

2025 Speedo Southern Zone Long Course Sectional Championships & Time Trials

Hosted by LONGHORN AQUATICS
July 10-13, 2025

Entry deadline – NOON CDT, Monday, July 7, 2025
(USA Swimming OME)

Welcome: Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center to compete in the Speedo Southern Zone Long Course Sectional Championships. This meet is open to all qualifying USA Swimming registered members of Texas or Louisiana. No teams or athletes outside those LSC's are permitted.

Eligibility: Swimmers must be a 2025 registered athlete with USA Swimming by the entry deadline. Qualifiers must also be a registered member of Texas or Louisiana LSC's. The swimmer's age will be his/her age on July 10, 2025.

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.

General Meeting: Coaches and swimmers must be represented at a pre-meet general meeting held on Wednesday, July 9, 2025, at 5:00 PM. The meeting will be held on deck. Any possible changes in the conduct of the meet will be decided at this meeting. It is each coach's responsibility to be aware of any decisions or changes that are made at this meeting and the information in this meet information.

Entry Deadline: NOON CDT Monday, July 7, 2025. OME will automatically close at that time.

Surcharge: \$25.00 per athlete

Entry Fees: \$20.00 per individual event, \$40 per relay

Time Trials: \$30.00 per individual event (on deck, credit card only)

Deck Entries: Deck entries will not be accepted. All entries must be submitted through OME by the entry deadline.

Meet Format: This is a prelim/finals long course meters meet. Sessions will swim in one long course meters pool. 5 finals heats (A, B, C, D & E) for 200-meter events and shorter. The E final will be reserved for athletes 18 and younger. 400-meter events will have 4 finals heats (A, B, C & D). The D final will be reserved for athletes 18 and younger. The 800 Free, 1500 Free and all relays will be timed finals. The Meet Director and Meet Referee reserve the right to modify the operations of the meet. Order of seeding will be LCM, SCY, LCM-B, SCY-B.

The fastest heat of the 800/1500 will swim with finals. Swimmers entered in the 800/1500 Free may indicate their preference to swim in the Prelims session by the scratch deadline for that event. The top eight swimmers who do not declare their preference to swim in Prelims will swim in the Finals Session. All other heats of the 800/1500 Free will swim fastest to slowest, alternating women/men, following prelims. The 800 and 1500 Free will follow the scratch protocol of the rest of the meet. Swimmers must provide their own timer/counter for the 800/1500 in prelims.

Order of Events

All events will swim in LCM

<u>Women's Events</u>	<u>Thursday</u>	<u>July 10, 2025</u>	<u>Men's Events</u>
1	100-Meter	Freestyle	2
3	200-Meter	Breaststroke	4
5	200-Meter	Butterfly	6
7	800-meter (A)	Freestyle	8
	<u>Friday</u>	<u>July 11, 2025</u>	
9	100-Meter	Backstroke	10
11	200-Meter	Freestyle	12
13	400-Meter	Individual Medley	14
15	400-Meter (B)	Freestyle Relay	16
	<u>Saturday</u>	<u>July 12, 2025</u>	
17	200-Meter	Backstroke	18
19	400-Meter	Freestyle	20
21	100-Meter	Breaststroke	22
23	100-Meter	Butterfly	24
25	800-Meter (B)	Freestyle relay	26
	<u>Sunday (*)</u>	<u>July 13, 2025</u>	
27	200-Meter	Individual Medley	28
29	1500 Meter (A)	Freestyle	30
31	50-Meter	Freestyle	32
33	400-Meter (B)	Medley Relay	34

***Sunday events will swim in numerical order for *finals*.**

(A) The 800/1500 Freestyle will be conducted as timed finals. The fastest heat of women and the fastest heat of men will swim in finals in event number order. All other heats will be swum at the end of preliminaries, alternating women's, and men's heats, fastest to slowest.

(B) These relay events will be conducted as timed finals with the two fastest heats of women and the two fastest heats of men swum at the end of finals. All other heats will be swum at the conclusion of prelims fastest to slowest, alternating fastest women/fastest men.

Meet & Pool Schedule:

Wednesday	Pre-Meet Warm Up:	5:30-8:30 PM		
	General Meeting:	5:00 PM on deck		
	Scratches for Thursday:	15 minutes after the General Meeting concludes		
Thursday-Sunday	Prelims Warm Up:	7:30-8:50 AM	Start:	9:00 AM
Thursday-Sunday	Finals Warm Up:	4:00-5:20 PM	Start:	5:30 PM
Scratches Friday-Sunday: 5:30 PM each evening for events on the following day.				

Entries: Swimmers may enter as many events as they are qualified to swim, but they may only compete in 7 individual events during the entire meet with no more than 3 individual events during any one day, plus 1 relay per day. If you enter more than 7 events, you must scratch the events you will not swim. See “Scratch Deadline” below.

Entries for Sectionals must be completed in USA Swimming's online meet entry (OME) system – www.usaswimming.org/OME. Entries will open in OME on June 1, 2025. You are not entered in the meet until you have checked out and paid for your entries in OME. OME saves your entries, and you can complete your entries in more than one sitting. Once checked out, you cannot delete an entry (but you can add additional entries until the entry deadline). OME accepts Visa, MasterCard, American Express, and Discover. **Coaches must register in OME to receive a deck pass.**

If you have **trouble with OME**, please contact USA Swimming: ktrace@usaswimming.org

If you have an **entry question**, please contact Bridgette Laitala: bridgette.rhoades@austin.utexas.edu

Proof of Times/Qualifying Times: OME will automatically provide proof of time. If you override a time in OME, you will be required to provide proof of time. Qualifying times are 2025 Texas Senior Circuit Sectional time standards. All swimmers must meet the 2025 Sectional time standards and must have achieved those times within two (2) years of the entry deadline (dating back to July 10, 2023). Events may be qualified for by meeting yards or meters times. Athletes entered in at least one individual event may swim up to two bonus events, provided they meet the Texas Senior Circuit *Bonus* time standards.

Prelims: All prelim events will swim fastest to slowest, with the first 3 heats circle seeded. In prelims the 400 IM & 400 Free will swim the first 2 fastest circle seeded heats of women, the first two fastest circle seeded heats of men, then alternating heats of women/men, fast to slow. Prelims sessions will be seeded the evening before. Individual events in prelims will be conducted using both ends of the 50-meter pool – odd heats start at the Non-Flag end, even heats start at the Flag end. All 50's will start at the Non-Flag end. Depending upon the size of the meet, we reserve the right to run events from only one end of the pool. Chase starts may be used at the discretion of the meet referee.

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 from finals. Any qualified swimmer in the event may be moved into finals due to scratches. Therefore, all swimmers who will not be present at finals must scratch to avoid a suspension from the meet.

Thirty minutes after the announcement, no further scratches will be accepted. The existing scratches will be tabulated, and the finalists and two alternates will be set. Only those finalists at that point will be subject to a penalty.

Any finalist who fails to compete at finals, consolation finals, or any other bonus final heat, 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. On Sunday, any finalist that fails to compete at finals, consolation finals or any other bonus

final heat will be fined \$50.00, and that swimmer's team will be barred from further competition for the remainder of the meet, and any future Sectional Championships, until that fine is paid.

Relays: Relays are timed finals events. Teams are limited to 2 relays per event, per gender. Relay only swimmers are not permitted. Relay swimmers must be qualified to swim and entered in an individual event. The fastest two heats of relays will swim in finals. All remaining heats will swim at the end of prelims fastest to slowest, alternating women/men heats. Relays may indicate their preference to swim in the Prelims session by the scratch deadline for that event. There will be a 10-minute break before all relay events.

RELAY CARDS ARE DUE BY 5:30 PM THE DAY PRIOR. No deck entered relays will be allowed.

Scratch Deadlines: Friday-Sunday prelims deadline: 5:30 PM, day prior to the event. For Thursday prelims, the scratch box closes 15 minutes after the conclusion of the General Meeting on Wednesday. **Swimmers must scratch any event that they will not swim the next day. After heats have been seeded, any swimmer who fails to compete in a prelims event in which they have been entered and have not scratched, will be barred from further individual and relay events that day.** Additionally, that swimmer will not be seeded in any event on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for the succeeding day's events.

Time Trials: Time Trials will be held, *time permitting*, between prelims and finals on Friday and Saturday. **Time Trials are only for swimmers already entered in the meet.** Time Trial entries will be on deck. There will be no time trials on Thursday or Sunday. The entry fee is \$30 per event- credit card ONLY. A swimmer may swim one-time trial per day, and it will count towards a swimmer's maximum events per day. Relay events will not be offered. The 800/1500 Free will only be offered for Time Trial on Friday. Time Trials events will be combined gender. Event order will be 50 FR, 100's, 200's, 400 FR, 400 IM, Distance events. Swimmers must provide their own timer/counter for Time Trials. There will be no break between the end of the prelim session and the start of time trials.

Scoring: The top 16 places will score. Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Awards: Individual events 1st-8th Medals, Relay events 1st-3rd Medals

The top 10 teams will be announced at the conclusion of the meet. There will be no award ceremony.

Awards may be picked up at the Front Desk on Sunday following the last event of Finals.

Meet Referee: Steve Mandacina smandacina@sbcglobal.net
Admin Referee: Monica Thomason monica.thomason@gmail.com
Meet Director & Entry Chair: Bridgette Laitala bridgette.rhoades@austin.utexas.edu

Officials: All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck and administrative officials must be current members in good standing with USA Swimming and their local LSC. Officials are asked to please fill out an application to officiate. Please email the Meet Referee (smandacina@sbcglobal.net) if you have any questions. All officials must attend a mandatory meeting one hour before each session. The uniform for all preliminary sessions will be a white polo shirt over khaki shorts/pants/skirt, as appropriate. Finals uniform will be a colored (TBA) polo shirt over khaki pants/skirt (NO shorts), as appropriate. Officials should prominently display their meet credential while on deck. The wearing of name tags is encouraged.

Official Certification: This meet has been approved as an Officials Qualifying Meet. Officials interested in being evaluated must submit their completed application to the Meet Referee by June 9, 2025. The following evaluations will be available: N2 and N3 for Stroke and Turn; N2 and N3 Initial and Final for Admin, Chief Judge, Starter, and Deck Referee.

Deck Changing: Deck changes are prohibited.

Spectator Information: Spectators may view the meet from the stands. Spectator tickets will be available for \$25 all session pass, or \$5 per session. Children 17 years old and younger are free. All ticket purchases must be made through the Ticket Spicket app. Spectators will be allowed into the building 1 hour prior to the start 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 the pool deck. Children must be supervised.

Deck Access: All coaches, officials, volunteers, and participating athletes will be issued credential tags. Only people with credential tags will be allowed access to the deck. **Coaches must register in OME for a deck pass. Coach credentials will be \$25 when checked out in OME. They are \$50 if purchased at the meet.**

Coaches may pick up their team's credential tags on Wednesday, July 9 at Clerk of Course, located on deck, between 4:00 PM- 6:00 PM. Credential tags not picked up between these times will be available at the front desk of the TSC. Replacement credential tags will be available at a cost of \$100.

Deck passes are only available for coaches. Deck passes will be limited based on a Team's number of swimmers entered in individual events. Teams with 1 – 3 swimmers will be allowed 1 deck pass; 4 – 6 swimmers 2 deck passes, 7 – 9 swimmers 3 deck passes, 10 – 20 swimmers 4 deck passes, 21-30 swimmers 5 deck passes, 31-40 swimmers 6 deck passes, 41-50 swimmers 7 deck passes. Teams with 51 + swimmers 9 deck passes. Those needing additional deck passes will cost \$25 per additional credential and must be cleared with the Meet Director. All coaches must present their 2025 USA Swimming card at registration.

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

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.

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

Sanction: This meet has been sanctioned by South Texas Swimming and current USA Swimming rules, including the 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 in good standing with USA Swimming as of the meet date(s). Athletes who register with USA Swimming and/or South Texas Swimming after the meet entry deadline may not enter the meet only if they can present their current USA Swimming membership card using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app). Athletes who fail to meet this requirement will not

be allowed to compete. 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 current USA Swimming members in good standing as of the meet date(s). 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 membership card using the USA Swimming app as proof of their membership 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 using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app). Current national and LSC regulations do not allow for exceptions to these policies.

Cell Phone Restrictions: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.

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. All unaccompanied swimmers will be temporarily assigned to a registered USA Swimming coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule 202.5.3. The Meet Director or Meet Referee may assist the swimmer in arrangements for such supervision, but it is the swimmer's responsibility to make sure arrangements prior to the start of 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 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.

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 Programs and Events Committee Chair or designee.

Athlete Necessary Accommodations: Coaches entering swimmers with disabilities that require any accommodations or modifications, including the need for personal assistants and/or registered service animals, must provide advance written notice, accompanying their meet entry file, to the Entry Chair or Meet Director and Meet Referee by the entry deadline. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. Failure to provide advance notice may limit the meet host's ability to accommodate all requests. The suggested form can be downloaded [here](#). In any meet that may include one or more swimmers with visual, hearing, cognitive, or physical disabilities, the judging of such competitors shall be in accordance with the current USA Swimming Rules and Regulations, including Article 105.