



# LOST CREEK AQUATICS

## SR. CHAMPS MEET UPDATE



- Meet:** •2010 South Texas Short Course Senior Championships
- Dates:** •Friday, Saturday, and Sunday, February 19<sup>th</sup>, 20<sup>th</sup>, and 21<sup>st</sup>, 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.

### *A Note from Coach Steve:*

Parents it is important to the success of your swimmer to keep them in the water on Thursday. I have modified the practice schedule to accommodate your swimmer. They have worked very hard this season, a lot is at stake, and I deem it very important for them to stay in the water regardless of how "little it might seem." Please be on time with your athlete this weekend to all warm ups. They have enough challenges this weekend and the last thing they need is to be rushed because they are behind during warm up. I am requesting that all swimmers attend the general warm up each day, even if your event maybe much later; I still want you there. I have my reasons for this; most of all, this is a TEAM MEET, and all of these swimmers share in each team members success. I want to approach this meet as a team. They have trained together and now they will win together. There will be team meetings after each warm up, please remind your swimmer to attend these. It is important as well to their success that they get the correct rest and food. This is our first travel meet of the year and what comes with a travel meet is preparation now. Plan their rest and what they will eat now. Also what will help this weekend is to allow the coaches to coach and we will let you be the parents. Let us handle the success and any disappointments. Remind your swimmer, before the weekend begins of any deadlines/check-ins. Most of all, I hope that all parents and swimmers have a great weekend and a lot of fast swimming. Coach Dan and I are here for all, just ask if you need anything.

### **PLEASE NOTE:**

**LCA will be required to provide timers. We have not been given the timing assignments yet, however please be aware that you may be asked to time.**

**Swimmers must provide their own timers (and counters) for the 500/1650, and possibly the 400 IM.**

**Team Dress: Please have your swimmer dress in the following team t-shirt colors on the following days:**

- Friday/ White**
- Saturday/ Blue**
- Sunday/White.**

Please wear your team colors when arriving to the meet, during the meet, and when leaving the meet.

If you need a white LCA t-shirt, please contact Minerva at (512) 905-5300 by Thursday.

## Schedule:

Prelim warm-ups @ 7:00 AM  
Sessions begin @ 8:30 AM  
Finals warm-ups @ 4:00 PM  
Sessions begin @ 5:00 PM

## Estimated time lines:

Fri prelims finish @ 3:05 PM  
Fri finals finish @ 8:25 PM  
Sat prelims finish @ 1:25 PM  
Sat finals finish @ 8:07 PM  
Sun prelims finish @ 4:19 PM  
Sun finals finish @ 6:55 PM

Psych Sheet: Click [HERE](#) or go to [www.aaaa-sa.org](http://www.aaaa-sa.org)

## SPECTATORS INFORMATION

- o **HEAT SHEET** sales will be at concession stand.
- o **SEATING:** please use bleachers on North side of pool deck shallow end for swimmers; Deep end bleachers are for spectators.
- **Spectators MUST allow a walkway around the pool at ALL times.**
- Spectators with own chairs – must keep walkway clear at all times; do not sit in front of any exit doors & storage rooms per fire marshal requirements.

## o **PRELIMS:** competition each day:

### **Distance events will be swum in 2 pools**

Friday 500 free – Girls Shallow, Boys deep

Saturday 400 IM – Girls Shallow, Boys deep

Sunday 1650 – Boys Shallow, Girls deep

Deep end is competition course for all other events

Shallow end is for continues warm-up/down for all events outside of distance events noted above. Middle 2 lanes will be available for warm down for distance events

## **TIME TRIALS Saturday ONLY: 30 minutes after prelims**

## o **FINALS:** each night will be swum in the deep end pool.

## o **During the meet:**

- Use of starting blocks NOT allowed at any time unless coach supervises.
- Feet first entry only at all times
- Lifeguards will supervise warm down lanes; swimmers must adhere to their instructions.
- Lobby area is closed to athletes; everyone enters and leaves locker rooms through doors on pool deck.

- NO shaving allowed in the building at all times; if found shaving, swimmer WILL be disqualified from remainder of the meet.

- During meet, top 16 swimmers will be announced; swimmer will have 30 minutes to declare decision to scratch from the finals, at the Clerk of Course for that swimmer's side of the pool.

- o **LATE ENTRIES:** due by 8:00am each day, at Clerk of Course.
- Only to fill empty lanes; new heats will not be added.

- \$12.00 per individual event & \$24.00 per relay entry.
- Check made payable to - NISD AQUATICS
- **Must have hard copy of the proof of time before a deck entry will be accepted.**
- **If not entered in an individual event, MUST have USA Swimming reg. card.**

- o TIME TRIALS: Saturday only; \$6.00 per individual event & \$12.00 per relay event.
  - Check made payable to - NISD AQUATICS
  - Entry deadline is 10:00am Saturday at Clerk of Course.
  - Swimmer MUST already be entered in this meet in order to enter a time trial.
  - NO event longer than 200 yards will be allowed.
  - Time trials will beginning approx. 30 minutes after conclusion of competition in deep end

\*\*\* PLEASE NOTE: NO signs or banners may be placed on the walls and windows anywhere in the Aquatics Center.

Warm-up assignments for all three days:

- 7:35 – 8:10 am:**
- Shallow end**
- lane 4 = Lost Creek**
- lane 5 = Lost Creek**

Check-ins for the 400 IM, 500 Free and 1650 free not later than 10 am on the day of the event

**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:**

<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

**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.

**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

**Real-Time Results:** You and your friends and family can keep up with your swimmer's results at the AAAA website: <http://www.aaaa-sa.org/>. (Near) Real-Time results will be posted after each event.

# 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	<b>50 Free</b>	24.99	26.49	27.09
1:00.39	1:00.29	58.99	<b>100 Free</b>	52.49	57.39	58.99
2:13.59	2:11.99	2:07.79	<b>200 Free</b>	1:56.79	2:04.89	2:09.49
6:07.69	6:07.59	5:53.19	<b>500 Free</b>	5:51.29	6:03.19	6:09.69
23:27.79	21:53.19	21:38.89	<b>1650 Free</b>	19:21.99	20:51.99	22:28.29
1:09.69	1:09.59	1:08.59	<b>100 Back</b>	1:02.79	1:08.79	1:08.89
2:31.29	2:31.19	2:27.39	<b>200 Back</b>	2:17.09	2:29.79	2:41.29
1:21.69	1:21.59	1:21.49	<b>100 Breast</b>	1:11.19	1:18.09	1:21.89
2:55.49	2:55.39	2:55.29	<b>200 Breast</b>	2:42.59	2:49.39	3:02.19
1:14.09	1:13.49	1:09.39	<b>100 Fly</b>	1:06.69	1:08.09	1:13.29
2:51.69	2:40.99	2:40.89	<b>200 Fly</b>	2:24.49	2:31.99	2:43.69
2:33.59	2:33.59	2:33.39	<b>200 IM</b>	2:19.99	2:30.29	2:30.79
5:43.79	5:31.49	5:31.39	<b>400 IM</b>	5:11.79	5:25.49	5:50.39
	1:52.76	1:49.16	<b>200 FR R</b>	1:39.96	1:48.36	
	4:01.56	3:55.96	<b>400 FR R</b>	3:29.96	3:55.96	
	8:54.36	8:31.16	<b>800 FR R</b>	7:47.16	8:37.96	
	2:07.29	2:07.19	<b>200 MR</b>	2:05.09	2:05.19	
	4:45.86	4:38.46	<b>400 MR</b>	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	<b>50 Free</b>	28.29	30.09	31.89
1:09.79	1:09.39	1:09.29	<b>100 Free</b>	1:02.59	1:05.49	1:09.99
2:30.99	2:30.89	2:26.39	<b>200 Free</b>	2:17.39	2:26.09	2:30.79
5:29.99	5:29.89	5:26.39	<b>400 Free</b>	5:14.39	5:27.99	5:53.29
12:35.99	11:41.99	11:41.89	<b>800 Free</b>	11:21.69	11:21.79	12:14.29
24:06.39	22:23.09	22:10.69	<b>1500 Free</b>	20:49.49	21:35.29	23:14.99
1:22.89	1:22.69	1:22.59	<b>100 Back</b>	1:14.39	1:20.59	1:24.89
2:58.19	2:58.09	2:57.99	<b>200 Back</b>	2:43.89	2:54.09	2:58.39
1:34.09	1:33.99	1:33.89	<b>100 Breast</b>	1:26.39	1:28.09	1:34.89
3:26.79	3:26.69	3:21.19	<b>200 Breast</b>	3:08.79	3:17.19	3:32.79
1:22.49	1:22.39	1:20.39	<b>100 Fly</b>	1:13.39	1:16.99	1:22.89
3:14.09	3:02.29	2:56.19	<b>200 Fly</b>	2:43.19	2:51.99	3:05.19
2:55.09	2:54.09	2:53.99	<b>200 IM</b>	2:38.69	2:48.29	3:00.29
6:42.39	6:31.09	6:19.79	<b>400 IM</b>	5:54.39	6:13.19	6:41.89
	2:08.79	2:07.56	<b>200 FR R</b>	1:53.16	2:07.56	
	4:39.16	4:37.16	<b>400 FR R</b>	4:10.36	4:39.96	
	10:03.96	9:45.56	<b>800 FR R</b>	9:09.56	10:03.16	
	2:30.79	2:30.69	<b>200 MR</b>	2:30.59	2:33.09	
	5:29.26	5:26.16	<b>400 MR</b>	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	<b>50 Free</b>	27.49	29.29	30.29
1:07.49	1:07.29	1:05.89	<b>100 Free</b>	58.59	1:03.59	1:05.89
2:29.19	2:29.09	2:22.69	<b>200 Free</b>	2:10.39	2:19.39	2:24.59
5:23.39	5:23.29	5:09.09	<b>400 Free</b>	5:04.09	5:17.79	5:23.49
11:35.59	11:25.99	11:25.89	<b>800 Free</b>	11:00.19	11:00.29	11:50.99
23:23.59	21:56.29	21:35.09	<b>1500 Free</b>	19:18.89	20:48.29	22:24.89
1:17.79	1:17.69	1:16.59	<b>100 Back</b>	1:10.09	1:16.79	1:16.89
2:48.89	2:48.79	2:44.59	<b>200 Back</b>	2:33.09	2:48.89	3:00.09
1:31.19	1:31.09	1:30.99	<b>100 Breast</b>	1:19.49	1:25.09	1:31.49
3:15.89	3:15.79	3:15.69	<b>200 Breast</b>	3:01.49	3:09.09	3:23.39
1:21.99	1:21.89	1:17.49	<b>100 Fly</b>	1:12.59	1:16.09	1:21.89
3:11.62	2:59.69	2:54.99	<b>200 Fly</b>	2:40.29	2:48.89	3:01.89
2:51.49	2:50.99	2:50.89	<b>200 IM</b>	2:33.19	2:42.49	2:48.28
6:23.69	6:09.99	6:09.89	<b>400 IM</b>	5:44.11	6:02.39	6:30.29
	2:05.96	2:01.96	<b>200 FR R</b>	1:49.96	2:01.16	
	4:29.96	4:23.56	<b>400 FR R</b>	3:54.36	4:23.56	
	9:56.76	9:30.76	<b>800 FR R</b>	8:41.56	9:38.36	
	2:20.29	2:19.99	<b>200 MR</b>	2:17.69	2:17.79	
	5:18.46	5:10.96	<b>400 MR</b>	4:40.76	5:16.16	

Approved by the STS House of Delegates, 10 Oct 09

