

AUSTIN SWIM CLUB

2025 ST ASC Longcourse Kickoff A Long Course Meters, Timed Finals Meet April 19th, 2025

Sanction: ST-25-49
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: March 31st, 2025

Entries Close: April 12th, 2025

Entry Email: jonathan@austinswimclub.org

Entry Fees: \$11 per individual event (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 2025 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 2025 ST ASC Longcourse Kickoff, a long course meters timed finals meet. This meet is open to all 2025 USA Swimming registered swimmers, and all individual events will be **mixed-gender**.

Facility: Austin Aquatics and Sports Academy is an outdoor, eight-lane, longcourse meters 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 any time. We highly encourage sunscreen. You can view a map of our facility [HERE](#).

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The meet will be held in the 6 lanes nearest the bleachers. If necessary, the meet host will move to use more or less lanes depending on the timeline. Warmup and warm-down throughout the meet will be available in lanes farthest 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 not enter the meet only if they can present their current USA Swimming membership 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 ID 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: 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.

Qualifying

Times: There are no qualifying times for this event

Age Up Date: The age of the swimmer will be his/her age on April 19th, 2025

Entry

Restrictions: Athletes may enter a maximum of 4 individual events for the meet

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Entry

Deadline: April 12th, 2025, 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.

Entry Fees: \$11.00 per individual event (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 April 12, 2025, 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. The meet director will collect payment. No new heats will be created. Deck entries will close 30 minutes prior to the start of the session. 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

Admin Official: Sarah Blakeley

Cell Phone

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

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

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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.

Athlete Necessary

Accommodations: Coaches entering swimmers with disabilities that require any accommodations or modifications, including the need for personal assistants and/or registered service animals, must ST-25-01 provide advance written notice, accompanying their meet entry file, to the Entry Chair or Meet Director and Meet Referee by the entry deadline. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. Failure to provide advance notice may limit the meet host's ability to accommodate all requests. The suggested form can be downloaded [here](#). In any meet that may include one or more swimmers with visual, hearing, cognitive, or physical disabilities, the judging of such competitors shall be in accordance with the current USA Swimming Rules and Regulations, including 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 will be sent out prior to the start of the meet. ASC will also call for volunteers if timer requirement is not met.

Relays:

No Relays

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.

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.

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Check-In: There is no positive check in

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.

Saturday April 19th
Warm Ups 8:00 am, Meet Starts @ 9:00 am

Saturday		
Event #	Age Group	Event Name
1	Open	200 Free
2	Open	100 Fly
3	Open	50 Breast
4	Open	100 Back
5	Open	50 Fly
6	Open	100 Breast
7	Open	50 Free
8	Open	200 IM
9	Open	50 Back
10	Open	100 Free

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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.
- 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.

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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 backstroke 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](#)