



# North East Independent School District Alamo Area Aquatic Association

www.aaaa-sa.org

## Meet Information

Posted 04/05/10

- Meet:** •2010 South Zone TISCA Championships
- Dates:** •December 3 and 4, 2010
- Venue:** •Josh Davis Natatorium  
•Blossom Athletic Center (Northeast Stadium)  
•Jones-Maltsberger Road at Starcrest (Bitters)  
•San Antonio, TX 78216  
•210-491-6132.

**Entry deadline:**  
**12-noon, Monday, November 29, 2010**  
**No exceptions and no late entries**

- Facility:** •The Josh Davis Natatorium is part of the North East School District's Blossom Athletic Center also known as the North East Stadium  
•Eight FINA width lanes (2.75-meters)  
•2.12-meters minimum depth  
•All automatic Colorado / DAKTRONICS starting and timing  
•Two 3-meter and four 1-meter diving boards  
•Off-deck, stadium type seating for 1500 spectators  
•Spectators are not permitted on deck at any time for any reason!  
•Concessions and swim shop in the lobby.

- Cell phone restrictions:** •The presence and / or use of cell phones, and any other equipment capable of producing photographic or video images, in locker rooms is strictly and specifically prohibited at all times.  
•There are no exceptions to this prohibition.  
•Violators are subject to disqualification from the meet and disbarment from the facility.

- Rules:** •Except as may be noted elsewhere, the 2010 – 2011 National Federation Swimming, Diving and Water Polo Rules will apply

- Format:** •High school and senior competition in a Championship format  
•Women's high school events on Friday  
•Women's senior events on Saturday  
•Men's high school events on Saturday  
•Men's senior events on Friday
- Championship, with two heats of most individual events advancing to finals
- Exceptions:**
- One heat of each relay will advance
  - The 500-yard freestyle and 400-yard individual medley will require a positive check-in by 10:00 AM on the day of the event
    - Both events will be seeded on-deck and swum slowest to fastest
    - Only one heat of the 400-yard I-M will advance to finals
  - 1000 free: timed finals, positive check-in with the Meet Director or designee by 10:00 AM on the day of the event
    - Seeded by gender on deck and swum fastest to slowest as the last event in the preliminary sessions – Men on Friday and Women on Saturday
    - Only the fastest heat of the 1000 free will swim in the finals session in event order each day
- Whistle Start Procedures will be in use at this meet

## Fly-over

### Starts:

- In the preliminary sessions ONLY, Fly-over starts will be utilized for individual (not for relays) events shorter than 400-yards except backstroke
- The purpose of fly-over starts is to conserve time and to establish and maintain meet momentum
- Under ideal conditions and with appropriate cooperation from the athletes, intervals between races can be held to less than 20 seconds
- The conditions required:
  - As swimmers finish their race, they MUST stay in the water and close to the wall as the next heat is started over their heads
    - A failure to do so can create potentially dangerous situations
  - As soon as the outgoing race is in the water – but not before - the just finished swimmers must promptly exit the pool
- The procedure:
  - When the finishing race is approximately ten yards from the wall, the Deck Referee will sound the short whistles, which alerts the next heat to be immediately ready to mount the blocks
  - When the last swimmer in the incoming heat is within approximately two yards or less of touching the wall, the Deck Referee will sound the long whistle and all swimmers MUST IMMEDIATELY mount the blocks and prepare for a start
  - As soon as the Deck Referee is satisfied the pool is clear and all is in readiness, her / his arm will be extended and the Starter will give the “Take your mark” Command
  - The same process is then repeated for each additional heat
  - Intervals between events are similarly managed, i.e., there will be no delays
- Because this procedure is time sensitive with little or no delays, upcoming swimmers must anticipate their next race, have caps and goggles in place, be properly situated behind their blocks and be immediately ready to mount the blocks on hearing the long whistle
- If careful attention is not given to the situation at hand, swimmers can very easily miss their race and / or be disqualified for delay

## National Time

### Verification:

- This meet will be Approved for Observation by USA Swimming for NTV purposes
- Times achieved by swimmers who are currently registered with USA Swimming, have an accurate and complete USA Swimming ID Number in the Meet Manager Database and conform to the Technical Rules will be loaded into the SWIMS Database
- Observation of all events involving the backstroke, including lead-off splits in the medley relays, will be accomplished “by exception” as all deck officials will be certified by at least one LSC and USA Swimming
  - No other action in this regard will be required of either coaches or athletes
- If required, additional information will be provided at the coaches’ meeting
- *However, coaches / athletes must ensure swimmer’s complete, accurate and valid USA Swimming ID Numbers are in the Meet Manager Database prior to the conclusion of the meet if loading of times into the USA Swimming SWIMS Database is desired*
  - The necessary data is easily available from athletes USA Swimming ID Card
- Requests for SWIMS uploads which are received more than 30 days after the conclusion of this meet (after December 20, 2010) will incur a fee of \$20.00 per time uploaded

### Breaks:

- A ten minute break will be taken after the women’s and men’s 100-yard breaststroke in preliminaries and a 15 minute break after the 50-yard freestyle in both preliminaries and finals

## Team

### Manager™:

- An HYV File containing the entire meet setup, including qualifying times, is available for download into Team Manager on the High School Swimming Page of the Alamo Area Aquatic Association Web Site at: <http://www.aaaa-sa.org/>
- It will be to individual swimmer’s advantage if dates of birth and proper USA Swimming ID Numbers are included in Team Manager Databases

## Entry

### Procedures:

- Entries may be made ONLY via Hy-Tek Commlink File
- Entries will be accepted ONLY by e-mail or hand-delivery
- Under no circumstances will entries be accepted via FAX, U. S. Postal Service, FedEx, UPS, etc.
- Please format any floppy disks prior utilizing for entries
- Hand-written entries will not be accepted
- If you choose to submit entries via e-mail please review the following section
- In addition to the required Commlink File, entries must also include a Meet Entry Report and an Entry Fee Report

- Pre-proof-of-time documentation is also required – please refer to the Proof-of-Time Section below
- Entries received without a seed time or times slower than the minimums specified will not be entered into the meet and any entry fees will not be refunded.

## E-Mail

### Entries:

- Entries in Commlink Format only, MUST be sent to: djohns1@neisd.net
- Please rename the Commlink File 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, Entry Fee Reports and appropriate pre-proof-of-time documentation are received or hand-delivered and fees are paid.
- Do not assume your entries have been received without confirmation
- Most e-mail programs have provisions for requesting a return receipt.

## Submit

### Entries To:

- David L. Johnson
- Josh Davis Natatorium
- 12002 Jones-Maltsberger Road
- San Antonio, TX 78216
- 210-491-6132
- djohns1@neisd.net

### •Entry fees:

- \$12.00 per athlete per day
- Please make checks payable to: **N.E.I.S.D.**

## Entry

### Restrictions:

- This meet is open to ALL public and private high schools from within and without the State of Texas
- Only one relay team per school may enter each relay event
- An individual competitor is permitted to enter a maximum of four (4) High School events per day, no more than two (2) of which may be individual events
- An individual competitor is permitted to enter a maximum of four (4) Senior events per day, no more than two (2) of which may be individual events
- Individual swimmers must meet the minimum qualifying time standards on page six
- This is a proof-of-time meet
- For eligibility purposes this meet is regarded a two separate meets held in conjunction with one another over a two-day period
- Under UIL Rules this meet is counted as two of the annually allotted invitational meets

## 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 have fastening system other than waist ties, casings, ribbing or elastic (no zippers)
  - Not extend beyond the shoulders or below the top of the kneecap and not cover the neck for women
  - Not extend above the waist or below the top of the kneecap for men
- Swimmers found in violation of these restrictions will be banned from further competition until the violation has been remedied

## Relays:

- Minimum relay qualifying times (page six [6]) must have been achieved subsequent to September 1, 2010
- "Relay only" swimmers ARE permitted
- Only the four (4) swimmers declared on the front of the relay card are permitted to report to the blocks and compete
- If relay swimmers are to be correctly noted in the Final Results, the order of swimming must also be specified
- Relay cards for the preliminary\* 200-yard Medley Relay must be turned in to the Official Scorer not later than the beginning of the coaches' meeting
- Relay cards for the preliminary\* 200-yard Free Relay must be turned in to the Official Scorer not later than the start of the men's 500-yard freestyle
- Relay cards for the preliminary\* 400-yard Free Relay must be turned in to the Official Scorer not later than the start of the women's 100-yard breaststroke
- Once relay cards have been turned in to the Official Scorer, no name changes will be permitted
- Designation of the lead-off swimmer may be altered up until the swimmers report to the blocks

- Post-meet corrections or alterations cannot be made
- For the finals\* session, if there is no change in the order of swimmers or the makeup of a relay team, the Official Scorer will **NOT** require a new card be submitted
- For the finals\* session, if there is a change in **either** the order of the swimmers or the makeup of a relay team a **NEW** card must be prepared and submitted to the Official Scorer as noted above.

\*In the cases where there are eight (8) or fewer entries for any relay event, it will be contested as a timed final in the finals session only and **NOT** swum in preliminaries – the card submission restrictions noted above will, however, still apply

### Entry

#### Times:

- Individual swimmers must be entered with previously achieved, provable seed times in short course yards only
- Entries with no time (NT) WILL NOT be accepted and any entry fees submitted will not be refunded
- Times converted from long / short course meters are NOT acceptable
- Relay teams must enter with a seed time, conform to the minimum qualifying times on page six and such times must have been achieved since September 1, 2010

### Proof

#### of Time:

- All individual entries are subject to proof-of time
- The only acceptable sources for proving times are:
  - USA Swimming National SWIMS Database
  - AAAA Results Archives
  - Specific Team manager Proof-of-Time Reports
- Lifetime best times for the individual 100-yard strokes and the 200 I-M must be used for proof-of-time and entry into the respective 50-yard strokes and the 100-yard I-M
- Teams that fail to prove entered times will be reported in writing to their school's principal and they may be denied entry to this meet in future years
- In cases where the proof-of-time verification process fails to prove the time, the athlete will not be entered into the event and any entry fees submitted will not be refunded

### Qualifying

#### Times and

**Proof-of-Time:** Individual swimmers may enter this meet ONLY if they have at some time achieved the qualifying time listed in the Order of Events on page six for each individual event entered. PLEASE NOTE THE CONDITIONS SPECIFIED IN THE PREVIOUS SECTION.

- No other exceptions will be permitted
- There are no "free" or "bonus" events
- Swimmers who enter into and / or compete in events for which they have not achieved the qualifying time are therefore ineligible for further competition, previous exceptions noted
- Any team which suffers four (4) or more failures to prove the minimum individual event qualifying time will be banned from participation in future South Zone TISCA Championship meets
  - In addition, the Principal of the offending school will be notified in writing of the matter

### Entry

#### Deadline:

- 12-noon, Monday, November 29, 2010
- No Exceptions!
- No late / deck entries

### Meet

#### Management:

- |   |   |  |
|---|---|--|
| <ul style="list-style-type: none"> <li>•<b>Meet Director:</b></li> <li>•David L Johnson</li> <li>•12002 Jones-Maltsberger</li> <li>•San Antonio, TX 78216</li> <li>•210-491-6132</li> <li>•FAX: 210-491-6133</li> <li>•djohns1@neisd.net</li> </ul> | <ul style="list-style-type: none"> <li>•<b>Swimming Referee:</b></li> <li>•Frank Swigon</li> <li>•25203 Baneberry</li> <li>•San Antonio, TX 78258</li> <li>•210-497-1086</li> <li>•fswigon@yahoo.com</li> </ul> | <ul style="list-style-type: none"> <li>•<b>Diving Referee:</b></li> <li>•Donn Boyd</li> <li>•8400 North Loop 1604 West</li> <li>•San Antonio, TX 78249</li> <li>•210-397-7524</li> <li>•eboyd@satx.rr.com</li> </ul> |
|---|---|--|

**Scratch Rules:**

**Coaches: Please review these Scratch Rules very carefully!**

**Pre-Meet:**

- Please report all known pre-meet scratches to the Meet Director within 24 hours of the Psych Sheet being posted
- That deadline will be posted along with the Psych Sheet
- Accuracy of the Heat Sheets cannot be ensured and entry fees will not be refunded if this time constraint is not met

**General:**

- Declared False Starts will not be accepted for any event at any time
- There will be no penalty for scratching (no show) from any pre-seeded preliminary event
- The 500 and 1000-yard freestyles and the 400-yard individual medley will be seeded on deck (*not pre-seeded*) and competitors who checked in (by 10:00 AM on the day of the event), and then fail to appear for their race will be barred from further competition in the meet, illness and injury excepted

**For Finals Qualifiers:**

- USA Swimming Championship Scratch Rules will prevail and the 30 minute rule will be observed, i. e. after the official announcement and / or posting of the results of any given preliminary event (1000 free excepted) have been made, individual competitors and relay teams who qualify for the finals in Friday's events must scratch with the Official Scorer (Timing Console Room) within 30 minutes of that announcement / posting, OR they must compete in the finals session under penalty of disqualification from further participation in the meet
- Failures to compete by reason of illness or injury are excepted, as are alternates

- Swimmers and relay teams who qualify for finals events on Saturday, fail to scratch within the 30 minute time limit and subsequently fail to appear for competition will be stripped of all points and awards, including those awarded to any relay team(s) on which an offending swimmer may have participated.
- In addition, their school's Principal will be notified in writing of the incident
- Failures to compete by reason of illness or injury are excepted, as are alternates

**Alternates:**

- Swimmers who qualify as alternates for final events and wish to compete should no shows occur must be within an area previously designated by the Meet Referee and be immediately available
- Immediately is defined as being properly attired, on the block, and ready to swim within 30 seconds of being called

**Scoring:**

<b>Place →</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>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Individual</b>	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
<b>Relay</b>	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

**Automatic**

**Finals:**

- Any event having eight (8) or fewer entries will be considered as an automatic final and not swum in the preliminary session

**Time trials:**

- None!

**Awards:**

- Medals for places 1 through 3 in each event
- Plaques for combined teams placing first through third
  - By Divisions, 5-A and 4-A and Under

**Diving:**

- National Federation Rules will apply
- 1 and 3-meter competition
- Events will be 11-dive contests
- Five (5) voluntary and six (6) optional dives are required
- National Federation Degree-of Difficulty Tables will be utilized for 1-meter events
- U. S. Diving (FINA) Tables will be utilized for 3-meter events
- The Degree-of-Difficulty requirements for this meet are 12.8 for 1-meters and 12.1 for 3-meters
- All divers MUST be entered with their team on Hy-Tek Commlink File
- In addition, completed diving sheets MUST be received by the Diving Referee by the entry deadline, i.e., November 15, 2010
- Diving coaches please FAX or e-mail the Diving Referee noted on page four

•All corrections, revisions, additions, deletions, etc. must be completed in writing and in the hands of the Diving Referee not later than one hour before the scheduled start of competition.

**Daily  
Schedule:**

**Swimming Preliminaries:**

Warm-ups*	7:00 AM*
Sprint lanes open	7:35 AM
Clear pool	8:10 AM
Coaches' Meeting	8:10 AM (Friday only)
Sessions begin	8:30 AM

**Swimming Finals:**

Warm-ups	4:00 PM
Sprint lanes open	4:25 PM
Clear pools	4:50 PM
National Anthem	4:57 PM
Sessions begin	5:00 PM

\* If the number of entries warrants doing so, warm-ups will be split into two sessions. In such an event, coaches will be notified via e-mail and a note will be posted on the AAAA Web Site ([www.aaaa-sa.org](http://www.aaaa-sa.org)) along with the Psych Sheets

**Diving Warm-ups:**

- Will begin thirty minutes following the conclusion of swimming preliminaries on both days
- Competition will begin one hour later

**Timers:**

- The host facility will provide backup timers for this meet
- However, volunteers will be needed, welcome and appreciated

**Swimming Officials**

**Please Make**

**Special Note:**

- All deck officials must be currently (2009 - 2010) registered with TISCA / NFHS
- The Meet Referee will make deck assignments BEFORE the meet
- Therefore, all officials who desire to be assigned to deck positions MUST notify the Meet Referee of their intentions and availability NOT LATER than 6:00 PM, Sunday, November 28, 2010
- Please specify the sessions for which you will be available
- Please submit your information to: [fswigon@yahoo.com](mailto:fswigon@yahoo.com)
- You WILL NOT be assigned if your commitment and information are not submitted or not received by the deadline
  - PLEASE do not call or e-mail after November 15th expecting to be assigned – it will not happen!
- Uniforms for deck officials will be as follows:
  - Preliminaries** – white shirts/blouses over navy blue pants, skirts, or Bermuda length shorts (NO JEANS OR FLIP-FLOPS PLEASE)
  - Finals** – navy blue shirts/blouses over white pants or skirts (NO SHORTS, JEANS OR FLIP-FLOPS PLEASE)
- Please report to the deck level classroom 45 minutes prior to the scheduled start time of any session to receive your assignments.



# 2010 Order of Events and Minimum<sup>1</sup> Time Standards<sup>2,4</sup>

Superscript reference Notes are at the bottom of this page

Friday, December 3rd			Saturday, December 4th		
#	Gender / Distance (yds) / Stroke	Time <sup>1,2,4</sup>	#	Gender / Distance (yds) / Stroke	Time <sup>1,2,4</sup>
1 <sup>6,7,8,9</sup>	Women 200 Medley Relay <sup>6,7,8,9</sup>	2:05.89	24 <sup>6,7,8,9</sup>	Men 200 Medley Relay <sup>6,7,8,9</sup>	1:49.49
2 <sup>6,7,8,9</sup>	Men 400 Medley Relay <sup>6,7,8,9</sup>	4:01.69	25 <sup>6,7,8,9</sup>	Women 400 Medley Relay <sup>6,7,8,9</sup>	4:33.09
3	Women 200 Freestyle	2:08.09	26	Men 200 Freestyle	1:54.39
4 <sup>13</sup>	Men 50 Butterfly <sup>13</sup>	0:59.59	27 <sup>13</sup>	Women 50 Butterfly <sup>13</sup>	1:05.49
5	Women 200 Individual Medley	2:24.69	28	Men 200 Individual Medley	2:11.19
6 <sup>13</sup>	Men 50 Backstroke <sup>13</sup>	1:00.89	20 <sup>13</sup>	Women 50 Backstroke <sup>13</sup>	1:05.39
7	Women 50 Freestyle	0:26.79	30	Men 50 Freestyle	0:23.89
<b>15 minute Break</b>			<b>15 minute break</b>		
8 <sup>13</sup>	Men 100 Individual Medley <sup>13</sup>	2:11.19	31 <sup>13</sup>	Women 100 Individual Medley <sup>13</sup>	2:24.69
9	Women 100 Butterfly	1:05.49	32	Men 100 Butterfly	0:59.59
10	Men 200 Backstroke	2:08.29	33	Women 200 Backstroke	2:18.29
11	Women 100 Freestyle	0:58.79	34	Men 100 Freestyle	0:53.79
12 <sup>13</sup>	Men 50 Breaststroke <sup>13</sup>	1:08.29	35 <sup>13</sup>	Women 50 Breaststroke <sup>13</sup>	1:16.19
13 <sup>10</sup>	Women 500 Freestyle <sup>10</sup>	5:34.79	36 <sup>10</sup>	Men 500 Freestyle <sup>10</sup>	5:02.99
14	Men 200 Breaststroke	2:30.49	37	Women 200 Breaststroke	2:49.09
15	Women 200 Free Relay <sup>6,7,8,9</sup>	1:50.59	38 <sup>5,6</sup>	Men 200 Free Relay <sup>6,7,8,9</sup>	1:37.99
16 <sup>10,11</sup>	Men 400 Individual Medley <sup>10,11</sup>	4:40.09	39 <sup>10,11</sup>	Women 400 Individual Medley <sup>10,11</sup>	5:14.79
17	Women 100 Backstroke	1:05.39	40	Men 100 Backstroke	1:00.89
18	Men 200 Butterfly	2:13.89	41	Women 200 Butterfly	2:26.99
19	Women 100 Breaststroke	1:16.19	42	Men 100 Breaststroke	1:08.29
<b>10 Minute Break in Preliminaries only!</b>			<b>10 Minute Break in Preliminaries only!</b>		
20 <sup>6,7,8,9</sup>	Women 400 Free Relay <sup>6,7,8,9</sup>	4:00.99	43 <sup>6,7,8,9</sup>	Men 400 Free Relay <sup>6,7,8,9</sup>	3:35.69
21 <sup>12</sup>	Men 1000 Freestyle <sup>12</sup>	10:36.99	44 <sup>12</sup>	Women 1000 Freestyle <sup>12</sup>	11:41.99
22	Men 3-meter Diving		45	Women 3-meter Diving	
23	Women 1-meter Diving		46	Men 1-meter Diving	

## NOTES:

1. There are minimum qualifying times for all events, including relays.
2. Swimmers MUST at some time (lifetime) have achieved the minimum time for each individual event entered.
3. This is a proof-of-time meet. Please see page 3 for details.
4. There are no "free or bonus" events, i.e., each swimmer must, at some time (lifetime best), achieved at least the minimum time for every individual event entered.
5. Two heats of each individual event, EXCEPT the 1000 free and 400 I-M, will advance to the finals.
6. Aggregate times may be used for relay team entry purposes and such times MUST have been achieved since September 1, 2010 and relate to athletes actually entered into this meet.
7. Each high school is limited to one relay team per relay event and a provable entry time MUST be specified.
8. "Relay only" swimmers ARE permitted
9. One heat of each relay event will advance to the finals session.
10. The 500-yard freestyle and the 400-yard individual medley will require positive check-in by 10:00 AM on the day of the event, be seeded on-deck by gender and swum slowest to fastest
11. One heat of the 400-yard individual medley will advance to finals.
12. The 1000-yard freestyle is a timed final event and will require positive check-in by 10:00 AM on the day of the event, be seeded on deck, and swum fastest to slowest as the last event in the preliminary sessions. Only the fastest eight (one heat) competitors of each gender will swim in the finals session - in event order!
13. The associated 100-yard stroke events or 200-yard I-M time must be used as proof of time. Please enter swimmers with their 100-yard stroke event or 200-yard I-M provable time, as appropriate, for seeding purposes

**PLEASE CAREFULLY REVIEW THE SCRATCH RULES ON PAGES FOUR AND FIVE!**