:** All swimmers, coaches, and officials participating in this competition must be currently registered year-round members of USA Swimming in good standing. (Flex members are not eligible to compete at LSC championship meets.) 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 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 USA Swimming membership 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.

## **Unaccompanied**

**Swimmers:** Any swimmer entered in the meet 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 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:** 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.

## **Deck**

**Changing:** Deck changes are prohibited.

## **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.

## **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, 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 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.

## **Drones:**

Per USA Swimming Rule 103.13, 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 Programs and Events Committee Chair or designee.

## **Warm-up**

**Procedures:** Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement. Athletes must be directly supervised by a USA Swimming certified coach at all times. Lanes will be available for warm-ups throughout the meet.

## **Liability:**

In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatics Association, the Alamo Heights Natatorium, Alamo Heights Independent School District, and all meet officials shall be free from any liabilities or 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.

**Sanction:** 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.

**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. Please email the Meet Referee if you are able to help officiate at this meet. The uniform will be white polo shirts over khaki pants or skirts. Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials’ briefing and to receive your assignments. The wearing of name tags is strongly encouraged.



## 2025 STSI Short Course B Championships Order of Events



**Saturday, January 11, 2025**

Girl's Event #	Age Group	Event Description	Boy's Event #
1	10 & Under	100 Individual Medley	2
3	10 & Under	100 Freestyle	4
5	10 & Under	50 Breaststroke	6
7	10 & Under	100 Backstroke	8
9	10 & Under	50 Butterfly	10
11	10 & Under	500 Freestyle	12
101	11-12	100 Individual Medley	102
103	11-12	100 Freestyle	104
105	11-12	200 Butterfly	106
107	11-12	50 Breaststroke	108
109	11-12	100 Backstroke	110
111	11-12	200 Breaststroke	112
113	11-12	50 Butterfly	114
115	11-12	500 Freestyle	116
201	13-14	200 Individual Medley	202
203	13-14	100 Freestyle	204
205	13-14	200 Butterfly	206
207	13-14	50 Breaststroke	208
209	13-14	100 Backstroke	210
211	13-14	200 Breaststroke	212
213	13-14	50 Butterfly	214
215	13-14	500 Freestyle	216
301	15-18	200 Individual Medley	302
303	15-18	100 Freestyle	304
305	15-18	200 Butterfly	306
307	15-18	100 Backstroke	308
309	15-18	200 Breaststroke	310
311	15-18	500 Freestyle	312

## Sunday, January 12, 2025

Girl's Event #	Age Group	Event Description	Boy's Event #
13	10 & Under	200 Freestyle	14
15	10 & Under	100 Butterfly	16
17	10 & Under	50 Freestyle	18
19	10 & Under	100 Breaststroke	20
21	10 & Under	200 Individual Medley	22
23	10 & Under	50 Backstroke	24
117	11-12	200 Freestyle	118
119	11-12	100 Butterfly	120
121	11-12	50 Freestyle	122
123	11-12	200 Backstroke	124
125	11-12	100 Breaststroke	126
127	11-12	200 Individual Medley	128
129	11-12	50 Backstroke	130
131	11-12	400 Individual Medley	132
217	13-14	200 Freestyle	218
219	13-14	100 Butterfly	220
221	13-14	50 Freestyle	222
223	13-14	200 Backstroke	224
225	13-14	100 Breaststroke	226
227	13-14	50 Backstroke	228
229	13-14	400 Individual Medley	230
313	15-18	200 Freestyle	314
315	15-18	100 Butterfly	316
317	15-18	50 Freestyle	318
319	15-18	200 Backstroke	320
321	15-18	100 Breaststroke	322
323	15-18	400 Individual Medley	324

# 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 backstroke 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 10/27/22**