



LOST CREEK AQUATICS

SR. CHAMPS MEET ANNOUNCEMENT



- Meet:** ●2010 South Texas Short Course Senior Championships
- Dates:** ●Friday, Saturday, and Sunday, February 19th, 20th, and 21st, 2010
- Venue:** **NISD George Block Aquatics Center**
●7001 Culebra Rd., San Antonio, TX
●Located in the Hardin Athletic Complex at the corner of SW Loop 410 & Culebra Rd.
- Entries:** **All Entries must be entered NO LATER than Monday 2/1/2010 at 9:00 PM. Please click on [“Attend this Event”](#) on the [LCA website](#) to enter your swimmer in their events.**
If your swimmer qualifies for a **new event** at the 2010 Qualifier on Saturday, 2/6/2010 that they will be swimming at Sr. Champs, or if there are **any entry change requests DUE TO THE 2010 QUALIFIER RESULTS ONLY**, e-mail Minerva at minervacmartinez@yahoo.com ASAP – no later than **Saturday at 10:00 PM**
Entry times will be updated after the Qualifier meet to reflect the swimmer’s best times.
- Meet Format:** ●Championship Format
●A and B finals, unless otherwise noted
●Preliminary events will be seeded by time and gender according to the Senior Championship Order of Events on Page 6
●All preliminary events will be swum slowest to fastest unless otherwise noted
●Finals will be contested as follows: 13, 14, and 15 and older
●1650 free is timed finals, age combined, alternating male and female, swimming fastest to slowest. They will be seeded on deck. They will be contested in the preliminary session only. Swimmers must provide their own backup timers and lap counters.
●The 200 Freestyle and 200 Medley Relays will be timed finals as the first events of the AM sessions with relay cards due no later than 8:00 AM. The 400 Freestyle, 800 Freestyle and 400 Medley Relays will be timed finals as the last events of the PM sessions with relay cards due no later than 6:00 PM.
●Please refer to the Order of Events on page 6
●10 minute break after the AM relays and prior to the PM relays
●Relay only swimmers are permitted
●This meet is open to all swimmers who are currently registered with South Texas Swimming, have achieved the qualifying standards and are ages 13 – 25.
- Qualifying Times:** ●The minimum qualifying time standards (2009-2010 South Texas Time Standards) for this meet will be found on pages 7 and 8 as well as the STSI and AAAA web sites.
●Qualifying times must be achieved prior to the entry deadline
●Swimmers who have achieved a qualifying time for the 500 / 400 Free or the 1000 / 800 Free may enter the 1650 Free at the qualifying standard.
●If entering with a non-conforming time (e.g., SCM or LCM), the swimmer must enter at the cut time for that event and age group.
- 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** ●All relays are timed finals with the 200 free and medley relays swum in the AM sessions only. The 400 free, 800 free and 400 medley relays swum in the PM sessions only.
NOTE: All relay teams are assigned by the coaches.
- Deck**

- Entries:**
- Deck entries will be accepted a \$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, the swimmer must present a hard copy of the proof-of-time before a deck entry will be accepted.

Warm-up

- Procedures:**
- The South Texas Swimming Safety Guidelines and Warm-up Procedures on page eight will be in effect at this meet.
 - The shallow area of the pool will be available for warm-ups throughout the meet
 - Warm-up times and lane assignments for each team will be posted on the STSI website along with the psyche sheet
 - There will be a late warm-up session on Thursday evening, and multiple warm-up sessions Friday, Saturday, and Sunday mornings
 - There will be a single warm-up session for finals
 - Warm-ups must be under the direct supervision of a coach at all times

Time Trials:

- Time trials will be held immediately following Friday and Saturday’s preliminary session, time permitting
- There will be no time trials on Sunday
- 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 7 allowed overall meet entries
- Time trial entries do count against the three per day limit
- Please Note: SR Champs Times made during the SR Champs Time Trials cannot be used to enter that event in the meet**

Scratch

- Rules:**
- There is no penalty for failing to scratch from a pre-seeded preliminary event.
 - 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 an INTENT to scratch with the Official Scorer within 30 minutes of the announcement*
 - Swimmers who declare intent to scratch, then have 15 minutes after the completion of their last individual event of the session to confirm the scratch
 - Following the 15 minute deadline, if scratch confirmation is not received it will be assumed the swimmers **will compete** in the finals event
 - Check-ins and scratches must be done by that swimmer’s coach.
 - Any swimmer qualifying for finals, 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 who fail to appear for the 1650 freestyle, after checking-in, will be fined \$100 and banned from further participation in the meet
 - Illness and injury may be excused by the Meet Referee

Awards:

- Individual events: first through third place: Medals
- Individual events: fourth through eighth place: Ribbons
- Relay Events: first through third place: Ribbons
- Team Awards: first through fifth place: Banners
- There will be no awards presentation
- Clubs must pick-up awards during the meet from the awards desk area

Scoring:

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

Daily**Schedule:****•Preliminaries:**

- Warm-ups begin 7:00 AM
- Clear competition pool 8:20 AM
- Coaches' meeting (Sat only) 8:20 AM
- Sessions begin 8:30 AM
- Check-ins for the 400 IM, 500 freestyle and 1650 freestyle not later than 10:00 AM on the day of the event

•Finals:

- Warm-ups begin 4:00 PM
- Clear competition pool 4:45 PM
- National Anthem 4:57 PM
- Sessions begin 5:00 PM

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
- Swimmers competing in the 500 / 1650 freestyle events must provide their own back-up timers and lap counters.

Hotel Information: A block of rooms has been reserved for LCA swimmers at the Comfort Suites, located close to the pool. Information for the hotel information is located on the LCA website under Team Resources → Hotel Information.

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.

Swimwear**Restrictions:**

- Swimmers shall be limited to one swimsuit, which shall be constructed of a woven / knit textile material, permeable to water and air, constructed so as not to aid in buoyancy, and shall not contain zippers or other fastening system
- In addition, the suit shall be constructed so that the style / shape for males shall not extend above the waist or below the top of the kneecap and for females shall not extend beyond the shoulders or below the top of the kneecap, and it shall not cover the neck

Order of Events

Distances are in yards

Preliminary Session

Friday, Feb. 19, 2010 - 8:30 AM			Saturday, Feb. 20, 2010 - 8:30 AM			Sunday, Feb. 21, 2010 - 8:30 AM		
Women's Number	Distance & Stroke	Men's Number	Women's Number	Distance & Stroke	Men's Number	Women's Number	Distance & Stroke	Men's Number
1	200 Med Rly (TF)	2	15	100 Free	16	25	200 Free Rly (TF)	26
3	100 Fly	4	17	200 Back	18	27	200 Free	28
5	200 I-M	6	19	100 Breast	20	29	100 Back	30
7	50 Free	8	21	400 I-M	22	31	200 Fly	32
9	200 Breast	10				33	1650 Free (TF)	34
11	500 Free	12						

Finals Session

Friday, Feb. 19, 2010 - 5:00 PM			Saturday, Feb. 20, 2010 - 5:00 PM			Sunday, Feb. 21, 2010 - 5:00 PM		
Women's Number	Distance & Stroke	Men's Number	Women's Number	Distance & Stroke	Men's Number	Women's Number	Distance & Stroke	Men's Number
3	100 Fly	4	15	100 Free	16	27	200 Free	28
5	200 I-M	6	17	200 Back	18	29	100 Back	30
7	50 Free	8	19	100 Breast	20	31	200 Fly	32
9	200 Breast	10	21	400 I-M	22	35	400 Med Rly (TF)	36
11	500 Free	12	23	800 Free Rly (TF)	24			
13	400 Free Rly (TF)	14						

2009-2010 Sr. Championship Time Standards						
Short Course Yards						
Girls				Boys		
13	14	15 and older		15 and older	14	13
28.19	28.09	27.29	50 Free	24.99	26.49	27.09
1:00.39	1:00.29	58.99	100 Free	52.49	57.39	58.99
2:13.59	2:11.99	2:07.79	200 Free	1:56.79	2:04.89	2:09.49
6:07.69	6:07.59	5:53.19	500 Free	5:51.29	6:03.19	6:09.69
23:27.79	21:53.19	21:38.89	1650 Free	19:21.99	20:51.99	22:28.29
1:09.69	1:09.59	1:08.59	100 Back	1:02.79	1:08.79	1:08.89
2:31.29	2:31.19	2:27.39	200 Back	2:17.09	2:29.79	2:41.29
1:21.69	1:21.59	1:21.49	100 Breast	1:11.19	1:18.09	1:21.89
2:55.49	2:55.39	2:55.29	200 Breast	2:42.59	2:49.39	3:02.19
1:14.09	1:13.49	1:09.39	100 Fly	1:06.69	1:08.09	1:13.29
2:51.69	2:40.99	2:40.89	200 Fly	2:24.49	2:31.99	2:43.69
2:33.59	2:33.59	2:33.39	200 IM	2:19.99	2:30.29	2:30.79
5:43.79	5:31.49	5:31.39	400 IM	5:11.79	5:25.49	5:50.39
	1:52.76	1:49.16	200 FR R	1:39.96	1:48.36	
	4:01.56	3:55.96	400 FR R	3:29.96	3:55.96	
	8:54.36	8:31.16	800 FR R	7:47.16	8:37.96	
	2:07.29	2:07.19	200 MR	2:05.09	2:05.19	
	4:45.86	4:38.46	400 MR	4:13.16	4:43.06	

Notes:

1. 400 IM and 500 Freestyle: Prelims only, Positive Check-in by 10:00 a.m.
2. 1650 Freestyle: Timed Final, Positive Check-in by 10:00AM on the day of the event, alternating female/male, and swum fastest to slowest

2009-2010 Sr. Championship Time Standards						
Long Course Meters						
Girls				Boys		
13	14	15 and older		15 and older	14	13
32.19	31.99	31.89	50 Free	28.29	30.09	31.89
1:09.79	1:09.39	1:09.29	100 Free	1:02.59	1:05.49	1:09.99
2:30.99	2:30.89	2:26.39	200 Free	2:17.39	2:26.09	2:30.79
5:29.99	5:29.89	5:26.39	400 Free	5:14.39	5:27.99	5:53.29
12:35.99	11:41.99	11:41.89	800 Free	11:21.69	11:21.79	12:14.29
24:06.39	22:23.09	22:10.69	1500 Free	20:49.49	21:35.29	23:14.99
1:22.89	1:22.69	1:22.59	100 Back	1:14.39	1:20.59	1:24.89
2:58.19	2:58.09	2:57.99	200 Back	2:43.89	2:54.09	2:58.39
1:34.09	1:33.99	1:33.89	100 Breast	1:26.39	1:28.09	1:34.89
3:26.79	3:26.69	3:21.19	200 Breast	3:08.79	3:17.19	3:32.79
1:22.49	1:22.39	1:20.39	100 Fly	1:13.39	1:16.99	1:22.89
3:14.09	3:02.29	2:56.19	200 Fly	2:43.19	2:51.99	3:05.19
2:55.09	2:54.09	2:53.99	200 IM	2:38.69	2:48.29	3:00.29
6:42.39	6:31.09	6:19.79	400 IM	5:54.39	6:13.19	6:41.89
	2:08.79	2:07.56	200 FR R	1:53.16	2:07.56	
	4:39.16	4:37.16	400 FR R	4:10.36	4:39.96	
	10:03.96	9:45.56	800 FR R	9:09.56	10:03.16	
	2:30.79	2:30.69	200 MR	2:30.59	2:33.09	
	5:29.26	5:26.16	400 MR	4:56.76	5:32.66	

2009-2010 Sr. Championship Time Standards						
Short Course Meters						
Girls				Boys		
13	14	15 and older		15 and older	14	13
31.49	31.39	30.49	50 Free	27.49	29.29	30.29
1:07.49	1:07.29	1:05.89	100 Free	58.59	1:03.59	1:05.89
2:29.19	2:29.09	2:22.69	200 Free	2:10.39	2:19.39	2:24.59
5:23.39	5:23.29	5:09.09	400 Free	5:04.09	5:17.79	5:23.49
11:35.59	11:25.99	11:25.89	800 Free	11:00.19	11:00.29	11:50.99
23:23.59	21:56.29	21:35.09	1500 Free	19:18.89	20:48.29	22:24.89
1:17.79	1:17.69	1:16.59	100 Back	1:10.09	1:16.79	1:16.89
2:48.89	2:48.79	2:44.59	200 Back	2:33.09	2:48.89	3:00.09
1:31.19	1:31.09	1:30.99	100 Breast	1:19.49	1:25.09	1:31.49
3:15.89	3:15.79	3:15.69	200 Breast	3:01.49	3:09.09	3:23.39
1:21.99	1:21.89	1:17.49	100 Fly	1:12.59	1:16.09	1:21.89
3:11.62	2:59.69	2:54.99	200 Fly	2:40.29	2:48.89	3:01.89
2:51.49	2:50.99	2:50.89	200 IM	2:33.19	2:42.49	2:48.28
6:23.69	6:09.99	6:09.89	400 IM	5:44.11	6:02.39	6:30.29
	2:05.96	2:01.96	200 FR R	1:49.96	2:01.16	
	4:29.96	4:23.56	400 FR R	3:54.36	4:23.56	
	9:56.76	9:30.76	800 FR R	8:41.56	9:38.36	
	2:20.29	2:19.99	200 MR	2:17.69	2:17.79	
	5:18.46	5:10.96	400 MR	4:40.76	5:16.16	

Approved by the STS House of Delegates, 10 Oct 09

