

GULF April Open Invitational Meet - Revised

April 15-17, 2016

A Long Course Meters Timed Finals Meet

HOSTED BY

The Woodlands Swim Team



Sanction Number # GULC 16-002R1

ENTRIES DUE TO HOST (Entry Chair Email) BY 6:00 PM, TUESDAY, APRIL 5, 2016

LOCATION: CISD Natatorium, 19133 David Memorial Drive, Shenandoah, Texas 77385

DIRECTIONS: **From I-45 Northbound:** Exit College Park Dr. (exit 79A). Proceed north on the frontage road and turn right (east) on Ed English Drive (at Discount Tire Co.). Proceed to David Memorial Drive and turn right (south), the Natatorium will be on your left, adjacent to the football stadium. **From I-45 Southbound:** exit Tamina (exit 77). At the intersection of I-45 and Research Forest/Tamina, turn left (east) onto Tamina Road and travel to first stop light. At the stop light turn left (north) onto David Memorial Drive (behind Home Depot), the Natatorium will be on your right.

SPECIAL INSTRUCTIONS:

MEET STAFF:

MEET REFEREE:	Claude Humbert Email: claude_humbert@sbcglobal.net
ADMIN OFFICIAL:	Lynda Davies, Email: lyndadavieseft@gmail.com
MEET DIRECTOR(S):	Monica Lopez, Email: monlopez@comcast.net , Phone: 832-515-0407
SAFETY MARSHAL:	Kathy Dillard
COACH(ES):	Tim Bauer

POOL: One eight lane, 50 meter indoor pool with non-turbulent lane lines will be used for warm-up and competition. A separate warm-up / warm-down area will be made available during the competition.

TIME AND DATE: This is seven session, 2 ½ day, timed-finals meet with a PM session on Friday, AM/ Mid-day/PM sessions on Saturday and Sunday.

Session 1: Friday PM—April 15, 2016

Age Groups: 11 & Over girls and boys

Warm-up*: 4:30-5:45 pm / Meet Start: 6:00 pm



GULF SWIMMING

Session 2: Saturday AM – April 16, 2016
Age Groups: 13 & Over girls and boys
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 3: Saturday Mid-day – April 16, 2016
Age Groups: 11 & Over boys
Warm-up: Immediately upon the completion of the AM session.
Meet Start: Approximately 30 mins after the conclusion of the AM session.

Session 4: Saturday PM – April 16, 2016
Age Groups: 12 & Under girls and boys
Warm-up*: Immediately upon the completion of the Mid-day session.
Meet Start: Approximately 1 hour after the conclusion of the Mid-day session.

Session 5: Sunday AM – April 17, 2016
Age Groups: 13 & Over girls and boys
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 6: Sunday Mid-day – April 17, 2016
Age Groups: 11 & Over girls
Warm-up: Immediately upon the completion of the AM session.
Meet Start: Approximately 30 mins after the conclusion of the AM session.

Session 7: Sunday PM – April 17, 2016
Age Groups: 12 & Under girls and boys
Warm-up*: Immediately upon the completion of the AM session.
Meet Start: Approximately 1 hour after the conclusion of the PM session.

*Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website. Lane assignments for warm-ups and timing will be designated in the heat sheet, and posted on the Gulf Swimming website by Monday, April 11, 2016.

MEET TYPE:

This meet will be run utilizing chase start procedures unless a waiver is received from the Technical Planning Committee Chair.

100 and 200 meter events will be run utilizing chase starts alternating odd and even heats. All girls' heats will be swum first utilizing both ends of the pool followed by the boys' heats utilizing both ends of the pool. Odd heats will start at the West (scoreboard) end of the pool and even heats will start at the East (bulkhead) end of the pool.

All 400 meter and over events will be swum fastest to slowest using chase starts, alternating girls and boys heats. Girls' heats will start at the West (scoreboard) end of the pool and the boys' heats will start at the East (bulkhead) end of the pool.

All 50's will start at the East (bulkhead) end of the pool.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures



GULF SWIMMING

SEEDING: The meet will be deck seeded. Coaches, please inform your swimmers of seeding on deck rules. Once the check-in period closes at 45 min. BEFORE the session begins, all events will be seeded. All events will be seeded with heats in the order of fastest to slowest.

ON-DECK ENTRIES: Late entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the 6:00 pm, Tuesday, April 5, 2016 deadline may enter the meet on-deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry. Swimmers not already entered in the meet must also pay the swimmer surcharge fee.
2. Swimmers must supply completed entry forms. The swimmers will be seeded into open lanes in the pre-seeded events and according to their best times in deck seeded events.
3. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
4. Swimmers must be qualified to swim the event entered.
5. Swimmers must not exceed the allotted number of events allowed each day.
6. Swimmers that on-deck enter to change their entry time in a deck seeded event,
 - a. must circle-in on the posted circle-in sheets,
 - b. the on-deck entry time will be used for seeding, and
 - c. the on-deck entry fees still apply to these swimmers.
7. Heats will be added, if necessary and if the timeline permits.

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y), short course meters (S), or long course meters (L). Do not convert meter (yard) times to yard (meter) times. If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested. Times must be from USA Swimming meets.

Cut-off Times: None

Qualifying Times: None

Age: As of April 15, 2016

Number of Events: Swimmers may compete in up to three (3) individual events per day.

Entries: All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.

Deadline: Entries must be in the hands of the meet host no later than **6:00 PM, TUESDAY, APRIL 5, 2016**. No late entries will be accepted.

Eligible Teams: DADS, ESA, NEHA, PLAT, SSAN, STA, TWST and VSST. Only swimmers attached to a registered Gulf Swimming team, swimmers in the documented process of transferring to a Gulf Swimming team may participate in this invitational meet.



GULF SWIMMING

Individual Event Entry Fee (per event): \$6.00
Swimmer Surcharge Fee (per swimmer): \$6.50 for 8 x 50M pool with 1 or more Warm-up / Warm-down lanes + chase starts.
Make entry fee checks payable to: The Woodlands Swim Team

Mail entry fees **(POSTMARKED BY FRIDAY, APRIL 8, 2016)** to the address below:

Yan Liu
62 South Dove Trace Circle
The Woodlands, TX 77382

Phone: 281-797-0181
Email: YXL7@yahoo.com

AWARDS: Individual events: Ribbons 1st-8th place

SCORING: Individual Events: 9-7-6-5-4-3-2-1
All 11&Over events will be swum combined but scored separately as 11-12, 13-14 and 15&Over.
All 13&Over events will be swum combined but scored separately as 13-14 and 15&Over.
All 12 & Under events will be swum combined but scored separately as 10 & under and 11-12.0

800 FREE: The 800 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large. Swimmers will swim on the right-hand side of the lane with respect to their start end. 11-12 swimmers must have an A time in the 400/500 free to enter this event.

RULES AND SANCTIONS:

The current USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On deck USA Swimming membership registration will not be permitted. Gulf Swimming teams assigned by the Technical Planning Chairman may only participate in this invitational meet.

The Gulf Swimming three (3) event rule and up/down rule do not apply.

POOL MEASUREMENT:

The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct.

The water depth of the competition course is 7 feet measured from 1 meter to 5 meters on the starting end of the course, and 7 feet measured from 1 meter to 5



GULF SWIMMING

meters on the turning end of the course.

TIMING SYSTEM: Daktronics Model 2000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the psych sheet. Swimmers in the 400 Free, 800 Free and 400 IM must provide 2 timers and a lap counter where applicable.

POOL DECK RESTRICTION: Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive complimentary Heat Sheets and for admission to the Hospitality Room. Coaches must supervise their swimmers.

Please see attached "Rules, Regulation, Prohibitions, and Deck Access" of the CISD Natatorium. **All meet entries must be accompanied by a signed copy of CISD's "Healthy Swimming Policy".**

DECK CHANGES: Deck Changes are prohibited. Deck Change definition – "changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes".

AUDIO/VIDEO RECORDING DEVICES: Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

UNACCOMPANIED SWIMMERS: Any swimmers 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. 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.

SWIMMERS WITH DISABILITIES: Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).

HOSPITALITY: A hospitality room will be available.



GULF SWIMMING

- MEET RESULTS:** Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org), within three days after the conclusion of the meet. Unofficial real time results will be available on MEET MOBILE.
- CONCESSIONS:** A concession stand will be open during the meet in the lobby on the second level.
- MERCHANDISE:** Swim Shops of the Southwest is located in the lobby and will be open during the meet to sell swim apparel and swim gear.
- FACILITY RULES:** Reserving seats between or during sessions is not allowed. Chairs and inflatable mattresses are not allowed. Certain items such as coolers and stadium seat are restricted - please see attached "The CISD Natatorium Rules, Regulation, Prohibitions, and Deck Access" attachment for specific information.
- ATTACHMENTS:** Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form
The CISD Natatorium Rules, Regulation, Prohibitions, and Deck Access



GULF SWIMMING

GULF April Open Invitational Meet

April 15-17, 2016

A Long Course Yards Timed Finals Meet

HOSTED BY

The Woodlands Swim Team

Entry Rules:

Type of meet	Timed Finals
Max # individual events per day	Three (3)
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	SCY, SCM, LCM
Qualifying times	11-12 must have A time standard in 400/500 free to enter the 800 free
Cut-off times	None
Enter with no time?	Yes
Gulf "three event rule" applies?	Does not apply
Gulf "up/down rule" applies?	Does not apply
Fees	Individual – \$6.00 Facility Surcharge – \$6.50 per swimmer

Girls Event#	Friday PM—April 15, 2016			Boys Event#
	Event Name			
1	11 & Over	200	I.M.	2
3	11 & Over	400	Free*	4

All events will be seeded fastest to slowest.

*The 400 free will be swum alternating girls and boys heats. Swimmers must provide their own timers. All 11 & Over events will be swum combined but scored separately as 11-12, 13-14 and 15 & Over.



GULF SWIMMING

Girls Event#	Saturday AM – April 16, 2016			Boys Event#
	Event Name			
5	13 & Over	100	Back	6
7	13 & Over	200	Breast	8
9	13 & Over	100	Free	10
11	13 & Over	100	Fly	12
13	13 & Over	400	I.M.**	--

Saturday Mid-day – April 16, 2016				Boys Event#
	Event Name			
--	11 & Over	800	Free***	16

Girls Event#	Saturday PM – April 16, 2016			Boys Event#
	Event Name			
17	11-12	200	Back	18
19	10 & Under	100	Back	20
21	12 & Under	50	Breast	22
23	12 & Under	100	Free	24
25	12 & Under	50	Fly	26
27	11-12	200	Fly	28
29	10 & Under	200	I.M.	30
31	11-12	100	Back	32

All events will be seeded fastest to slowest.

**Swimmers must provide their own timers for the 400 IM.

***The 800 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large.

Swimmers will swim on the right-hand side of the lane with respect to their start end. Swimmers must provide their own timers and lap counters for the 800 free.

All 11 & Over events will be swum combined but scored separately as 11-12, 13-14 and 15 & Over.

All 13 & Over events will be swum combined but scored separately as 13-14 and 15 & Over.

All 12 & Under events will be swum combined but scored separately as 10 & Under and 11-12.



GULF SWIMMING

Girls Event#	Sunday AM – April 17, 2016			Boys Event#
	Event Name			
33	13 & Over	100	Breast	34
35	13 & Over	50	Free	36
37	13 & Over	200	Fly	38
39	13 & Over	200	Back	40
41	13 & Over	200	Free	42
--	13 & Over	400	I.M.**	44

Girls Event#	Sunday Mid-day – April 17, 2016			Boys Event#
	Event Name			
45	11 & Over	800	Free***	

Girls Event#	Sunday PM – April 17, 2016			Boys Event#
	Event Name			
47	11-12	200	Breast	48
49	10 & Under	100	Breast	50
51	12&Under	50	Free	52
53	12&Under	100	Fly	54
55	12&Under	50	Back	56
57	12&Under	200	Free	58
59	11-12	100	Breast	60
61	10 & Under	400	Free*	62

All events will be seeded fastest to slowest.

*The 400 free will be swum alternating girls and boys heats. Swimmers must provide their own timers.

**Swimmers must provide their own timers for the 400 IM.

***The 800 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large.

Swimmers will swim on the right-hand side of the lane with respect to their start end. Swimmers must provide their own timers and lap counters for the 800 free.

All 11 & Over events will be swum combined but scored separately as 11-12, 13-14 and 15 & Over.

All 13 & Over events will be swum combined but scored separately as 13-14 and 15 & Over.

All 12 & Under events will be swum combined but scored separately as 10 & Under and 11-12.



GULF SWIMMING

GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES

WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 2. Lanes are **ONE WAY ONLY**.

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.



GULF SWIMMING

ENTRY VERIFICATION

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

Signature

Title

Date



GULF SWIMMING

The CISD Natatorium

Rules, Regulation, Prohibitions, and Deck Access

- Security personnel are empowered to enforce any and all regulations that have been established by CISD Natatorium Policy.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the grandstand.
- Participants in bathing suits are not allowed to be in the grandstand, climb over banister / railings, or pass any posted barriers.
- Lawn chairs are not allowed in the CISD Natatorium seating area.
- Participants and spectators are not allowed to use other areas of the CISD Natatorium complex during this event without purchasing a pass at the Services Desk located in the facility lobby.
- Each competing team is permitted one temporary banner, placed at the discretion of the Aquatic Director. Team banners must not exceed 5' by 8'. No handmade signage is allowed.
- Absolutely no tobacco, alcohol products, or glass containers are allowed anywhere on Conroe School District property. This applies to the parking lot.
- Coolers are allowed, provided they do not contain glass items.
- No chewing gum, food or color based drinks will be allowed on the pool deck, water only.
- Betting and gambling is strictly prohibited.
- Shaving is not permitted anywhere within the entire CISD Natatorium Complex.
- Teams are expected to police their respective areas at the conclusion of the competition.
- Running or any other sort of activity that might be interpreted or described as “horseplay” is prohibited throughout the entire CISD Natatorium Complex.
- Diving equipment such as trampoline, spotting rigs, dry-board apparatus, and Hot Tubs are not to be used.
- The use of flash cameras at the start of any race is prohibited.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for nonemergency is prohibited.
- All participants must follow the CDC “*Healthy swimming policy*” and shower before warm-up, no exception.

Access to the deck of the CISD Natatorium is restricted by pass to the following:

- Athletes from competing teams
- Administrative support personnel
- Coaches of competing teams
- Facility/District Staff
- Officials
- Marshals
- Timing System operators
- Security personnel
- Computer systems operators
- Lifeguards
- Lane timers
- Service and supply vendors
- Credentialed media personnel
- Hospitality personnel
- Medical support personnel
- Other personnel on a case-by-case basis at the discretion of the Meet Coordinator, the Meet Director, or the Meet Referee.

CISD is committed to the health and safety of all patrons. *The CISD Natatorium* utilizes advanced training and technology and has adopted the Centers for Disease Controls (CDC) “*Healthy Swimming Policy*”. This policy protects our patrons and spectators from poor air or water quality hazards typical with indoor-swimming pools caused by microorganisms and chloramines. The cornerstone of this policy is based on guidelines which mandate safe practices such as requiring all participants to shower before entering the CISD Natatorium.

“*Healthy Swimming Policy*”
Acknowledgement Form
Receipt Form

Organization: _____

Representative Name and Title: _____

By my signature below I agree, on behalf of my organization that:

- I have received a copy of both the “*Healthy Swimming Policy*” and the CISD Natatorium General Operating Procedures. I understand the responsibility for ensuring that all members of the organization and their guests comply with these rules. I understand that additional copies are available in the office of The Natatorium Coordinator, clerk at the front desk, or at the Facility Manager’s office at the CISD Administration Building.

- I affirm that all required staff members of my organization have current CPR/First Aid certifications and specific training or liability certification requirements needed by the organization’s national governing body.

- I understand that the District may from time to time modify its policies and I agree to abide by those changes.

Head Coach Signature

Date