The University of Texas at Austin and

LONGHORN AQUATICS
Longhorn Aquatics Elite Invite
May 29-31, 2020

Held under the sanction of USA Swimming

Entry deadline – 5:00 PM CDT, Friday, May 22, 2020
(USA Swimming OME)

Important Meet Facts

Meet Date: May 29-31, 2020

Entries Open: Friday, May 1, 2020

Entries Close: Friday, May 22, 2020

Entry Fees: $20.00 per event. A $5.00 per swimmer facility surcharge will be charged. 6 event maximum.

Foreign Athlete Entry Email: bridgette.rhoades@austin.utexas.edu

Qualifying Times: All events must have a provable 2019 Summer Junior National qualifying times.

Deck Entry Fees: No deck entries will be taken.

Time Trials: Time trials will be offered after prelims if time permits. $40.00 per event.

Parking Info: Please visit the Longhorn Aquatics website as we get closer to the meet for more information.

Address: 1900 Red River Street, Austin TX 78712

Heat Sheets: Heat Sheets will be posted for free on The Longhorn Aquatics website & Meet Mobile.

Meet information & updates can be found at: The Longhorn Aquatics website
Welcome: Longhorn Aquatics invites your team to join us at the Lee and Joe Jamail Texas Swim Center to compete in our Elite Invite. This meet is open to all USA Swimming registered swimmers who meet the qualifying standards. The meet will be conducted in one 50 meter course, using Omega touch pads, Daktronics Timing System and Hy-Tek Meet Manager software.

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 meet competition course has been certified in accordance with 104.2.2C(4).

The Swim Center is located on the University of Texas Campus, 1900 Red River Street, one block west of I-35 on the northwest corner of the intersection of Martin Luther King Boulevard and Red River Street.

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.

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.

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.

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.

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 swimmers must be registered as athletes for 2020 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 2020 USA Swimming registration 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). 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 (2020) 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 Deck Pass app 3) or a coach may present the club's official, watermarked roster from the USA Swimming club portal. Current national and LSC regulations do not allow for exceptions to these policies. South Texas Swimming does not allow on-deck USA Swimming registrations.

Coaches Meeting: If the meet director and meet referee find it necessary to have a coaches meeting an announcement will be made stating the time and meeting place during warm-ups.

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Session</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>Pre Meet</td>
<td>7:00-9:00 PM</td>
</tr>
<tr>
<td>Friday-Sunday</td>
<td>Prelims</td>
<td>8:00-9:20 AM Start: 9:30 AM</td>
</tr>
<tr>
<td>Friday-Sunday</td>
<td>Finals</td>
<td>4:00-5:20 PM Start: 5:30 PM</td>
</tr>
</tbody>
</table>

Qualifying Times: Athletes must meet the 2019 Summer Junior National Qualifying times for all events to participate. Times must have been earned since May 29, 2018.

Time Trials: Time trials will be offered after prelims if time permits. $40.00 per event.

Deck Entries: No deck entries will be taken.

Awards: No awards will be given out.

Entry Information: Swimmers may enter a maximum of 3 individual events per day and a maximum of 6 individual events for the meet. Only LCM qualifying times will be accepted. The age of the swimmer will be his/her age on May 29, 2020. 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 $5.00 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.

USA Swimming Athlete Entries: All entries will be done through USA Swimming’s online meet entry (OME) at www.usaswimming/OME. OME saves your entries and you can complete your entries in more than one sitting, but once you check out, you cannot delete an entry (however, you can add additional entries until the entry deadline).

Entries will open in OME on May 1, 2020. You are not entered in the meet until you have checked out and paid for your entries in OME. OME accepts Visa, MasterCard, American Express, and Discover.

If you have trouble using OME, please contact USA Swimming at mmcnichols@usaswimming.org. If you have an entry question, please contact Bridgette Laitala at bridgette.rhoades@austin.utexas.edu.
Make checks payable to: The University of Texas at Austin 
Mail to: Longhorn Aquatics 
2020 Elite Invite 
University of Texas at Austin 
1900 Red River Street, D4050 
Austin, TX  78712-036

Meet Format: This is a prelim/final meet. The 800/1500 free are timed finals. On Sunday, the fastest heat of women and men electing to swim the 800/1500 at night will swim during finals. All other prelim/final events will have three heats in finals swimming slowest to fast. During prelims, the 800/1500 freestyle will swim at the end of the prelim session. All preliminary events will be run slowest to fastest with the fastest three heats circle seeded. Both prelim and final sessions will utilize one start end (the Flag End of the pool), all of the women’s' heats will be swum first, followed by all of the men’ heats.

The Meet Director and Meet Referee reserve the right to change the pool configuration for prelims and/or finals. Any changes will be discussed at the coaches meeting.

Scratch Rule: There is no penalty for failing to compete in a preliminary or timed final 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 and seven-event/meet limit. A swimmer qualifying for an A, B, or C Final who fails to compete shall be barred from the remainder of the meet, unless excused by the Meet Referee.

Any scratches for prelims or finals will be done with the Administrative Official at the Console Table.

Distance Event/Positive Check-in: Positive check-in is required for the 800/1500 Free. Swimmers in the 800/1500 on Sunday must also indicate if they intend to swim in prelims or finals. Check-in deadline is by 5:30 PM on Saturday. Swimmers that check-in and fail to swim will be fined $100. Fines are payable to the University of Texas at Austin. Teams and/or swimmers will be barred from competition at the Swim Center until fines are paid.

Meet Referee: Herb Schwab  Herb.Schwab@gmail.com
Admin. Official: Rick Allenstein rallenstein@hotmail.com
Head Coach: Mike Laitala mike.laitala@austin.utexas.edu
Meet Director & Entry Chair: Bridgette Laitala  bridgette.rhoades@austin.utexas.edu

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 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.

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.

Officials: All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and their respective LSCs for 2020 and have a current Background
Check acknowledged by USA Swimming. Please email the Meet Referee, Herb Schwab, at Herb.Schwab@gmail.com, with your certification level and availability so he can plan accordingly. The uniform will be white polo shirts over khaki pants, skirts or shorts. Please report to the Meet Referee at least 45 minutes prior to the scheduled start time of the session for the officials’ briefing and to receive your assignments. The wearing of name tags is strongly encouraged.

**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 Meet Director, Longhorn Aquatics Program Director or Texas Swimming Center staff.

**Concealed Carry 30.06:** 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.

**Parking:** The University of Texas requires a UT permit for parking along Trinity and San Jacinto. Please visit the Longhorn Aquatics website as we get closer to the meet for more information.

**Results:** Results can be found on Meet Mobile or on the Longhorn Aquatics Live Results link.

**Deck Changing:** Deck changes are prohibited.

**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.

---

Order of Events
**Friday, May 29, 2020**

<table>
<thead>
<tr>
<th>Event #</th>
<th>Event</th>
<th>Event #</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>200 Freestyle</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>100 Breaststroke</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>100 Butterfly</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>400 IM</td>
<td>8</td>
</tr>
</tbody>
</table>

**Saturday, May 30, 2020**

<table>
<thead>
<tr>
<th>Event #</th>
<th>Event</th>
<th>Event #</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>200 Butterfly</td>
<td>10</td>
</tr>
<tr>
<td>11</td>
<td>50 Freestyle</td>
<td>12</td>
</tr>
<tr>
<td>13</td>
<td>200 Breaststroke</td>
<td>14</td>
</tr>
<tr>
<td>15</td>
<td>100 Backstroke</td>
<td>16</td>
</tr>
<tr>
<td>17</td>
<td>400 Freestyle</td>
<td>18</td>
</tr>
</tbody>
</table>

**Sunday, May 31, 2020**

<table>
<thead>
<tr>
<th>Event #</th>
<th>Event</th>
<th>Event #</th>
</tr>
</thead>
<tbody>
<tr>
<td>19</td>
<td>100 Freestyle</td>
<td>20</td>
</tr>
<tr>
<td>21</td>
<td>800 Freestyle*</td>
<td>22</td>
</tr>
<tr>
<td>23</td>
<td>200 Backstroke</td>
<td>24</td>
</tr>
<tr>
<td>25</td>
<td>1500 Freestyle*</td>
<td>26</td>
</tr>
<tr>
<td>27</td>
<td>200 IM</td>
<td>28</td>
</tr>
</tbody>
</table>

*Will swim at the END of prelims & must provide own timer/counter for prelims.*
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 only from 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

<table>
<thead>
<tr>
<th>LANE USE</th>
<th>POOL</th>
<th>PUSH/PACE</th>
<th>DIVES/SPRINTS</th>
<th>GENERAL WARMUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Lanes</td>
<td>1 and 8</td>
<td>2 and 7</td>
<td>3 through 6</td>
<td></td>
</tr>
<tr>
<td>6 Lanes</td>
<td>1 and 6</td>
<td>2 and 5</td>
<td>3 and 4</td>
<td></td>
</tr>
</tbody>
</table>

   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 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.

STSI Safety Guidelines and Warm-up Procedures last Revised 10/9/2016