

# *Bay's Edge Aquatic Team (BEAT)*

*is pleased to host the:*

## **VALERO INVITATIONAL SWIM MEET**

*At the*

*CCISD Natatorium, Corpus Christi, Texas*

*June 19, 20 & 21, 2009*

*Sanction # ST-09-40*

*Entry Deadline: Friday, May 22, 2009*

**Location:** Corpus Christi ISD Natatorium, 3202 Cabaniss Parkway, Corpus Christi, TX. 78415.  
Pool Telephone numbers: (361) 878-2337, (361) 878-2334, or (361) 878-2337

**Directions:** From South I-37, take State Hwy 358 (SPID) toward Padre Island. Exit at the Kostoryz exit, turn right onto Kostoryz and proceed south to Saratoga Blvd. Turn right onto Saratoga, and take the first left, the pool is on your left in the Cabaniss Athletic Complex. From US 77 North, turn right on FM665 at Driscoll, TX. Proceed toward Corpus Christi. The road will change to FM43. Turn left onto Ayers Street (State Hwy 286). Go straight to Saratoga Blvd., turn right on Saratoga and proceed east toward the Cabaniss Field Athletic Complex. The pool will be on your right in the Cabaniss Field Athletic Complex.

**Facility:** All deep 8 lanes, 50-meter competition pool with a 4-lane 25-yard warm-up/cool-down pool. A Daktronics Timing System and Hy-tek Meet Manager Software will be utilized. Seating is available for over 975. Dressing and locker rooms are available on-site. The Natatorium is on CCISD property. No tobacco or alcohol is allowed on CCISD property including the parking lot. A Concession Stand will be provided.

**Liability:** In granting sanction number ST-09-40, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Corpus Christi Independent School District (CCISD) and its employees, Bay's Edge Aquatic Team (BEAT), and all meet officials and volunteers shall be free and held harmless from any liabilities or claims for damages arising by reason(s) of injuries to anyone during the conduct of the meet.

**Rules:** The 2009 USA Swimming Rules and any relevant sections of the STSI Handbook will apply.

**Meet Format:** All events will be timed finals, swum in one long course meter pool, seeded only by time and gender. **Check in is required for the 400-meter IM, 400-meter Free, 800-meter Free and 1500-meter Free.** For these deck-seeded events, positive check-in with the Clerk of Course is required. The check-in time period will be announced for each session. Age groups will be combined, alternating girls and boys heats. These events shall be swum fastest to slowest. All other events shall be swum slowest to fastest. **We reserve the right to cap the number of swimmers entered in order to stay within the four hour rule during the 12 and under sessions.** Swimmers will be entered in the order entries are received.

**STS Swim  
Suit Rule:**

Swimsuits worn by males in all **14 and under** STSI Age Group competition shall not extend above the waist and nor extend further down the legs than to the top of the kneecap (patella). Swimsuits worn by females in all **14 and under** STSI Age Group competition shall not extend past the top of the shoulder, cannot cover any part of the arms nor extend further down the torso than the buttocks. Violators will be barred from competition until the swimmer's swimsuit meets the requirements of this paragraph.

For purposes of Article 102.9 of the USA Swimming Rules & Regulations, Swimwear, the use of more than one swimsuit at a time during any USA Swimming sanctioned or approved competition is prohibited.

**Meet**

**Behavior:** It is expected that all persons attending the meet will respect the facilities and remember that they represent themselves and their respective clubs. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending club if attached, to be held accountable and liable for repairs. It also may result in expulsion from the meet.

**Eligibility:** The meet is open to all registered 2009 USA Swimming athletes. Entries received without complete USA Swimming Registration (ID) number will not be processed. It is strongly recommended that all swimmers have their **USA Swimming registration card with them** at the meet

**Swimmers with**

**Disabilities:** In a meet sanctioned or approved by the 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, Article 105. A disability is defined as a permanent physical or mental impairment that substantially limits one or more major life activities. **Note: So that we can properly accommodate disabled swimmers, please ensure that coaches notify the Meet Referee and/or Meet Director prior to the start of the meet on the day a swimmer competes.**

**Entry**

**Limitations:** On Friday, swimmers may enter up to 3 individual events. On Saturday and Sunday, swimmers may enter up to 5 individual events and one relay per day. The age of the swimmer is his/her age on June 19, 2009. **Enter with long course meter times.** Team Manager should be used to convert yard and short course meter times to long course meter times for seeding purposes. All entrants must be currently registered with USA Swimming. All teams with five or more swimmers entered in the meet must submit their entries using Version 3, 4, or 5 of Hy-Tek Team Manager software. Teams with fewer than five swimmers may send an e-mail including the team, team abbreviation, LSC, the swimmers full name (as registered with USA Swimming) USA ID, event numbers, event description, and entry times (Long Course) for each swimmer.

**Relay Entries:** Relay team entry times may be determined by the sum of the individual team member times for like strokes/distances, or the actual time that relay team achieved in sanctioned competition.

**Relay Cards: due by 8:00 AM (Sessions 2&4) and by 2:30 PM (Sessions 3&5)**

**Entry Fees:** \$6.00 per individual event / \$10.00 per relay event (Includes a Splash Fee of \$1.25 per event.) The Deck Entry fee is at two (2) times the normal entry fee (\$12.00/\$20.00).

Deck Entries will be accepted only for open lanes. No new heats will be created. You may Deck Enter the current session beginning at the start of warm up. Deck entries will close 30 minutes before the start of each session. **Swimmers not previously entered in the meet must present their USA swimming registration card at the Clerk of Course to be able to deck enter.**

**Entry**

**Procedures:** All entry forms and fees **MUST** be submitted to either the meet/payment box, to Coach Amy or mailed to:

**SWAT  
P.O. Box 380554  
Duncanville, TX 75138**

Make checks payable to: **SWAT**

Entries must be received no later than **Friday, May 22, 2009**

**Awards:** Ribbons for places one through eight in individual events will be awarded according to the following age groups; boys and girls 8 and under, 9, 10, 11, 12, 13, 14, 15-16, 17-18.

First through third places in relay events will be awarded to 8 & under, 9-10, 11-12, 13-14, and 15-18 year old age groups.

**No individual or relay awards will be given to the 19 & over age group.**

A swimmer high point trophy in each age group and a team high point trophy will also be awarded. **In order to score team points and receive ribbons for relays, all four swimmers must be in the same age category, i.e. all four must be 8 & under, 9-10, 11-12, etc.**

**Warm-up**

**Procedures:** South Texas Swimming Safety Guidelines and Warm-up procedures will be in effect at this meet (enclosed, see below).

Warm-up times and lane assignments for each team will be posted in the Natatorium, on the BEAT website: <http://www.swimbeat.com/>, and e-mailed to the coaches no later than 6:00 PM Friday, June 12, 2009.

South Texas Swimming, Inc. warm-up procedures will be enforced. **Violators may be disqualified from their first individual event.**

**Meet**

**Administration:**

<b>Referee: Patrick Nelson</b> 5128 Oso Parkway Corpus Christi, TX 78413-6133 <b>Phone:</b> 361-991-5687 (H) <b>Cell:</b> 361-779-8295 <b>Fax:</b> 361-991-5687 (Call First) <b>E-mail:</b> <a href="mailto:patrick.a.nelson@sbcglobal.net">patrick.a.nelson@sbcglobal.net</a>	<b>Meet Director: John McCoy</b> 4542 Iron River Drive Corpus Christi, TX 78410 <b>Phone:</b> 361- 767-6922 <b>Cell:</b> 361- 882-1600 <b>E-mail:</b> <a href="mailto:jmccoy4@stx.rr.com">jmccoy4@stx.rr.com</a>	<b>Head Coach: Adam Scott</b> 1027 Cupertino St. Portland, TX 78374 <b>Phone:</b> 361-446-9801 <b>E-mail:</b> <a href="mailto:alscott67@gmail.com">alscott67@gmail.com</a>
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**Officials:** All currently certified and training USA Swimming officials are cordially invited to participate. If you plan to officiate contact the Meet Referee, Patrick A. Nelson, via E-mail. [patrick.a.nelson@sbcglobal.net](mailto:patrick.a.nelson@sbcglobal.net)

**Timers:** All swim teams are expected to participate in the swim meet by providing volunteer timers. Lane timers will be assigned by lane, based on the number of entries from each team. Assignments will be posted on the BEAT website at: <http://www.swimbeat.com/>

An email will be sent to the coaches with the lane timer assignments, and it will be posted in the Natatorium each day of the meet. Athletes in the 400-meter I.M., 400-meter Free, 800-meter Free, and 1500-meter Free must provide their own timers. **The host team will ensure that the timers are well taken care of with food and drink.**

**Daily Schedule:**

<b>Friday, June 19, 2009 - Session 1</b>	
<b>Warm-up session 1:</b>	<b>5:00 PM</b>
<b>Check-in for the: 400 IM (11 &amp; Over), 400 Meter Freestyle (13 &amp; Over) &amp; 800 Meter Freestyle (13 &amp; Over)</b>	<b>5:30 PM</b>
<b>Clear Pool:</b>	<b>5:45 PM</b>
<b>Session 1 begins:</b>	<b>6:00 PM</b>
<b>Saturday /Sunday June 20-21, 2009 Morning Sessions 2 &amp; 4</b>	
<b>1<sup>st</sup> warm-up session:</b>	<b>7:00 AM</b>
<b>2<sup>nd</sup> warm-up session:</b>	<b>7:35 AM</b>
<b>Sessions 2 &amp; 4 Relay Form due</b>	<b>8:00 AM</b>
<b>Clear Pool:</b>	<b>8:10 AM</b>
<b>Coach Meeting:</b>	<b>8:15 AM</b>
<b>Sessions 2 &amp; 4 begins</b>	<b>8:30 AM</b>
<b>Saturday/Sunday June 20-21, 2009 Afternoon Sessions 3 &amp; 5</b>	
<b>1<sup>st</sup> warm-up session:</b>	<b>Not before 2:05 PM</b>
<b>2<sup>nd</sup> warm-up session:</b>	<b>Not before 2:40 PM</b>
<b>Sessions 3 &amp; 5 Relay Form due</b>	<b>Not before 2:30 PM</b>
<b>Clear Pool:</b>	<b>Not before 3:15 PM</b>
<b>Coach Meeting:</b>	<b>Not before 3:20 PM</b>
<b>Sessions 3 &amp; 5 begins</b>	<b>Not before 3:30 PM</b>

**Events**  
**FRIDAY June 19, 2009**

<b><u>Session One</u></b>			
<b><u>Girls</u></b>	<b><u>Age</u></b>	<b><u>Stroke</u></b>	<b><u>Boys</u></b>
1*	13 & Over	400 Free	2*
<b>10 Minute Break</b>			
3*	11 & Over	400 IM	4*
5*	13 & Over	800 Free	6*

**SATURDAY June 20, 2009**

<b><u>Session Two</u></b>			
<b><u>Girls</u></b>	<b><u>Age</u></b>	<b><u>Stroke</u></b>	<b><u>Boys</u></b>
7	10 & U	200 Free Relay	8
9	11 -12	400 Free Relay	10
<b>10 Minute Break</b>			
11	12 & U	200 Free	12
13	12 & U	50 Fly	14
15	12 & U	100 Breast	16
17	12 & U	50 Free	18
19	12 & U	100 Back	20
21*	12 & Under	400 Free	22*
<b><u>Session Three</u></b>			
23	13 & O	800 Free Relay	24
<b>10 Minute Break</b>			
25	13 & O	200 Free	26
27	13 & O	100 Breast	28
29	13 & O	200 Fly	30
31	13 & O	50 Free	32
33	13 & O	100 Back	34
35*	13 & O	1500 Free	36*

## SUNDAY June 21, 2009

<u>Session Four</u>			
<u>Girls</u>	<u>Age</u>	<u>Stroke</u>	<u>Boys</u>
37	10 & U	200 Medley Relay	38
39	11-12	400 Medley Relay	40
<b>10 Minute Break</b>			
41	12 & U	200 I.M.	42
43	12 & U	50 Back	44
45	12 & U	100 Free	46
47	12 & U	50 Breast	48
49	12 & U	100 Fly	50
<b>Session Five</b>			
51	13 & O	400 Medley Relay	52
<b>10 Minute Break</b>			
53	13 & O	200 I.M.	54
55	13 & O	100 Fly	56
57	13 & O	200 Back	58
59	13 & O	100 Free	60
61	13 & O	200 Breast	62

**\* Check In is required for the 400-meter I.M., 400-meter Free, 800-meter Free & 1500-meter Free.** For these deck-seeded events, positive check-in with the Clerk of Course is required. The time period will be announced for positive sign-in by swimmers. These events shall be swum fastest to slowest. Age groups will be combined, alternating girls and boys heats. Each swimmer must furnish a counter (800m and 1500m Free) and one timer. Time Standards are **not required**. Please include Long-Course times for seeding purposes.

## 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

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
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!
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes - circle swimming only.
- f. No kick boards, 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 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 and 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

- I. 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.
- 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 warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warmups 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.***

**STSI Safety Guidelines and Warm-up Procedures last Revised 29-SEP-03**

## HOTEL INFORMATION

The hotels listed below have been designated as the official hotels for the “Valero Invitational Swim Meet”. **Please remember to mention “Valero Invitational Swim Meet” hosted by BEAT in order to receive the special room rates.**



### **EMBASSY SUITES HOTELS**

4337 South Padre Island Drive  
(Between Weber & Everhart)  
Corpus Christi, TX 78411

**Phone:** (361) 853-7899 or 1-800- EMBASSY

**Fax:** (361) 851-1310

**[www.corpuschristi.embassysuites.com](http://www.corpuschristi.embassysuites.com)**

Includes a full, hot cooked Breakfast  
7:00 until 10:30am on the weekends and  
6:30 until 10:00am on the weekdays.

**Special Rate \$119 + Tax**

**Room Types: Two Doubles**

Room reservations must be made on or before:

**May 22, 2009**