

AUSTIN SWIM CLUB

2024 ST ASC Bob Thompson Open A Short Course Yards, Prelim/Finals Meet October 18th-20th, 2024

Sanction: ST-24-103
Held under the sanction of USA Swimming

IMPORTANT MEET FACTS

Venue: Austin Aquatics & Sports Academy - 5513 Southwest Parkway, Austin, TX 78735 | (512)276-2324

Parking: Parking for athletes and spectators is in the parking garage behind our facility. The address is 5707 Southwest Parkway, Austin, TX 78735. After you park in the parking garage, you can walk to our facility and enter through the back gate, see map [HERE](#). Parking for officials, coaches, and staff are located at Austin Aquatics & Sports Academy.

Entries Open: September 6th, 2024

Entries Close: October 7th, 2024

Entry Email: jonathan@austinswimclub.org

Entry Fees: \$15 per individual event and \$20 per relay (this includes the \$1.25 South Texas Swimming splash fee) + \$20 per swimmer athlete surcharge fee. Refunds will **not** be given for any reason.

Qualifying

Times: There are no qualifying times for this event

Age

Restrictions: This meet is for current USA Swimming registered swimmers

Deck Entry

Fees: Deck entries will cost \$20 per event, payable to Austin Swim Club.

Welcome: Austin Swim Club invites your team to join us at the Austin Aquatics & Sports Academy for our 2024 Bob Thompson Open, a short course yards Prelim/Final meet. This meet is open to all USA Swimming registered swimmers.

Facility: Austin Aquatics and Sports Academy is an outdoor, ten-lane, short-course yards pool. Our 6-inch Competitor lane lines will squelch any waves, allowing each swimmer to get their hand(s) onto the Colorado Timing System touchpads. Times will be recorded via Hy-Tek's Meet Manager software. Swimmers will begin their races off a Spectrum Xcellerator Starting Platform.

Spectators will have access to the turf area or outside of the fence. Spectators will not be permitted on the concrete deck at all times. We highly encourage sunscreen. You can view a map of our facility [HERE](#).

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The meet will be held in the ten lanes nearest the bleachers. If necessary, the meet host will move to use less lanes dependent on the timeline. Warmup and warm-down throughout the meet will be available in 8 lanes furthest from the bleachers.

Water Depth: The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet 1 inch at the start end, and the turn end is 7 feet 1 inch, measured for a distance of 1.0 meters to 5.0 meters from both end walls.

Course

Certification: The host will ensure the required course dimensions.

Sanction: This meet has been sanctioned by South Texas Swimming, and current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), and any relevant sections of the South Texas Policies & Procedures Manual will apply. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP") and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. All swimmers must be registered as athletes in good standing with USA Swimming as of the meet date(s). Athletes who register with USA Swimming and/or South Texas Swimming after the meet entry deadline may deck enter the meet only if they can present their current USA Swimming card using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app). Athletes who fail to meet this requirement will not be allowed to compete. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Austin Swim Club, the Austin Aquatics & Sports Academy, and all meet officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be current USA Swimming members in good standing as of the meet date(s). No swimmer will be permitted to compete unless the swimmer is a member, as provided in Article 302. All should also be prepared to present their USA Swimming membership card as proof of their registration to the Meet Director or designee at any time. Swimmers who 1) late enter when possible; 2) need to be late-entered because of clerical errors by the entering team or the Meet Host; or 3) are not entered in this meet and choose to enter time trials, if offered, will be required to present their USA Swimming membership card using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app). Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: This will be a prelim/finals meet. Unless otherwise noted, preliminary events will be seeded by time and gender, fastest to slowest. Age groups will be combined. The 500 Free, 400 IM, and 1650 Free will be timed finals only, seeded fastest to slowest. Athletes in the 500 Free and 1650 Free will need to provide their own timer and counter.

All events in prelims will be swam alternating Women and Men from fastest to slowest. Concluding each event, the top 20 swimmers from each gender (11-12, 13-14, 15&o) and Top 10 swimmers from each gender for 10 and Under will qualify for finals in a consolation and championship heat format.

The meet director reserves the right to combine heats, events, or sessions as needed and to conduct flyover starts or change warmup/session start times depending on meet size. All coaches will acknowledge any changes.

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Qualifying

Times: There are no qualifying times for this event.

Age Up Date: The swimmer's age will be their age on October 18th, 2024.

Entry

Restrictions: Athletes may enter a maximum of 3 individual events and 1 relay event per day. An athlete's total maximum across the entire meet shall not exceed 7 individual events and 2 relay events.

Entry

Deadline: October 7th, 2024, at midnight.

Entry

Procedures: All teams must submit entries using the latest version of Team Unify or Hy-Tek Team Manager software to The Entries Chair, Jonathan Brandt (jonathan@austinswimclub.org). Please include a Meet Entry Report of your entries, listing the swimmer, USA Swimming ID, entries by swimmer name, and total fees due, along with your entry file.

When submitting files to the Entries Chair, please include the name, email address, and phone number of the person submitting the entries. Your entries were not received if you do not receive an email confirmation. This meet will be capped at 500 athletes

Entry Fees: \$15.00 per individual event and \$20.00 per relay (this includes the \$1.25 South Texas Swimming splash fee) + \$20 per swimmer athlete surcharge fee. There is no penalty for failing to scratch an event; this is simply a courtesy to the other swimmers to eliminate the empty lane. You will still be charged for events entered.

Please include the Meet Entry Fee Report with your payments. Entry fees must be postmarked by October 7th, or your entries will be removed from the meet. Please send only one check per team location. Refunds will not be given for any reason.

Make checks payable to:

Austin Aquatics and Sports Academy

Send checks to:

Austin Aquatics and Sports Academy
5513 Southwest Parkway
Austin, Texas 78735

Deck Entries: Deck entries will cost \$20 per event, payable to Austin Swim Club. No new heats will be created. Deck entries will close 30 minutes prior to the start of the meet. Swimmers not previously entered in the meet must present their USA Swimming membership card using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app) to deck enter.

Meet Director: Jonathan Brandt, jonathan@austinswimclub.org (512) 276-2324

Entries Chair Jonathan Brandt, jonathan@austinswimclub.org (512) 276-2324

Meet Referee: Scott Allen, scottallen63@gmail.com

Admin Official: Don Wallace, donwallace5@att.net

Cell Phone

Restrictions: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.

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Unaccompanied

Swimmers: Any swimmer entered in the meet must be certified by a USA Swimming member-coach as proficient in performing a racing start or must start each race from within the water without using a backstroke ledge. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. All unaccompanied swimmers will be temporarily assigned to a registered USA coach for warmup, warm-down, and competition purposes to comply with USA Swimming Rule 202.5.3. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make sure arrangements prior to the start of the meet.

Deck

Changing: Deck changes are prohibited.

Special Needs:

Please notify Meet Director Jonathan Brandt (512) 276-2324 in advance of this event with the name and age of any member of your team who needs assistance to enter the building. The facility staff will make reasonable accommodations for swimmers, coaches, or spectators who wish to enter and use our facility. In any meet sanctioned or approved by South Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities, judging such competitors shall strictly follow the current USA Swimming Rules and Regulations, i.e., Article 105. A disability is a PERMANENT physical or mental impairment substantially limiting one or more major life activities. Coaches and/or athletes must notify the Meet Referee before the event begins if they are judged under Article 105.

Officials:

All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck and administrative officials must be current members in good standing with USA Swimming and their local LSC. Please email the Meet Referee with your availability and current certifications before the meet. Please report to the Meet Referee at least one hour before any session's scheduled start time to receive your assignments. The wearing of name tags is strongly encouraged.

Drones:

Per USA Swimming Rule 103.13, the operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. Exceptions may be granted with prior written approval by the Program and Events Committee Chair or designee.

Timers:

Timing assignments for this meet will be sent out by the meet host prior to the start of the meet

Relays:

Relays will be Timed Finals and competed at night. Teams may enter no more than 2 relays per gender per age group.

Medical Supervision: During the meet, lifeguards, AED, and first aid kits will be present to provide any necessary medical supervision and treatment for athletes participating in the meet.

Awards:

No awards will be given at this meet.

Inclement Weather (Thunder & Lightning):

Thor Guard is a device that will detect thunder & lightning. When thunder or lightning is detected within 10 miles, horns will sound. The meet host will agree with the meet ref to delay, reschedule or cancel the session. The staff will monitor the weather using their best judgment as a general rule of thumb. Most decisions will be made if the storm is within 10 miles of the facility.

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Check-In: There is positive check in for the 500 Freestyle and 400 IM

Daily Schedule: Warmups will be conducted in accordance with the current STSI Safety Guidelines and Warmup Procedures attached to this meet announcement. Starts/Dives will run in one direction, starting from the starting block side.

Friday Timed Finals, October 18th **Warm Ups 5:00 pm, Meet Starts @ 6:00 pm**

Women	Event	Men
1	Open 500 Free	2
3	13 and Over 400 IM	4

Saturday Prelims, October 19th **Warm Ups 8:00 am, Meet Starts @ 9:00 am**

Women	Event	Men
7	Open 200 Free	8
9	Open 100 Fly	10
11	12 and Under 50 Back	12
13	11 and Over 200 Breast	14
15	12 and Under 100 IM	16
17	11 and Over 200 Back	18
19	Open 50 Free	20

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Saturday Finals, October 19th
Warm Ups 4:00 pm, Meet Starts @ 5:00 pm

Women	Event	Men
5	Open 200 Medley Relay	6
7	Open 200 Free	8
9	Open 100 Fly	10
11	12 and Under 50 Back	12
13	11 and Over 200 Breast	14
15	12 and Under 100 IM	16
17	11 and Over 200 Back	18
19	Open 50 Free	20

Sunday Prelims, October 20th
Warm Ups 8:00 am, Meet Starts @ 9:00 am

Women	Event	Men
23	Open 200 IM	26
25	12 and Under 50 Fly	28
27	Open 100 Breast	28
29	11 and Over 200 Fly	30
31	Open 100 Back	32
33	12 and Under 50 Breast	34
35	Open 100 Free	36

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Sunday Finals, October 20th

Warm Ups 4:00 pm, Meet Starts @ 5:00 pm

Women	Event	Men
21	Open 200 Freestyle Relay	24
23	Open 200 IM	26
25	12 and Under 50 Fly	28
27	Open 100 Breast	28
29	11 and Over 200 Fly	30
31	Open 100 Back	32
33	12 and Under 50 Breast	34
35	Open 100 Free	36

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Hotel

Information:

La Quinta Inn & Suites Austin Southwest at Mopac
4424 South Mopac Expwy
Austin, TX 78735
(512) 899-3000

Extended Stay America Austin - Southwest
5100 US Hwy. 290 W
Austin, TX 78735
(512) 892-4272

Holiday Inn Express & Suites Austin SW - Sunset Valley
4892 Hwy 290
Sunset Valley, TX 78735
(512) 891-9500

Hampton Inn Austin/Oak Hill
6401 Hwy 290
Austin, TX 78735
(512) 891-7474

SOUTH TEXAS SWIMMING, Inc. **Safety Guidelines and Warmup Procedures**

A. WARMUP PROCEDURES

I. Assigned Warmup Procedures

- a. Warmup lanes and times will be assigned to competing teams based on a number of entrants.
- b. The coach(es) supervising that lane will coordinate all warmup activities.
- c. Dive sprints shall occur from only the designated end of the pool. Swimmers must exit on the opposite end of the pool, and may be done only under the direct supervision of the coach. II.
Open Warmup Procedures

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
10 Lanes (0-9)	0 and 9	1, 2, 6, and 7	3 through 5
10 Lanes (1-10)	1 and 10	2, 3, 7, and 8	4 through 6
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first half of the assigned warmup time shall be a general warmup for all lanes.
- b. Push/Pace lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks, or backstroke starts in specified lanes at designated times and from the designated end. Swimmers must exit the pool on the opposite end. d. There will be no diving in the general warmup lanes—circle swimming only.

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- e. No kickboards, pull buoys, or hand paddles may be used.

III. Safety Guidelines

- a. Coaches are responsible for the following:
 - 1. Instructing swimmers regarding safety guidelines and warmup procedures as they apply to conduct at meets and practices.
 - 2. Actively supervising their swimmers throughout the warmup sessions, at meets, and all practices.
 - 3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warmup period.
- b. The host team will be responsible for the following:
 - 1. A minimum of two marshals, with a minimum of one of each gender, who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warmup session(s).
 - 2. Marshals will have the authority to remove from the deck for the remainder of a warmup session any swimmer or coach found to violate these procedures.
 - 3. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warmups.
 - 4. Warmup times and lane assignments will be published in the meet information and posted at several locations around the pool area. The following statement will appear in the meet information: "South Texas Swimming Safety Guidelines and Warmup Procedures will be in effect at this meet."
 - 5. An announcer will be on duty for the entire warmup session to announce lane and/or time changes and to assist with the conduct of the warmup.
 - 6. Hazards in locker rooms, on deck, or in areas used by coaches, swimmers, or officials will be either removed or clearly marked.

B. MISCELLANEOUS NOTES

- I. Backstrokers will ensure they are not starting simultaneously as swimmers on the blocks. Swimmers shall not step up on the blocks if a backstroker is waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. Swimmers are required to exit the pool on completion of their warmup to allow other swimmers adequate warmup time. The pool is not for visiting or playing during the warmup session.
- IV. Warmup procedures will be enforced for any breaks scheduled during the competition.
- V. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warmups unless approved by the Meet Referee.

NOTE: Host Clubs, with the consent of the Meet Referee, may modify the schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations, so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.

STSI Safety Guidelines and Warmup Procedures last Revised 10/27/22