



*Corpus Christi Laredo Del Rio Aquatic Alliance
- Club Estates Marlins
Summer Long Course Unclassified
June 9-11, 2023
Entry Deadline: June 1, 2023*

Welcome: The Corpus Christi Laredo Del Rio Aquatic Alliance – Club Estates Marlins invites you to join us at the CCISD Natatorium to compete in our long course unclassified. The meet is open to all swimmers registered with USA Swimming or FINA. Designated warm-up lanes will be available during the meet.

Location: Corpus Christi Independent School District Natatorium located at 3202 Cabaniss Parkway, Corpus Christi, TX 78415 near the intersection of Saratoga and Kostoryz. Pool Telephone numbers: (361) 878-2333x114, (361) 878-2334, or (361) 878-2337.

Spectator Restrictions

And Admissions: In conformance with the City of Corpus Christi Natatorium policies concerning COVID-19, social distancing is recommended. Canopies may be placed outside of the natatorium, but canopies must be weighted down with weights or water barrels – stakes may not be placed in the ground. Heat sheets will be distributed via email to the coaches and will be posted to our website – ccmarlins.org. There will not be heat sheets available at the meet.

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 FM 665 at Driscoll, TX and proceed toward Corpus Christi. The road will change to FM 43. 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: An indoor 8 lane, 50 meter pool with 9 foot lanes, 6 foot minimum water depth and a Daktronics timing and starting system.

- Hy-Tek Meet Manager software will be utilized. If necessary, we will utilize chase starts.
- The 50 events will start at the diving well end of the pool.
- A 4 lane, 25 yard teaching pool will be available for continuous warm-up and cool down.
- Parking, spectator areas and dressing rooms are available.
- Photographers and videographers are specifically prohibited from the area immediately behind the starting blocks.
- Parents and other spectators are not permitted on-deck at any time for any reason unless serving in an official capacity as a timer or official. All others must remain in **the ELEVATED BLEACHERS** unless going to the concession stand or restrooms.
- Flash photography of any sort is expressly forbidden during competition.
- Times noted on the scoreboard are never official and must not ever be regarded as such.

A concession stand will be available. No tobacco or alcohol is allowed on CCISD Property which includes the parking lot.

Liability: In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Corpus Christi Laredo Del Rio Aquatic Alliance, CCLR-Club Estates Marlins (LDI), the CCISD

Natatorium, the City of Corpus Christi and its employees, all meet officials, and volunteers shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet or while traveling to and from the meet. It is expected that all persons attending the meet will respect the facilities and remember they represent themselves and their respective clubs. Damages to the facility, when proven, shall cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. It may also result in **expulsion** from the meet.

Sanction: Held under the sanction of USA Swimming. This meet has been sanctioned by South Texas Swimming and current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAP), 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 for 2023 with USA Swimming by the meet start date. Athletes who register with USA Swimming after the meet entry deadline may not enter the meet only if they can present their 2023 USA Swimming registration card or proof of membership using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming club portal). South Texas Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Cell phone

Restrictions: The presence or use of cell phones, smart phones or any other devices capable of producing audio recordings, photographic or video images in locker rooms, restrooms or changing areas is strictly and specifically prohibited at all times. There are no exceptions to this policy. Violators are subject to disqualification from the meet, and/or disbarment from the facility.

Drone Policy: 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 & Events Committee Chair or designee.

COVID-19: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc. cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease.

Therefore, if you choose to participate in an USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

By attending or participating in this competition, you voluntarily assume all risks associated with exposure to COVID-19 and forever hold harmless USA Swimming, South Texas Swimming, Inc. (STSI), Corpus Christi Laredo Del Rio Aquatic Alliance (CCLR)-Club Estates Marlins (LDI), Corpus Christi Independent School District, the City of Corpus Christi, and all meet officials and volunteers from any liability or claims including personal injuries, death, disease or property loss; including, but not limited to claims of negligence and give up any claims you may have to seek damages; whether known or unknown, foreseen or unforeseen, in connection with exposure, infection, and/or spread of COVID-19 related to participation in this competition.

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

Swimmer

Photographs

And Videos: There may be one or more photographers and/or videographers on deck at this meet. In the event such personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made, are required to contact the Meet Director prior to the beginning of warm-ups.

Photographers and videographers are required to stay out of the area immediately behind the starting blocks.

Deck

Changing: Changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited.

Pool

Measurement: The competition course has been certified in accordance with 104.2.2.C.(4). The copy of such is on file with USA Swimming. If a swimmer expects to, or does break a record, please inform the Meet Director or Referee.

In accordance to 104.2.2.C.(5).(c), "Where moveable Bulkhead is used, course measurement of the lane in which the record was set must be confirmed at the conclusion of the session during which the time was achieved."

The water depths of the competition course measured from 1-meter and 5-meters from the start end and the turn ends of the course are as follows:

Start End: 6 feet Turn End: 14 feet 6 inches

USA/FINA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently (2023) registered with USA Swimming or FINA. 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 ID card or proof of membership using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming club portal). Current national and LSC regulations do not allow for exceptions to these policies. STSI does not allow on deck registration.

Unaccompanied

Swimmers: Any swimmer entered in this meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water without the use of the 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 warm up, warm down and competition purposes in order to comply with USA Swimming Rule 202.5.3.

Meet Format: All events are **gender mixed**, timed finals, seeded by time. Age groups will be combined and events will be swum slowest to fastest. **Exception: The 400, 800, 1500 Free and the 400 IM will be swum fastest to slowest. The 400, 800, 1500 freestyle and the 400 IM require positive check in and will require their own timer and their own 800 and 1500 freestyle counter. Fly over starts and possibly chase starts will be utilized if necessary. If chase starts are utilized, flyovers will not be utilized.**

Age up Date: June 9, 2023

Qualifying Times: None. With the exception of the distance events. We are requesting that swimmers in the 12 and under 400 freestyle have a LCM time faster than 8:00; the 800 freestyle faster than a 14:00 LCM; and the 1500 freestyle to have a time faster than a 24:30 LCM.

Time Trials: Time trials will be offered after each session. Time trials will be \$16 per individual event and relays will be \$32 per event. Time trials are included in the total allowable events per day. **Swimmers that are not previously entered in the meet are required to pay the \$10.00 facility surcharge and show proof of their current 2023 USA Swimming registration by presenting** their USA Swimming ID card or proof of membership using the USA Swimming Deck Pass app (or a coach may present the club's official, watermarked roster from the USA Swimming club portal) to the Clerk of Course in order to deck enter.

Entry Deadline: Entries must be submitted via Hy-Tek Commlink File with a Word or PDF document of the Meet Entries Report no later than 7 p.m. are due by **Wednesday, June 1, 2023.**

Deck Entries: Deck entries will be accepted each day. \$16.00 per event plus \$10.00 athlete surcharge for athletes not entered in the meet. However, **DECK ENTRIES CLOSE AT 5:15 p.m. on Friday and 9:15 a.m. on Saturday and Sunday unless there are empty lanes available in the event and the referee agrees to the addition.** Deck entries will be utilized to fill open lanes. Additional heats may be added at the discretion of the meet referee. All deck entries will be entered with a NT. You may deck enter for the current session beginning at the start of warm-ups for that session. **Swimmers that are not previously entered in the meet are required to pay the \$10 facility surcharge and to show proof of their current 2023 USA Swimming registration by presenting** their USA Swimming ID card or proof of membership using the USA Swimming Deck Pass app (or a coach may present the club's official, watermarked roster from the USA Swimming club portal) to the Clerk of Course in order to deck enter.

General

Entry Procedures: Swimmers may enter a maximum of **6** individual events and **2** relay events per day. The age of the swimmer will be his/her age on June 9, 2023. **NT entries will not be accepted. You may estimate a time for your athlete.** A **good estimated** time will ensure your athlete is seeded in the proper heat -- this provides the best competition for all athletes. In addition, it also ensures we stay within the USAS required 4 hour rule for 12 and under competitors.

All teams with five or more swimmers entered in the meet must submit their entries using Hy-Tek Team Manager software or its equivalent. We understand that sometimes it is necessary to send a corrected Hy-Tek file but this should be the exception.

Email entries to cclrentries@gmail.com. When you email the entries, also attach a Word or PDF document of the Hy-Tek Meet Entry Report by swimmer including the USA Swimming ID. **If you do not receive an email confirmation, your entries were not received.** Email is the preferred method of delivery; if you need to submit entries in another format, please contact the entry chair to make other arrangements. Please rename the entry file to clearly identify your club code.

Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfileOQX.zip) or with inaccurate or missing USA Swimming ID's will not be entered into the meet and the entry fees will not be refunded. Athletes will not be entered into Meet Manager if the Meet Entry Report is not received. Athletes will not be permitted to compete in the meet until satisfactory fee payment arrangements have been made with the Meet Director or designee.

When submitting files to the Entries Chair, please include the name, email address **and phone number** of the person submitting the entries as well as the number of coaches that will be in attendance.

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

Teams with fewer than five swimmers may send an email including the team, team abbreviation, LSC, the swimmers full name (as registered with USA Swimming), USA ID, event numbers, event description, and entry times for each swimmer.

Entry fees must be received by the start of the meet Friday, June 9, 2023. Please include the meet entry fees report with your check. Do NOT send a copy of the entries you emailed earlier. Mail entry fees and entry fee report to: CEM c/o Annette DuVall, P.O. Box 270216. Corpus Christi, TX 78427. There will be no refunds.

The maximum number of swimmers allowed in the meet is the lesser of 300 swimmers or the number of swimmers allowed to maintain the timeline of the meet as close as possible to fall within the 4 hour rule as prescribed by South Texas and USA Swimming. The entries will be accepted in the order of receipt. The administrative official will notify the teams whose entries that do not fall within the four-hour rule as soon as possible and no later than June 4th.

In the unlikely event that it becomes necessary to comply with the four-hour rule to break the meet into two sessions, we reserve the right to break the meet into two sessions between the 12 & U and 13 & O. If the meet has to be split, the 13 & O warm up will begin one hour after the morning sessions is completed.

Should it become necessary to break into two or more warm up sessions each morning, warm up sessions will be 30 minutes each and, if necessary, the meet start time will be adjusted.

Entry Fees: \$8.00 per individual event (late/deck entries \$16.00). \$10.00 per athlete facility surcharge. This includes the STS splash fee of \$1.25. Please make checks payable to: CEM. Please include a Meet Entry Fee report with your payment. Entry fees must be received by the start of the meet Friday, June 9, 2023 or your entries will be removed from the meet. Refunds will not be given for any reason.

Administration:	Administrative Official:	Meet Referee:	Meet Director & Head Coach CCLR-CEM:
	Cori Gilbert 361-563-2597 cclrentries@gmail.com	Lorna Anaya 870-814-2890 lorna.anaya@anayamedical.com	Annette DuVall 361-946-5815 annetteduvallcpa@gmail.com

Warm-ups: Warm-ups will be conducted in accordance with the current STSI Policies and Procedures posted on the STSI website and found on page 7. Warm up assignments will be emailed to the coaches no later than Tuesday, June 6th as well posted at the CCISD Natatorium each day. Should warm ups need to be split into more than two sessions and/or warm-up start times adjusted; coaches will be notified via email no later than Tuesday, June 6th. The instructional pool will be available continuously throughout the meet.

Daily Schedule:**Friday:**

Warm up: 4:00 p.m.
Clear the pool: 5:45 p.m.
Coaches Meeting: 5:45 p.m.
Start Time: 6:00 p.m.

Saturday/Sunday:

Warm up: 7:00 a.m.
Clear the pool: 8:45 a.m.
Coaches Meeting: 8:45 a.m.
Start time: 9:00 a.m.

Coaches meeting will be held 15 minutes prior to the start of Friday and Saturday sessions.

If the referee decides a coaches meeting is needed on Sunday, notice will be given Sunday Morning.

Scratch Rules: There is no penalty for scratching from an event. However, in order to assist those swimmers that wish to deck enter, please report any scratches to the clerk of course as soon as possible.

Awards: Ribbons for first through eighth place will be awarded in the following age group categories: 8&U, 9-10, 11-12, 13-14, and 15&18 in all events with the exception of 50 fly, 50 back and 50 breast which will receive ribbons and points in the 8&U, 9-10 and 11-12 age categories only. The top swimmer in each age group category will be awarded a high point trophy. The awards must be picked up by the coach at the end of the meet on Sunday.

Special Needs: Please notify Corpus Christi Laredo Del Rio Aquatic Alliance – Club Estates Marlins at 361-946-5815 in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The City of Corpus Christi 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; 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.

Coaches and/or athletes must notify the Meet Referee before the event begins if they are to be considered to be judged under Article 105 of the USA Swimming Rules and Regulations.

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 and will be posted by the host team each day of the meet. **Athletes in Friday evening events and the 13 and over 400 Freestyle and the 800 Freestyle must provide their own timers.**

Officials: All currently certified USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2023 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Please email the Meet Referee prior to the meet with your availability and current certifications. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments. The meeting will be held in hospitality at 8:00 am. The wearing of name tags is strongly encouraged.

Order of Events

June 9-11, 2023

Distances are in LCM

FRIDAY SESSION

<u>Event #</u>		
1*	12 & U	400 Free*
2	11 & Over	400 IM*
5 minute break		
3	11 & Over	1500 Free*

***Sign in required by 5:30 p.m. for all events on Friday evening.**

Heats will run fastest to slowest all Friday night events. Each swimmer must furnish at least two timers and one counter for the 1500 Freestyle event.

Swimmers may request an 800 Free split time, but they are required to have three timers for the split.

SATURDAY SESSION

<u>Event #</u>		
4	OPEN	200 IM
5	OPEN	100 Free
6	OPEN	50 Fly
7	11 & Over	200 Breast
8	OPEN	50 Breast
9	11 & Over	200 Back
10	OPEN	50 Free
11	OPEN	100 Fly
10 minute break		
12*	13 & Over	400 Free

***Sign in required by at the end of Event 7 for the 400 free.**

Heats will run fastest to slowest for the 400 free. Each swimmer must furnish at least two timers for the 400 Freestyle event.

SUNDAY SESSION

<u>Event #</u>		
13	OPEN	200 Free
14	OPEN	50 Back
15	OPEN	100 Breast
16	OPEN	50 Free
17	11&O	200 Fly
18	OPEN	100 Back
19	OPEN	50 Breast
10 minute break		
20*	13 & Over	800 Free*

***Sign in required by the end of Event 16 for the 800 free.**

Heats will run fastest to slowest for the 800 free.

Each swimmer must furnish at least two timers and one counter for the 800 Freestyle event.

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

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 half 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 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 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 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 will have the 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.
 3. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 4. 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."
 5. 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.
 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 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.
- V. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Meet 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.