



# LOST CREEK AQUATICS

## STAGS MEET ANNOUNCEMENT



**Meet:** •2010 12 and Under South Texas Age Group Short Course Championships (STAGS)

**Dates:** •February 19, 20 and 21, 2010

**Venue:** NISD Natatorium

8400 N. Loop 1604 West, San Antonio, TX 78249

Between Hausman and Bandera Roads

**Meet Entries are due by February 1<sup>st</sup>. Please enter your events on the LCA website. Click on the STAGS “Attend This Meet” button, commit your athletes to this Championship Meet, and enter them in their qualified events.**

**Meet Eligibility:**

- This meet is open only to South Texas USA Swimming registered swimmers age 12 and under
- Entries received without a complete USA Swimming Registration number will not be processed
- It is strongly recommended that swimmers have their USA Swimming ID card with them
- Deck entries will not be accepted for a swimmer not already in the meet unless the swimmer's USA Swimming registration can be verified
- Swimmers must compete in age groups based on their age as of February 19, 2010
- Each contestant may compete only in the age group for which she / he is eligible

**Qualifying Times:**

- The minimum qualifying time standards (2009-2010 South Texas Time Standards) for this meet will be found on pages five (5) and six (6), as well as on the [LCA Website](#).
- Qualifying times must be achieved prior to the entry deadline
- If a STAGS qualifying time is achieved during a STAGS time trial, the swimmer may not deck enter that event at STAGS
- If entering with a non-confirming time (e. g., SCM or LCM), the swimmer must enter at the cut time for that age group
  - Annotate this entry to the entry chairman at the time of entry submission.

**Entry Limitations:**

- An individual swimmer may enter a maximum of seven (7) individual events for the entire meet over the three days, and may participate in a maximum of three (3) individual and two (2) relay events per day

**Relay Entries:**

- All relays are timed finals and swum in the preliminary sessions only
- There are time standards for all relays
- Relay team entry times may be determined by the sum of the individual team member's times for like strokes/distances, or the actual time of that relay team achieved in sanctioned competition

**Deck Entries:**

- Deck entries will be accepted at \$12.00 per individual event and \$24.00 per relay
- Swimmers may deck enter for the current session beginning at the start of warm-ups
- Deck entries will close 30 minutes prior to the start of each session
- Swimmers may deck enter for subsequent sessions after deck entries close for the current session
- No new heats will be created
- Swimmers not previously entered in the meet must present their USA swimming registration card at Clerk of Course to deck enter
  - No exceptions
- Additionally, you must provide hard copy of the proof of time before a deck entry will be accepted.

**Meet Format:** •Championship format

- A and B finals, unless otherwise noted
- Preliminary events will be seeded by time and gender according to the STAGS Order of Events on page eight (8)
- All preliminary events will be swum slowest to fastest unless otherwise noted
- Finals will be contested in single year age groups: 10 and under, 11, 12
- The 400 I-M, 500 and 1650 freestyles are timed finals, age combined, alternating female / male and swum fastest to slowest. They will be seeded on deck, requiring positive check-in..
- Relay events are timed finals and will be swum only during the preliminary sessions
  - Please refer to the Order of Events on page six
  - 10 minute break after the relays
  - Relay only swimmers are permitted provided that the team of four swimmers meets the entry qualification time and all relay swimmers appear in the meet entry file

### Warm-up

- Procedures:**
- There will be one (1) warm-up session of 60 minutes on Thursday evening, and multiple warm-up sessions on Friday, Saturday and Sunday mornings
  - There will be a single session for finals
  - The central instructional pool will be available for warm-ups throughout the meet
  - Warm-up times and lane assignments will be posted in the LCA Meet Update, which will be available on the Meets/Events STAGS page the Wednesday prior to the meet,

- Time Trials:**
- Time Trials **may** be held immediately following Friday and Saturday's preliminary session, **time permitting**
  - Swimmers must already be entered in this meet in order to enter a time trial
  - No events longer than 200-yards will be offered
  - An individual swimmer may enter no more than two (2) time trial events during the entire meet
  - Time trial entries do not count against the seven (7) allowed overall meet entries
  - Time trial entries do count against the three (3) per day limit
  - Please Note: STAGS Times made during the STAGS Time Trials cannot then be used to enter that event in the meet**
  - Time Trial results will be posted with the meet results
  - Nine and under swimmers may enter time trial events for any event that is a standard STAGS event in their age group. 10, 11, and 12 year old swimmers may enter any time trial event up to 200 yards.

- Scratch Rules:**
- The top 16 qualifiers in each preliminary event will be announced and posted shortly after the final heat
  - The top 16 qualifiers, have 30 minutes in which to scratch if they do not desire to compete in the finals
  - Swimmers who elect NOT to compete in finals, must scratch or declare and INTENT to scratch with the Clerk-of-Course within 30 minutes after the announcement**
  - Swimmers who declare an intent to scratch, then have 30 minutes after the completion of their last individual event of the session to confirm the scratch
  - Following the 30 minute deadline, if scratch confirmation is not received it will be assumed the swimmers **will compete** in the finals event
  - **All scratched must be made by that swimmer's coach.**
  - Any swimmer qualifying for finals, who does not scratch, and fails to appear for competition will be disqualified from further participation in the meet**
    - Illness and injury may be excused by the Meet Referee
    - In the event that the no show is on Sunday, the swimmer will be fined \$100
    - Swimmers will be barred from competition in South Texas until any such fines are paid
    - Swimmers and relay teams who check-in for deck seeded events and subsequently fail to appear for competition will be disqualified from further participation in the meet
    - Swimmers who fail to appear for any positive check-in event will be fined \$100
    - Illness and injury may be excused by the Meet Referee

### 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 below the knee and not cover the neck or shoulders for women

- Not extend above the navel or below the knee for men
- Swimmers found in violation of these restrictions will be banned from further competition until the violation has been remedied

**Awards:**

- Awards will be as follows: 10 and under, 11, and 12
- Custom medals for places one through three in individual events
- Custom ribbons for places four through eight in individual events
- Custom ribbons for places one through three in relay events
- STAGS Flags, places one through five for Team High Point
- There will be no awards presentations — clubs must pickup awards during the meet from the Award Desk area

**Scoring:**

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

**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.

**Daily Schedule:**

**Warm-up lane assignments and team-specific times will be posted on the STSI Web Site**

	<b>Preliminaries</b>	<b>Finals</b>
First warm-up begins at:	7:00 AM	Warm-ups begin at: 3:30 PM
Second warm-up begins at:	7:35 AM	Clear pools at: 4:45 PM
Clear Pool	8:10 AM	National Anthem at: 4:57 PM
Coaches' meeting at:	8:10 AM (Fri. only!)	Sessions begin at: 5:00 PM
Sessions begin at:	8:30 AM	

**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, behind the block and ready to swim within 30 seconds of being called.

**Timers:**

- Each participating team is required to provide back-up timers in proportion to the number of swimmers entered in the meet at a ration of one timer per every ten entries based on the previous year's participation
- Every team must provide at least one timer
- Swimmers competing in the 500 / 1000 / 1650 freestyle events must provide their own back-up timers and lap counters.

**Hotel Information:**

A block of hotel rooms has been booked close to the STAGS location. [Hotel information](#) (click for the link) is found under the Team Information Tab on the top tab area of the LCA website → click on Hotel Information. Swimmers are not required to stay in the team, however staying in the team hotel is great for team camaraderie, as well as car pooling to warm-up at the pool. Hotel information is found under the Team Information Tab of the LCA website – click on Hotel Information.

# Order of Events

**Distances are in yards – The superscript notes are at the bottom of this page**

Girl's Event Number	Friday, February 19th	Boy's Event Number
1	11 and 12 400 Free Relay <sup>1</sup>	2
3	12 an U 100 Butterfly	4
5	12 and U 50 Freestyle	6
7	12 and U 200 Individual Medley	8
9	12 and U 50 Backstroke	10
11	11 and 12 200 Breaststroke	12
13	12 and U 500 Freestyle <sup>2</sup>	14

**Check-in for the 500-yard freestyle by 10:00 AM**

Girl's Event Number	Saturday, February 20th	Boy's Event Number
15	12 and U 200 Free Relay <sup>1</sup>	16
17	12 and U 100 Freestyle	18
19	11 and 12 200 Backstroke	20
21	12 and U 100 Breaststroke	22
23	12 and U 50 Butterfly	24
25	11 and 12 200 Medley Relay <sup>1</sup>	26
27	12y 400 Individual Medley <sup>2</sup>	28

**Check-in for the 400 I-M by 8:30 AM**

Girl's Event Number	Sunday, February 21st	Boy's Event Number
29	10 and Under 200 Medley Relay <sup>1</sup>	30
31	12 an U 400 Medley Relay <sup>1</sup>	32
33	12 and U 200 Freestyle	34
35	12 and U 50 Breaststroke	36
37	12 and U 100 Backstroke	38
39	11 and 12 200 Butterfly	40
41	12 and U 100 Individual Medley	42
43	12y 1650 Freestyle <sup>2</sup>	44

**Check-in for the 1650 freestyle by 10:00 AM**

**Note 1:** These events will be swum as Timed Finals in the preliminary sessions only. They will be pre-seeded and swum **slowest to fastest**.

**Note 2:** These events will be swum as Timed Finals, ONLY in the preliminary sessions. They will require a positive check-in, be age combined, alternate female / male, seeded on deck by time only and swum **fastest to slowest**. Competitors should expect to provide their own backup timers and lap counters

### STAGS 2009-2010 Qualifying Times

Girls				Boys		
10 & U	11	12	SCY	12	11	10 & U
00:33.29	00:31.19	00:29.09	<b>50 free</b>	00:29.89	00:31.79	00:33.79
01:12.39	01:08.29	01:03.69	<b>100 free</b>	01:05.59	01:09.79	01:13.09
02:43.09	02:31.69	02:19.69	<b>200 free</b>	02:21.79	02:37.29	02:42.59
07:39.49	07:04.19	06:29.49	<b>500 free</b>	06:35.09	07:05.49	07:35.19
		23:27.89	<b>1650 free</b>	23:10.49		
00:39.89	00:37.49	00:34.79	<b>50 back</b>	00:36.49	00:39.49	00:40.49
01:24.99	01:20.49	01:14.59	<b>100 back</b>	01:18.99	01:24.19	01:27.59
	02:55.49	02:39.29	<b>200 back</b>	02:45.59	02:58.39	
00:44.79	00:41.89	00:40.19	<b>50 breast</b>	00:40.79	00:44.29	00:47.59
01:36.89	01:29.49	01:26.39	<b>100 breast</b>	01:27.79	01:35.09	01:40.09
	03:17.21	03:11.69	<b>200 breast</b>	03:07.29	03:21.69	
00:37.69	00:36.19	00:34.19	<b>50 fly</b>	00:34.79	00:38.19	00:39.69
01:35.19	01:26.09	01:20.19	<b>100 fly</b>	01:18.69	01:25.79	01:36.39
	03:04.99	02:51.79	<b>200 fly</b>	02:48.29	03:01.19	
01:25.29	01:20.49	01:16.89	<b>100 IM</b>	01:17.59	01:22.59	01:27.49
03:07.99	02:56.49	02:40.29	<b>200 IM</b>	02:49.39	03:03.09	03:09.19
		06:04.19	<b>400 IM</b>	05:56.29		
02:13.16		02:04.76	<b>200 FR</b>	02:07.16		02:15.16
02:35.66		02:26.76	<b>200 MR</b>	02:33.76		02:41.56
04:49.56		04:33.16	<b>400 FR</b>	04:39.16		04:52.36
		05:24.36	<b>400 MR</b>	05:34.86		

Girls				Boys		
10 & U	11	12	LCM	12	11	10 & U
00:37.59	00:35.79	00:32.99	<b>50 free</b>	00:34.49	00:37.69	00:38.79
01:25.79	01:19.29	01:12.79	<b>100 free</b>	01:17.29	01:21.29	01:26.39
03:04.09	02:56.19	02:39.79	<b>200 free</b>	02:47.79	02:57.59	03:13.99
06:51.59	06:23.99	05:41.29	<b>400 free</b>	05:54.39	06:21.69	06:52.69
		12:33.69	<b>800 free</b>	12:28.59		
		24:12.39	<b>1500 free</b>	24:05.39		
00:45.99	00:42.99	00:39.59	<b>50 back</b>	00:42.19	00:45.69	00:47.59
01:40.59	01:36.39	01:25.79	<b>100 back</b>	01:31.39	01:38.09	01:44.29
	03:22.69	03:05.99	<b>200 back</b>	03:11.09	03:25.79	
00:52.59	00:48.59	00:45.59	<b>50 breast</b>	00:47.09	00:51.09	00:54.59
01:52.89	01:45.79	01:39.79	<b>100 breast</b>	01:40.89	01:49.19	01:59.79
	03:50.59	03:35.79	<b>200 breast</b>	03:37.49	03:54.19	
00:45.59	00:41.69	00:37.59	<b>50 fly</b>	00:39.59	00:42.99	00:46.89
01:48.39	01:36.59	01:29.09	<b>100 fly</b>	01:29.49	01:37.49	01:53.19
	03:29.09	03:14.19	<b>200 fly</b>	03:13.39	03:28.29	
03:32.29	03:15.59	03:01.09	<b>200 IM</b>	03:13.89	03:25.69	03:44.79
		06:55.89	<b>400 IM</b>	06:51.79		
02:30.36		02:23.16	<b>200 FR</b>	02:30.76		02:35.16
03:01.76		02:49.06	<b>200 MR</b>	02:57.46		03:07.86
05:43.16		05:17.16	<b>400 FR</b>	05:25.16		05:45.56
		06:18.06	<b>400 MR</b>	06:26.06		

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Girls				Boys		
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00:36.99	00:34.89	00:32.49	<b>50 free</b>	00:33.39	00:35.49	00:37.69
01:20.79	01:16.29	01:11.09	<b>100 free</b>	01:13.29	01:17.89	01:21.59
03:01.89	02:49.39	02:35.99	<b>200 free</b>	02:38.29	02:53.59	03:01.49
06:42.09	06:11.19	05:34.49	<b>400 free</b>	05:42.79	06:09.09	06:38.29
		12:18.69	<b>800 free</b>	12:03.89		
		23:23.69	<b>1500 free</b>	23:17.69		
00:44.59	00:41.89	00:38.89	<b>50 back</b>	00:40.79	00:44.09	00:45.19
01:34.89	01:29.83	01:23.29	<b>100 back</b>	01:28.19	01:33.99	01:37.79
	03:15.89	02:57.79	<b>200 back</b>	03:04.89	03:19.19	
00:49.99	00:46.79	00:44.79	<b>50 breast</b>	00:45.59	00:49.49	00:53.09
01:48.19	01:39.89	01:36.79	<b>100 breast</b>	01:37.39	01:45.39	01:51.79
	03:40.19	03:31.99	<b>200 breast</b>	03:29.03	03:45.19	
00:42.09	00:40.39	00:36.99	<b>50 fly</b>	00:38.49	00:41.79	00:44.39
01:46.29	01:35.99	01:28.49	<b>100 fly</b>	01:27.89	01:35.79	01:47.59
	03:26.49	03:11.79	<b>200 fly</b>	03:07.89	03:22.29	
01:35.19	01:24.89	01:25.81	<b>100 IM</b>	01:26.69	01:32.19	01:37.69
03:28.49	03:12.09	02:57.89	<b>200 IM</b>	03:07.19	03:18.49	03:24.39
		06:46.49	<b>400 IM</b>	06:37.65		
02:27.96		02:19.56	<b>200 FR</b>	02:21.96		02:30.76
05:23.16		02:43.96	<b>200 MR</b>	02:50.86		05:26.36
		05:05.16	<b>400 FR</b>	05:11.56		
		06:02.00	<b>400 MR</b>	06:13.06		

Approved by the HoD on 10 Oct 09

Revised 29SEP03