

*The University of Texas at Austin*



**LONGHORN AQUATICS**  
**Texas Senior Circuit Championships**  
**July 7-10 2011**  
**TEXAS SENIOR CIRCUIT**

- Welcome:** Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in the Texas Senior Circuit Championships. This meet is open to all USA Swimming Clubs who are members of Texas Senior Circuit. The meet will be conducted in one indoor 50 meter course using Daktronics Timing Systems and Hy-Tek Meet Manager software. Designated warm-up lanes will be available during the meet.
- Facility:** The Lee and Joe Jamail Texas Swimming Center has an indoor 8 lane 50 meter competition pool. The pool is 9 feet deep at the start end as well as the finish end and is considered one of the fastest pools in the world due to its depth, gutter system, high filtration rate and lane width. For the July 2011 meet, the length of the long course competition pool will be certified before the start of the meet. However, in accordance with the 2011 USA Swimming Rules (Article 104), if a US or World record is broken at this meet, we will have the course measured and certified by a qualified, licensed professional immediately following the session during which the time was achieved. There have been many US and/or World records broken at the Texas Swim Center and the measured length of the course has never been an issue.
- Location:** The Swim Center is located on the University of Texas Campus, 1900 Robert Dedman Drive, one block west of I-35 on the northwest corner of the intersection of Martin Luther King Boulevard and Red River Street.
- Liability:** USA Swimming, South Texas Swimming, The University of Texas, The Lee and Joe Jamail Texas Swimming Center, and Longhorn Aquatics accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. 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.
- Sanctions:** This meet is sanctioned by South Texas Swimming and 2011 rules apply. All swimmers must be currently registered as athletes for 2011 with USA Swimming by the entry deadline. Athletes that register with USA Swimming after the entry deadline may deck enter the meet only if they can present their 2011 USA card.
- Schedule:**
- |                |                 |  |               |
|----------------|-----------------|--|---------------|
| Wed., July 6   |                 | The pool will be available for warm ups from 7:30 PM – 9PM |               |
| Thurs., July 7 | Timed Finals    | Warm-up 4:45 – 5:45 PM                                     | Start 6:00 PM |
|                | General Meeting | immediately following the 800 Free                         |               |
| Fri., July 8   | Prelims         | Warm-up 8:00 – 9:00 AM                                     | Start 9:15 AM |
|                | Finals          | Warm-up 4:45 - 5:45 PM                                     | Start 6:00 PM |
| Sat., July 9   | Prelims         | Warm-up 8:00 - 9:00 AM                                     | Start 9:15 AM |
|                | Finals          | Warm-up 4:45 - 5:45 PM                                     | Start 6:00 PM |
| Sun., July 10  | Prelims         | Warm-up 8:00 - 9:00 AM                                     | Start 9:15 AM |
|                | Finals          | Warm-up 3:45 - 4:45 PM                                     | Start 5:00 PM |

**General Meeting:** All swimmers must be represented at a general meeting to be held Thursday afternoon following the men's 800 Free. Any change in the format of the meet will be decided at this meeting. It is each swimmer and coach's responsibility to be aware of any changes made during the meeting. The estimated start time of the meeting will be published on the Longhorn Aquatics website one week prior to the start of the meet.

**Qualifying Times:** Qualifying times are the **Texas Senior Circuit (TSC) Standards**. These time standards can be found at <http://www.texasseniorcircuitswimming.org> Qualifying times must have been earned since June 1, 2009.

Swimmers may swim two bonus events maximum for the meet. Bonus events must meet bonus qualifying times. Bonus events must be marked as bonus in the Hy-Tek entry file.

Qualifying times for the 50 back, breast and fly are the 100 times for those events.

**Meet Format:** Each prelim session will be seeded the evening before. Please scratch by 5:45 PM any event you will not swim the next day. There is not a penalty for failing to scratch a prelim event; this is a courtesy to the other swimmers by eliminating an empty lane in prelims. All deck entries for the next day's events received before 5:45 PM will be seeded.

Fastest to Slowest. Circle seed top 3 heats.

Enter the 50s of stroke with your 100 time.

The 400 Free and the 400 IM in prelims will swim in the following order: the first three fastest heats of women, the first three fastest heat of men, then alternating heats women/men, fast to slow.

The 1500 will be limited to the first 24 swimmers entered in each event. The 800 and 1500 free and all relays are timed finals. All other events are prelim/final events. Finals will feature 3 heats: a final, consolation and bonus heat qualifying for finals on Friday, Saturday and Sunday.

Thursday's events are deck seeded and require positive check-in. The 1500 free on Sunday is also deck seeded and requires positive check-in. The fastest heat of the women's and men's 1500 on Sunday, electing to swim in finals, will swim in finals; all other heats will swim at the conclusion of prelims on Sunday.

Swimmers in Thursday's events must provide their own counters and timers. Swimmers in the women's and men's 1500 free during Sunday prelims must provide their own timers and counters.

The Meet Referee and Meet Director reserve the right to conduct chase starts from both ends of the pool and/or conduct fly-over starts based on the number of entries and projected timeline. The meet management may adapt the starting procedures and timelines to accommodate an unusually large, or small, meet.

**Seeding:** Non-conforming times will be seeded last – LCM times first then SCM then SCY then bonus events. The fastest 3 heats in prelims will be circle seeded.

**Check-In:** Positive check-in is required for the 800 free, 400 IM, and 1500 free. Swimmers in Thursday's events must check in by 5:15 PM on Thursday.

Swimmers in the women's and men's 1500 on Sunday must check in by 6:30PM on Saturday. Swimmers in these two events must also indicate if they intend to swim in prelims or finals. The 8 fastest that declare finals will swim in finals.

Swimmers that check-in for an event and fail to swim will be fined \$30 payable to the University of Texas. These swimmers will be barred from competition (at this or subsequent TXLA meets at the Swim Center) until the fines are paid.

**Scratch Rule:** **Prelims** – Each prelim session will be seeded the evening before. Please scratch by 5:45 PM any event you will not swim the next day. There is not a penalty for failing to scratch a prelim event; this is a courtesy to the other swimmers by eliminating an empty lane in prelims. All deck entries for the next day's events received before 5:45 PM will be seeded.

**Finals** -- Swimmers qualifying for finals have 30 minutes after the announcement of preliminary results to either scratch or declare their intent to scratch. Any qualified swimmer in an event (a swimmer is qualified for finals or consolation finals if he has successfully completed the event in prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid possible fines or suspension from the meet. Swimmers that timely indicate an intent to scratch must declare their final intention within 30 minutes following their last individual preliminary event.

Any *finalist* who fails to scratch and fails to report to the starting blocks for finals, is subject to a \$50 penalty. Athletes will be barred from competition (at this or future meets sanctioned by South Texas) until fines are paid. Fines are payable to the University of Texas.

**Eligible Swimmers:** All USA Swimming registered swimmers who meet the qualifying times (see qualifying times section) are eligible to swim.

**Entries:** Entries will **open on Monday**; June 13, 2011 at 11AM. Entries will close on Monday, June 20, 2011 at 11:00AM No paper, phone or fax entries will be accepted. Send ALL entries to [Bridgette Rhoades at \[sunsandsurfgirl@yahoo.com\]\(mailto:BridgetteRhoades@sunsandsurfgirl@yahoo.com\)](mailto:BridgetteRhoades@sunsandsurfgirl@yahoo.com). Entry fees must be received by Wednesday, June 22, 2011 or your entries may be removed from the meet. All entries must include:

- the Hy-Tek entry file,
- PDF or word document of the entries -- by swimmer, with proof of time
- and any other proof of time information

Swimmers may compete in **8** events (\$64.00 cap) for the whole meet, not including relays. Swimmers may not compete in more than 3 individual events per day. If you earned the qualifying time in yards, you must enter in yards. Do NOT convert times. Do NOT enter at the LCM cut. Enter bonus events with a real, provable time. You may not enter a bonus event with a NT. Bonus events must be marked as bonus swims in the Hy-Tek entry file.

Teams with five or more swimmers entered in the meet must submit entries using version 3 or 4 Hy-Tek Team Manager software.

Teams with fewer than five swimmers may send an email that includes: the team, team abbreviation, LSC, the swimmer's full name (as registered with USA Swimming), USA ID, event number and description, entry time and proof of time information (see "Proof of Time").

No paper, phone or fax entries will be accepted. Entries received without accurate USA Swimming registration numbers will NOT be accepted or processed.

If you don't receive an email confirmation, your entries were not received.

**Entry Fees:** \$8.00 per individual yards event. There is a \$64.00 cap for each swimmer (8 events). Teams will pay a \$20 Senior Circuit surcharge.

Make checks payable to: **The University of Texas at Austin**

Mail to: Longhorn Aquatics  
Texas Senior Circuit Championships  
The University of Texas at Austin

1 University Station D 4050  
Austin, TX 78712-0364

- Relays:** All relays are timed finals. Relay swimmers must be qualified and entered in an individual event.
- Relays, like individual events, will be seeded the evening before. Please scratch by 5:45 PM any relay you will not swim the next day. Deck entered relays are NOT eligible to swim in finals. The fastest 2 heats of each relay electing to swim in finals, will swim in finals, slowest to fastest. Remaining heats will swim during prelims, fastest to slowest. Relay cards for morning relays are due to Clerk of Course by 10 AM the day of the relay. Relay cards for evening relays are due at the beginning of the evening session. Cards not received by the deadline will be considered scratches.
- Proof of Time:** Times submitted to qualify for this meet will be pre-proved. Times achieved at the meet cannot be used to prove entry times. The Team Manager "Proof-of-Times Report" must be submitted with your entries. Only times that are in the USA Swimming database will be accepted. High School times other than District, Regional or State will NOT be accepted.
- Deck Entries:** Swimmers must meet the qualifying times and entry rules. Entry forms will be available at clerk of course. Deck entries fees are \$30 for each individual event and \$45 for each relay.
- Swimmers not previously entered in the meet must present their 2011 USA Swimming registration card at Clerk of Course to deck enter.
- Deck entries will be accepted for the current session beginning at the start of warm-up and close 30 minutes before the start of the session. Swimmers will be entered in empty lanes. Additional heats may be added at the discretion of the Meet Director and Meet Referee depending on the timeline each day.
- After the current session begins, deck entries will be accepted for the next day's events. Entries received by 5:45 PM, will be seeded in the next day's event.
- Time Trials:** Time Trials will be conducted 15 minutes following prelims on Saturday and Sunday *time permitting*. Swimmers must be entered in the meet to time trial. Time trial events count toward the daily entry limit of 3 individual events. The order of events each day will be at the discretion of the Meet Referee. Entries will be accepted until 11:00 AM each day. Entry fees are \$30 per individual event and \$45 per relay. Time trial results may be found with the meet results posted on the South Texas and Longhorn Aquatics websites.
- Scoring:** This meet will be scored by team.
- Awards:** No awards will be given.
- Meet Results:** For real time meet results, go to [www.utexas.edu/longhornaquatics](http://www.utexas.edu/longhornaquatics). Final meet results, including time trial results, will be posted on the Longhorn Aquatics website, [www.utexas.edu/longhornaquatics](http://www.utexas.edu/longhornaquatics) and on the South Texas Swimming website, [www.stswim.org](http://www.stswim.org).
- Cell Phones::** The presence and/or use of cell phones, and any other equipment capable of producing photographic or video images, in the 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.

**Meet Referee:** Frank Swigon  
(210)497-1086 [fswigon@yahoo.com](mailto:fswigon@yahoo.com)

**Head Coach:** Doug Rusk  
(206) 291-5471 [doug.rusk@austin.utexas.edu](mailto:doug.rusk@austin.utexas.edu)

**Meet Director:** Bridgette Rhoades  
(814) 602-8254 [sunsandsurfgirl@yahoo.com](mailto:sunsandsurfgirl@yahoo.com)

**Parking:** The University of Texas now requires a UT permit for parking along Trinity and San Jacinto as well as C Lot 80 in front of the Swim Center. We are exploring other parking options, hoping to find free or at least cheaper parking close to the Swim Center. Please go to our website as we get closer to the meet for more information on parking. For more information, check the Parking and Transportation web site at <http://www.utexas.edu/parking/>.

**Officials:** Help from visiting officials is always welcome. Visiting officials are asked to email the Meet Referee with their certification level and availability, so he can plan accordingly, at [fswigon@yahoo.com](mailto:fswigon@yahoo.com). All officials must attend a mandatory meeting one hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. Finals uniform will be navy blue polo shirt over khaki pants/skirt (NO shorts), as appropriate. All officials will be issued credential tags. Only persons with credential tags will be allowed access to the deck. Officials should prominently display their meet credential while on deck. The wearing of name tags is encouraged.

*Official Certification:* Application will be made for this meet to be designated a National Qualifying Meet for Officials. Applications for evaluation can be obtained from the Southern Zone website. At this point, it is anticipated that evaluations will be possible for all N2 level positions, N3 Stroke & Turn, and N3 Chief Judge Initial and Recertification.

**Timers:** Swimmers in preliminary heats of the women's 800 free and the men's 1500 free on Sunday must provide their own timers and counters. Longhorn Aquatics will make every attempt to provide timers but we may fall short. We encourage visiting teams to help us by providing timers when the need presents itself.

**Special Needs:** Please notify the Jamail Texas Swimming Center Staff (512-471-7703) in advance of this event with the name and age of any member on your team who needs assistance to enter the building. TSC 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 this LSC that may include one or more swimmers with visual, hearing, mental, or physical disabilities, the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.

**Deck Access:** Only USA Swimming registered athletes, coaches, officials and volunteers will be allowed access beyond the front desk of the Texas Swimming Center. Those wishing to volunteer as a timer will be given a pass to access the deck and help for that specific purpose. Coaches and officials will be required to show their current USA Swimming registration card at the front desk.

Any non-registered individuals not respecting these rules will be removed from that area or from the facility at the discretion of the meet director, Longhorn Aquatics Program Director or Texas Swimming Center staff.

**Swimmer  
Photographs:**

There may be one or more photographers on deck at this meet. In the event photographers are on deck, parents or guardians of swimmers under the age of 18 who do not wish to have photographs of their athletes taken are required to contact the Meet Director prior to the beginning of the competition. Photographers must gain **consent from the Meet Director prior to the beginning of the meet.**

**TSC Rules:**

As guests of The University of Texas, all must adhere to the Texas Swim Center (TSC) rules. Coaches must supervise their swimmers. Chewing gum and glass containers are not permitted in the building. Locks may not be left on lockers overnight. Wet swimmers cannot leave pool deck. Children must be supervised at all times.

**Spectators and athletes may not bring food nor drink into the Texas Swim Center from outside sources. Teams ARE permitted to bring two (2) coolers on to the deck.**

## Texas Senior Circuit Championships ORDER OF EVENTS

### Thursday, July 7, 2011

Women's #	Event	Men's #
1	800 Freestyle*	2
3	400 Free Relay	4

### Friday, July 8, 2011

Women's #	Event	Men's #
5	200 Breaststroke	6
7	200 Butterfly	8
9	50 Freestyle	10
11	400 Freestyle**	12
13	800 Free Relay	14

### Saturday, July 9, 2011

Women's #	Event	Men's #
15	200 Freestyle	16
17	100 Breaststroke	18
19	200 Backstroke	20
21	100 Butterfly	22
23	400 Individual Medley**	24
25	50 Backstroke	26
27	400 Medley Relay	28

### Sunday, July 10, 2011

Women's #	Event	Men's #
29	200 Individual Medley	30
31	100 Freestyle	32
33	50 Breaststroke	34
35	100 Backstroke	36
37	50 Butterfly	38
39	1500 Freestyle***	40

#### NOTES:

\*Deck seeded. Timed final. Fastest to slowest. Swimmers provide their own counters and timers.

\*\*Prelims are deck seeded. The 400 Free and the 400 IM in prelims will swim in the following order: the first three fastest heats of women, the first three fastest heat of men, then alternating heats women/men, fast to slow.

\*\*\*Deck seeded. Timed final. The fastest heat of women and men electing to swim in finals, will swim in finals. All other heats will swim at the conclusion of prelims, fastest to slowest. Swimmers in preliminary heats must provide their own timers and counters.

**SOUTH TEXAS SWIMMING, Inc.  
Safety Guidelines and Warm-up Procedures**

**A. WARM-UP PROCEDURES**

- I. Assigned warm-up Procedures.
  - a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
  - b. All warm-up activities will be coordinated by the coach(es) supervising that lane
  - c. Dive sprints may be done only under the direct supervision of the coach
- II. Open warm-up procedures.

**LANE USE**

<b>POOL</b>	<b>PUSH/PACE</b>	<b>DIVES/SPRINTS</b>	<b>GENERAL WARMUP</b>
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 ½ of the assigned warm-up time shall be general warm-up 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 for backstroke starts in specified lanes at designated times. One way only! Dive sprints may only be done under the direct supervision of the coach.
  - d. There will be no diving in the general warm-up lanes. Circle swimming only.
  - e. No kick boards, pull buoys, or hand paddles may be used.
3. Safety Guidelines
- a. Coaches are responsible for the following:
    1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices
    2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
    3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
  - b. The host team will be responsible for the following.
    - 1) A minimum of four (4) marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
    - 2) Marshals must be members of United States Swimming.
    - 3) Marshals will have authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these Procedures.
    - 4) The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
    - 5) Warm-up 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 Warm-up Procedures will be in effect at this meet."
    - 6) An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
    - 7) Hazards in locker rooms, on deck, or areas used by coaches, swimmers, or officials will be either removed or clearly marked.

**B. MISCELLANEOUS NOTES**

1. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
3. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
4. Warm-up procedures will be enforced for any breaks scheduled during the competition.
5. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warmup unless approved by the Referee.

***NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time 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.***



# Lee and Joe Jamail Texas Swimming Center & Longhorn Aquatics

1900 Robert Dedman Dr  
Austin, TX 78712-0363

## 2010-2011 Hotel Sponsors

### AT&T Executive Education & Conference Center

1900 University Avenue  
Austin, Texas 78705



Contact: Divya Saighal  
(512) 404-3620  
(877) 744-8822

[divya.saighal@attconf.utexas.edu](mailto:divya.saighal@attconf.utexas.edu)

Located directly on the UT campus! The AT&T Conference Center offers dining facilities, fitness center, pool & parking

### Radisson Hotel & Suites on Town Lake

Cesar Chavez  
Austin TX 78701



Contact: Emily Hastings 111  
(512) 478-9611

[ehastings@radissonaustin.com](mailto:ehastings@radissonaustin.com)

Located in the heart of downtown Austin, minutes from the UT Swim Center, home of Starbucks and T.G.I. Fridays restaurant

### Hampton Inn & Suites Downtown

200 San Jacinto  
Austin, Texas 78701



(512) 742-1500

[www.austindowntown.hamptoninn.com](http://www.austindowntown.hamptoninn.com)

Complimentary breakfast, fitness room, pool, walk to over 75 restaurants, and only 1 mile to the swim center

### Sheraton

701 East 11th St.  
Austin, Texas 78701



Contact: Meg Griebel

[mriegel@sheratonaustinhotel.com](mailto:mriegel@sheratonaustinhotel.com)

(512) 404-6941

The beautiful Sheraton Austin is just walking distance for the TSC and offers a large 24 hr fitness area and an indoor/outdoor pool

### DoubleTree Guest Suites

303 W 15th St  
Austin, Texas 78701



Contact: Emma Monette

[emma.monette@hilton.com](mailto:emma.monette@hilton.com)

(512) 478-7000

The beautiful Sheraton Austin is just walking distance for the TSC and offers a large 24 hr fitness area and an indoor/outdoor pool.

*The University of Texas at Austin*  
**Lee and Joe Jamail Texas Swimming Center & Longhorn Aquatics**  
 1900 Robert Dedman Dr  
 Austin, TX 78712-0363

## 2010-2011 Hotel Sponsors

**Crowne Plaza Hotel**  
 6121 North IH 35  
 Austin, Texas 78752



**Contact: Shelly Staff**  
 (512) 371-5243  
[sstaff@cphaustin.com](mailto:sstaff@cphaustin.com)

Located north of the Texas Swim Center, free parking, complimentary high speed internet access, and beautiful newly renovated guest rooms.

**DoubleTree University**  
 1617 I-35 North  
 Austin, TX 78702

**Contact: J**



[sarah.campbell@ihrc.com](mailto:sarah.campbell@ihrc.com)

The newly renovated Doubletree Hotel Austin University is the closest Hotel to the UT Swim Center! We offer sports friendly amenities, complimentary parking for buses, cars and vans.

**Embassy Suites Hotel Austin Central**  
 North - 5901 North I-35  
 0461 Austin, TX 78711  
[mark.alley@hilton.com](mailto:mark.alley@hilton.com)



**Contact: Mark Alley**  
 (512) 541-

[www.austindowntown.embassysuites.com](http://www.austindowntown.embassysuites.com)

**See the Embassy Suites Hotel Austin Central summer promotions.**

**Drury Hotels of Austin North**  
 6711 North I-35  
 Austin, TX 78711



**Contact: Alissa Vala**  
[Alissa.vala@druryhotels.com](mailto:Alissa.vala@druryhotels.com)  
 10+ Rooms: (800) 436-1196  
 Individual Reservations: (800) 378-7946

Located just north of the Texas Swim Center we offer complimentary Hot! Quickstart breakfast, evening beverages and hot snacks, wireless internet, and an outdoor pool.