

The University of Texas at Austin and



LONGHORN AQUATICS

Longhorn Elite Invite

Held under the sanction of USA Swimming

Important Meet Facts

Meet Date: May 15-18, 2024

Entries Open: Monday, April 8, 2024

Entries Close: NOON, Tuesday, May 7, 2024

Entry Email: txlameetentries@gmail.com

Entry Fees: \$20.00 per event. A \$10.00 per swimmer facility surcharge will be charged.

Qualifying times: [There are 2024 Futures qualifying times for all events.](#) NT's are not accepted.

Deck Entry Fees: Deck entries will be taken for athletes previously entered in the meet. \$20.00 per event. No new heats will be added.

Address: 1900 Red River Street, Austin TX 78712

Results: Results can be found on Meet Mobile or on the [Longhorn Aquatics Live Results link](#).

Parking: The University of Texas requires a UT permit for parking along Trinity and San Jacinto. Parking garages and daily rates can be found [here](#). Specific parking information will be sent out in the pre-meet email to coaches

Facility: The Lee and Joe Jamail Texas Swimming Center has an indoor 8 lane 50-meter competition pool. The pool is considered one of the fastest pools in the world due to its depth, gutter system, high filtration rate and lane width. The host will ensure the required course dimensions.

Water Depths: The minimum water depth, measured in accordance with Article 103.2.3, is 9 feet at the start end and the turn end is 9 feet measured for a distance of 1.0 meter to 5.0 meters from both end walls.

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

Meet Format: This is a prelim/finals long course meters meet. The 800 Free and 1500 Free will be timed final events, and require positive check-in. All other events will have 3 finals heats (A, B, & C). The order of prelims seeding will be: LCM, followed by SCY. There are no bonus events. Both prelim and final sessions will utilize one start end (the Flag End of the pool), swimming in event order. The 50 Free will start from the Non-Flag end of the pool. Any scratches for *prelims or finals* will be done with the Administrative Official at the Console Table.

The Meet Director and Meet Referee reserve the right to change the pool configuration for prelims and/or finals. Any changes will be communicated in the pre-meet email to coaches.

Coaches Meeting: If it is necessary to have a meeting, an announcement will be made during warm-ups.

Longhorn Elite Invite Order of Events

All events will swim LCM

WOMEN'S EVENT #	Event Order	MEN'S EVENT #
	Day 1- Wednesday, May 15	
1	1500m Freestyle*	2
	Day 2- Thursday, May 16	
3	100m Freestyle	4
5	100m Breaststroke	6
7	200m Butterfly	8
9	400m Freestyle	10
	Day 3- Friday, May 17	
11	200m Freestyle	12
13	200m Backstroke	14
15	400m Individual Medley	16
17	100m Butterfly	18
	Day 4- Saturday, May 18	
19	800m Freestyle^	20
21	100m Backstroke	22
23	200m Breaststroke	24
25	200m Individual Medley	26
27	50m Freestyle	28

*Will be swum fastest to slowest, alternating women and men as a timed final session.

^The fastest seeded heats of women's and men's 800 Free events will swim in event order during the finals session. All other heats will swim fastest to slowest, alternating women and men at the end of the prelim's session.

Longhorn Elite Invite Schedule

Wednesday	Pre-Meet	Warm Up:	9:00-11:00 AM & 2:00-4:00 PM		
Wednesday	Timed Finals	Warm Up:	4:00-5:20 PM	Start:	5:30 PM
Thursday-Saturday	Prelims	Warm Up:	8:00-9:20 AM	Start:	9:30 AM
Thursday-Saturday	Finals	Warm Up:	4:00-5:20 PM	Start:	5:30 PM

The diving well will be available throughout the meet for warm-up and cool-down.

Doping Control: This event is subject to testing under USADA and AQUA rules.

ALL ATHLETES are subject to testing. Please note that all minors must have a representative with them. NCAA doping control rules are different than the rules for this meet. Please be sure all of your athletes have checked their meds with USADA.

Qualifying Times: Athletes must meet the [2024 Futures Qualifying standards](#) for all events to participate. Times must have been earned since May 15, 2022.

Prelims: All prelim events will swim slowest to fastest, with the last 3 heats circle seeded. In prelims the 400 IM & 400 Free will swim with the last 2 heats circle seeded. Prelims sessions will be seeded the evening before. There is no penalty for failing to compete in a preliminary heat, except an individual event in which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three-event/day limit.

Distance Event/Positive Check-in: Positive check-in is required for the 800/1500 Free. The positive check-in deadline for the 1500 Free is 5:00 PM on Wednesday. Swimmers in the 800 on Saturday must also indicate if they intend to swim in prelims or finals. The fastest heat of the 800 will swim with finals. All other heats of the 800 Free will swim fastest to slowest, alternating women/men, following prelims. The check-in deadline for the 800 Free is by 5:30 PM on Friday. Swimmers must provide their own timer/counter for the 800/1500 in prelims. *Swimmers that check-in and fail to swim will be fined \$100. Fines are payable to the University of Texas at Austin.*

Finals: All finals will swim slowest to fastest. Scratching for all final events is required as outlined in the current USA Swimming rules 207.11.6D and 207.11.6E. The finalists and two alternates will be announced and have 30 minutes after the announcement to either scratch, or declare an intent to scratch. Any finalist who fails to compete at finals, for which they have qualified and failed to scratch, will be banned from further competition in the meet in accordance with USA Swimming Rules and Regulations.

Scratch Deadline: Thursday-Saturday prelims scratch deadline is 5:30 PM the day prior to the event.

Entry Information: Swimmers may compete in a maximum of 3 individual events per day. The age of the swimmer will be his/her age on May 15, 2024. The meet director and meet referee reserve the right to separate or combine entries as they see fit.

Entry Fees: \$20.00 per individual event. A \$10.00 per swimmer facility surcharge will be charged. This includes the South Texas Swimming splash fee of \$1.25 per splash. **Refunds will not be given for any reason.**

Entry fees must be postmarked by Monday, May 13. Please only include the meet entry fees report with your check. DO NOT send a copy of the entries you emailed earlier. No paper or phone entries will be accepted.

USA Swimming Athlete Entries: Enter all events with previous best times achieved in long course meters or short course yards. [All teams must submit their entries using the latest version of Hy-Tek Team Manager or Team Unify software.](#) Email entries to the TXLA Meet Entry Chair at txlameetentries@gmail.com When you email entries, also attach a report of the [entries- by swimmer, including their USA ID and proof of times](#). If you don't receive an email confirmation, your entries were not received. Entries will not be accepted thru any other email address.

Make checks payable to: The University of Texas at Austin

Mail to: Longhorn Aquatics
Elite Invite 2024
The University of Texas at Austin
1900 Red River Street, D4050
Austin, TX 78712-0364

Deck Entries: Deck entries will be taken for athletes previously entered in the meet. \$20.00 per event. Deck entries will only be taken to fill open lanes. No new heats will be added. Deck entries close at 9:00 AM each morning.

Time Trials: Time Trials will be held, *time permitting*, after prelims and cost \$40 each. Time Trials are only for swimmers already entered in the meet. A swimmer may swim one-time trial per day and count towards a swimmer's maximum of three events per day. Events may be combined. Event order will be 50 FR, 100's, 200's, 400 FR, 400 IM. Swimmers must provide their own timer/counter. There will be no break between the end of the prelim session and the start of time trials.

Please note: World Aquatics only accepts competition results. Time trials cannot be used to qualify for the World Championships or Games.

Awards: Prize money will be awarded by USA Swimming for each individual Olympic event from the combined 2024 Club Excellence Challenge Series competition results according to the following: 1st Place \$1,500.00, 2nd Place \$1,000.00, 3rd Place \$500.00.

Deck Changing: Deck changes are prohibited.

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.

Deck Access: Only currently registered coaches and officials will be allowed access beyond the front desk of the Texas Swimming Center. Coaches and officials will be required to show their current USA Swimming registration card at the front desk in order to be on deck. Volunteers will be given a pass to access the deck and help for that specific purpose.

Any non-registered individuals not respecting these rules will be removed from that area or from the facility at the discretion of the University of Texas Athletics staff, Meet Director or Texas Swimming Center staff.

Meet Referee:	Herb Schwab	herb.schwab@gmail.com
Admin:	Marc Digby	marc.digby@outlook.com
Meet Director & Entry Chair:	Bridgette Laitala	bridgette.rhoades@austin.utexas.edu

Officials: All attending officials must be registered with USA Swimming, their respective LSCs for 2024 and have a current credentials acknowledged by USA Swimming. Please email the Meet Referee, Herb Schwab, at herb.schwab@gmail.com for appropriate planning purposes. The uniform will be white polo shirts over khaki pants, skirts or shorts. The wearing of name tags is strongly encouraged.

Sanction: Held under the sanction of USA Swimming; this meet has been sanctioned by South Texas Swimming and current USA Swimming rules, including 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 for 2024 with USA Swimming by the meet start date. Athletes who register with USA Swimming after the meet entry deadline may deck enter the meet only if they can present their 2024 USA Swimming registration card or proof of membership using the USA Swimming app. 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.

USA Swimming Registration: All swimmers, coaches, and officials participating in this competition must be currently (2024) registered with USA Swimming. 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 deck enter, 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 website. Current national and LSC regulations do not allow for exceptions to these policies. South Texas Swimming does not allow on-deck USA Swimming registrations.

Liability: In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), The University of Texas, the Lee and Joe Jamail Swimming Center, Longhorn Aquatics, and all meet staff and 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.

Racing Start Proficiency: (Unaccompanied Swimmers) Any swimmer entered in the meet must be certified by a USA swimming member-coach as being proficient in performing a forward racing start or must start each race from within the water and proficient in performing a backstroke start with or without ledges. 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.

Special Needs: A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. Please notify the Texas Swimming Center at 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. The Texas Swimming Center 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. 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.

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 strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race.

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, disbarment from the facility and arrest.

Concealed Carry 30.06: Concealed Carry 30.06: (Campus Carry) Pursuant to Section 30.06, Penal Code (trespass by license holder with a concealed handgun), a person licensed under Subchapter H, Chapter 411, Government Code (handgun licensing law), may not enter this property with a concealed handgun. For more information visit <http://campuscarry.utexas.edu/>.

Pets/Service Animals: Trained service animals or service animals in training with identifiable vests will be allowed. Service animals must remain on leash or in a harness at all times.

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 Events Programs Committee 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 against the presence of the disease. Therefore, if you choose to participate in a 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 RELEASE AND HOLD HARMLESS FROM: USA SWIMMING, SOUTH TEXAS SWIMMING, THE UNIVERSITY OF TEXAS, LONGHORN AQUATICS AND SUBSIDIARIES AND EACH OF THEIR OFFICERS, PARTNERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR

ANY OTHER 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.



FUTURES CHAMPIONSHIPS

2024 TIME STANDARDS

WOMEN		18 & U	MEN	
SCY	LCM		LCM	SCY
23.89	27.39	50 FR	24.59	21.29
51.89	59.29	100 FR	53.59	46.39
1:52.29	2:07.79	200 FR	1:57.79	1:41.59
5:02.59	4:28.79	400/500 FR	4:09.99	4:37.09
10:20.49	9:13.79	800/1000 FR	8:40.69	9:34.29
17:14.39	17:40.19	1500/1650 FR	16:38.99	16:05.49
57.09	1:06.79	100 BK	1:00.59	51.49
2:04.19	2:23.99	200 BK	2:11.89	1:52.79
1:05.49	1:15.99	100 BR	1:08.19	57.99
2:22.69	2:43.39	200 BR	2:29.09	2:07.99
56.59	1:04.69	100 FL	57.99	50.59
2:05.39	2:21.89	200 FL	2:10.19	1:53.69
2:06.39	2:26.19	200 IM	2:12.79	1:53.89
4:30.69	5:07.29	400 IM	4:42.39	4:06.99
x	4:04.29	4x100 FR-R	3:40.89	x
x	8:40.89	4x200 FR-R	8:00.49	x
x	4:33.79	4x100 MED-R	4:05.89	x

WOMEN		19 & O	MEN	
SCY	LCM		LCM	SCY
22.79	26.59	50 FR	23.79	20.39
49.69	57.59	100 FR	51.99	44.39
1:47.39	2:04.29	200 FR	1:54.09	1:38.09
4:48.09	4:21.39	400/500 FR	4:02.79	4:27.69
9:56.79	8:58.69	800/1000 FR	8:23.09	9:13.19
16:32.59	17:11.29	1500/1650 FR	16:05.09	15:34.19
54.49	1:04.39	100 BK	58.19	48.89
1:57.69	2:18.29	200 BK	2:06.99	1:47.09
1:02.79	1:13.29	100 BR	1:05.29	55.29
2:15.49	2:38.29	200 BR	2:22.89	2:00.99
53.99	1:02.39	100 FL	55.99	48.39
1:59.39	2:16.99	200 FL	2:05.09	1:47.89
2:00.59	2:20.99	200 IM	2:08.19	1:48.89
4:15.19	4:57.29	400 IM	4:33.09	3:52.69
X	4:04.29	4x100 FR-R	3:40.89	X
X	8:40.89	4x200 FR-R	8:00.49	X
X	4:33.79	4x100 MED-R	4:05.89	X

Qualifying from June 1, 2023 through Entry Deadline



DOPING CONTROL INFORMATION 2024 Club Excellence Challenge

Please note that doping control may occur at all 2024 Club Excellence Challenge events.

2024 WADA Prohibited List now in effect January 1, 2024-December 31, 2024.

https://www.wada-ama.org/sites/default/files/2023-09/2024list_en_final_22_september_2023.pdf

Per USADA: “Athletes need to be aware of the prohibited status of any medication they are taking, whether it be an over-the-counter or prescription medication. The easiest way to understand your medication is to use USADA’s [Global DRO](#) service, where generic and name brand products, or specific medications, can be searched. Results will yield information including the in- and out-of-competition status, any threshold information, as well as sport specific information for those substances prohibited only in certain sports. Athletes or their support team can also speak to an expert by phone during business hours [8 a.m.-5 p.m. Mountain Time, Monday-Friday] by calling Athlete Express at 719.785.2000.”

Additional valuable resources may be found at these links:

<https://www.usada.org/athletes/antidoping101/>

<https://www.usada.org/athletes/antidoping101/athlete-guide-anti-doping/>

<https://www.usada.org/resources/faq/>

<https://www.globaldro.com/Home>

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 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 Warm-up 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 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 and from the designated end. Swimmers must exit the pool on the opposite end.
 - d. There will be no diving in the general warm-up 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 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 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 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.