



LOST CREEK AQUATICS

STAGS MEET UPDATE



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

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 THAT ALL TEAMS ARE REQUIRED TO PROVIDE TIMERS. SEE THE TIMERS SECTION TO FIND OUT WHEN YOU ARE SCHEDULED TO TIME.

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:

Sessions begin @ 8:30 AM
Finals warm-ups @ 3:30 PM
Sessions begin @ 5:00 PM

Check-in for 400 I-M by 8:30 AM, 500 & 1650 FR 10:00 AM on day of the event

Estimated time lines:

Fri girls prelims finish @ 12-noon
Fri boys prelims finish @ 11:20 AM
Fri finals finish @ 7:10 PM
Sat girls prelims finish @ 10:40 AM
Sat boys prelims finish @ 10:30 AM
Sat finals finish @ 6:30 PM
Sun girls prelims finish @ 11:20 AM
Sun boys prelims finish @ 11:00 AM
Sun finals finish @ 7:10 PM

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

SPECTATORS INFORMATION

o **HEAT SHEET** sales will be at concession stand at south end of building.

o **SEATING:** please use portable bleachers around pool deck for coaches & swimmers; permanent blue bleachers are for spectators.

- Spectators **MUST** stay off blue deck at ALL times; please stay on concrete walk way.

- 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:

GIRLS = swim in SOUTH pool (street side)

BOYS = swim in NORTH pool (stadium side)

TIME TRIALS = in NORTH pool ONLY: 30 minutes after prelims

o **FINALS:** each night will be swum in the SOUTH pool.

o During the meet:

- *For PRELIMS = Warm down lanes = 6 shallow lanes.

*For FINALS = lanes 1-9 on stadium side plus 4 shallow lanes

- 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 of Natatorium 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 at each end; 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 for each pool.

- 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: held Friday & Saturday only; \$6.00 per individual event & \$12.00 per relay event.

- Check made payable to = NISD AQUATICS
- Entry deadline is 10:00am on Friday and Saturday, at NORTH end only.
- Swimmer MUST already be entered in this meet in order to enter a time trial.
- NO event longer than 200 yards will be allowed.
- All time trials will swim in NORTH end, beginning approx. 30 minutes after conclusion of girls' competition in South pool.

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

WARM-UP ASSIGNMENTS: same lanes each day for Prelims:

*NORTH end / 7:35 – 8:10 am: (stadium side):
Lane 6 = Lost Creek

TEAM TIMING ASSIGNMENTS FOR PRELIMS EACH DAY

- 2 TIMERS PER LANE NEEDED
- NORTH POOL (stadium side) = Boys competition:
Lane 5 = Lost Creek

Listed below is a timer schedule for the meet . When possible, girl families were assigned a time when their child was not swimming, however, this wasn't always possible. They're should be enough of parents at the meet each day, for another parent relieve a parent for a few minutes while they watch their child's swim. Please make a note of your scheduled day and time. For any questions, please contact Carrie Thomas. (Her swimmer is Will Thomas).

DAY	Time	Timer 1	Timer 2
Friday	8:30-10:00	Johnson	Bednorz
	10:00-11:30	Thomas	Reiter
Saturday	8:30-9:30	Taylor	Feng
	9:30-10:30	Southworth	Carlson
Sunday	8:30-9:45	Shea	MacGregor
	9:45 -11:00	Dickey	Duckett

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.

- 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:

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

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

Preliminaries

First warm-up begins at: 7:00 AM
 Second warm-up begins at: 7:35 AM
 Clear Pool 8:10 AM
 Coaches' meeting at: 8:10 AM (Fri. only!)
 Sessions begin at: 8:30 AM

Finals

Warm-ups begin at: 3:30 PM
 Clear pools at: 4:45 PM
 National Anthem at: 4:57 PM
 Sessions begin at: 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.

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 ¹	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 ²	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 ¹	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 ¹	26
27	12y 400 Individual Medley ²	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 ¹	30
31	12 an U 400 Medley Relay ¹	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 ²	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	50 free	00:29.89	00:31.79	00:33.79
01:12.39	01:08.29	01:03.69	100 free	01:05.59	01:09.79	01:13.09
02:43.09	02:31.69	02:19.69	200 free	02:21.79	02:37.29	02:42.59
07:39.49	07:04.19	06:29.49	500 free	06:35.09	07:05.49	07:35.19
		23:27.89	1650 free	23:10.49		
00:39.89	00:37.49	00:34.79	50 back	00:36.49	00:39.49	00:40.49
01:24.99	01:20.49	01:14.59	100 back	01:18.99	01:24.19	01:27.59
	02:55.49	02:39.29	200 back	02:45.59	02:58.39	
00:44.79	00:41.89	00:40.19	50 breast	00:40.79	00:44.29	00:47.59
01:36.89	01:29.49	01:26.39	100 breast	01:27.79	01:35.09	01:40.09
	03:17.21	03:11.69	200 breast	03:07.29	03:21.69	
00:37.69	00:36.19	00:34.19	50 fly	00:34.79	00:38.19	00:39.69
01:35.19	01:26.09	01:20.19	100 fly	01:18.69	01:25.79	01:36.39
	03:04.99	02:51.79	200 fly	02:48.29	03:01.19	
01:25.29	01:20.49	01:16.89	100 IM	01:17.59	01:22.59	01:27.49
03:07.99	02:56.49	02:40.29	200 IM	02:49.39	03:03.09	03:09.19
		06:04.19	400 IM	05:56.29		
02:13.16		02:04.76	200 FR	02:07.16		02:15.16
02:35.66		02:26.76	200 MR	02:33.76		02:41.56
04:49.56		04:33.16	400 FR	04:39.16		04:52.36
		05:24.36	400 MR	05:34.86		

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

STAGS 2009-2010 Qualifying Times

Girls				Boys		
10 & U	11	12	SCM	12	11	10 & U
00:36.99	00:34.89	00:32.49	50 free	00:33.39	00:35.49	00:37.69
01:20.79	01:16.29	01:11.09	100 free	01:13.29	01:17.89	01:21.59
03:01.89	02:49.39	02:35.99	200 free	02:38.29	02:53.59	03:01.49
06:42.09	06:11.19	05:34.49	400 free	05:42.79	06:09.09	06:38.29
		12:18.69	800 free	12:03.89		
		23:23.69	1500 free	23:17.69		
00:44.59	00:41.89	00:38.89	50 back	00:40.79	00:44.09	00:45.19
01:34.89	01:29.83	01:23.29	100 back	01:28.19	01:33.99	01:37.79
	03:15.89	02:57.79	200 back	03:04.89	03:19.19	
00:49.99	00:46.79	00:44.79	50 breast	00:45.59	00:49.49	00:53.09
01:48.19	01:39.89	01:36.79	100 breast	01:37.39	01:45.39	01:51.79
	03:40.19	03:31.99	200 breast	03:29.03	03:45.19	
00:42.09	00:40.39	00:36.99	50 fly	00:38.49	00:41.79	00:44.39
01:46.29	01:35.99	01:28.49	100 fly	01:27.89	01:35.79	01:47.59
	03:26.49	03:11.79	200 fly	03:07.89	03:22.29	
01:35.19	01:24.89	01:25.81	100 IM	01:26.69	01:32.19	01:37.69
03:28.49	03:12.09	02:57.89	200 IM	03:07.19	03:18.49	03:24.39
		06:46.49	400 IM	06:37.65		
02:27.96		02:19.56	200 FR	02:21.96		02:30.76
05:23.16		02:43.96	200 MR	02:50.86		05:26.36
		05:05.16	400 FR	05:11.56		
		06:02.00	400 MR	06:13.06		

Approved by the HoD on 10 Oct 09

Revised 29SEP0