



**PLAT/KATY/RICE IMX Meet  
A LONG COURSE TIMED FINALS MEET**

**Hosted by Platinum & Katy Aquatics  
Saturday April 23<sup>rd</sup>, 2016  
SANCTION # GULC 16-012**

**LOCATION:** FBISD Aquatic Practice Facility  
16701 Bissonnet Street  
Houston, TX 77083

**COACHES:** Executive Director: Travis Sandifer & Greg Spano  
Coaches: Andrew Korda & Justin Brosseau

**DIRECTIONS:** From Hwy 6, take Bissonnet to the West. Facility is on the left at Clodine Road Intersection. From Westpark Tollway, take Clodine Road to the South. Follow Clodine Road to the left at the Orchid Ln/Clodine intersection. Turn left on to Bissonnet. Facility is on the right.

**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. **There is absolutely NO FOOD allowed on the pool deck. Violators of this rule will be asked to take their food outside.**

**TIME AND DATE:** This is a timed-finals meet.

**Saturday, April 23rd:**

**AM Sessions:** Warm-ups 7:30-8:45am, Meet Starts at 9:00am.

**PM Sessions:** Warm-ups will begin 1.5 hours after the conclusion of the AM Session. PM Session will begin approximately 2.5 hours after the conclusion of the AM Session.

Lane assignments for warm-ups and timing will be designated in the psych sheet, and posted on host teams' respective websites by Wednesday, April 20<sup>th</sup> 2016.

**MEET TYPE:** This meet will be run using the "Flyover Start" procedures unless a waiver is received from the Technical Planning Committee Chairman. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the "Flyover Start" procedures. The 400 Free and 400 IM will be run using "Chase Start" procedures if the amount of entries in these events are unusually large.

**MEET REFEREE:** David A. Brown      [david-a-brown@comcast.net](mailto:david-a-brown@comcast.net)      713-294-8863

**ADMIN OFFICIAL:** Manisha Kapoor      [kapoor.manisha@gmail.com](mailto:kapoor.manisha@gmail.com)      832-877-0505

**MEET DIRECTOR:** Clay Pruitt      [coachclay@katyaquatics.org](mailto:coachclay@katyaquatics.org)      832-348-0577

**SAFETY MARSHAL:** James Campion

**SAFETY GUIDELINES & WARM-UP PROCEDURES:** See attached Safety Guidelines and Warm-up Procedures.

**SEEDING:** The meet will be a pre-seeded meet for events of 200 yards or shorter. All events will be seeded fastest to slowest with the exception of the first event, the 200 IM, which will be seeded slowest to fastest.

**400 FREE/IM** The 400 Free & 400 IM will be swum fastest to slowest alternating girls and boys heats.

The 400 Free and 400 IM will be run using "Chase Start" procedures **ONLY** if the amount of entries in these events are unusually large. Girls will start from one end of the pool, and boys will start from the opposite end of the pool.

**CHECK-IN:** All swimmers must positively check-in with the Clerk of the Course for the 400 Freestyle & 400 IM. Swimmers are required to positively check-in 45 minutes prior to the start of the session. After the events are officially closed, no one may check-in or scratch. After checking-in, failure to appear at the starting blocks will result in the swimmer being assessed a \$5.00 fine, payable to Gulf Swimming Administrative Vice-Chair, for each event in which he/she fails to appear.

**ON-DECK ENTRIES:** On deck entries will be accepted up to 45 minutes before the start of the meet. Late entries will be accepted each day up to 45 minutes prior to the start of the day's first event. Those swimmers missing the Tuesday, April 12<sup>th</sup> 2016 deadline may enter the meet on deck in the following manner:

1. Swimmers must pay \$60.00.
2. Swimmers must supply completed entry forms entered at the swimmers' best times.
3. Swimmers must enter all events for the day forty-five (45) minutes prior to the start of the day'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.

**ENTRY INFORMATION:**

**Entry Times:** Swimmers must enter at their best time. Times must be from USA Swimming Meets. 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 entries are made by paper (not using Hy-Tek), swimmers should indicate on their entry the course at which the entry time was made (i.e., Y, S, or L). If swimmers have never competed in a USA Swimming meet before, put NT where a seedtime is requested.

**Qualifying Times:** None

**Cut-off Times:** None

**Age:** as of April 23<sup>rd</sup>, 2016

**Number of Events:** Swimmers may compete in up to five (5) individual events per day.

**Deadline:** Entries must be in the hands of the Entry Chairperson no later than 6:00 p.m. on Tuesday, April 12<sup>th</sup> 2016. No late entries will be accepted. E-mail entries should be sent to [coachclay@katyaquatics.net](mailto:coachclay@katyaquatics.net). Entries sent by email must have a check and hard copy of entries post marked within 24 hours of the meet entry deadline. Make checks payable to Katy Aquatics. Mail, E-mail or hand-deliver entries to the Meet Entry Chairman at:

Clay Pruitt  
5506 First Street  
Katy, TX 77493  
[coachclay@katyaquatics.net](mailto:coachclay@katyaquatics.net)

**Entries:** All teams entering 10 or more swimmers MUST submit their entries on a diskette or electronically via email, using the Hy-Tek Meet Manager/Team Manager computer software, along with a hard copy printout of the entries. Teams without Hy-Tek should submit their entries on the enclosed Entry Form. A \$25.00 fee must be included with the entry fees for teams that enter 10 or more swimmers using an entry form only (without sending Hy-Tek files). Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission. Teams may electronically mail their Meet Manager files. Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Invitation.

**Eligible Teams:** KATY, PLAT, & RICE Swimmers who are in good standing with their team. Only swimmers attached to these Gulf Swimming teams or swimmers in the documented process of transferring to one of these teams may participate in this invitational meet.

**FEES:** \$42.50 per swimmer and will include one heat sheet per family.

**AWARDS:** None

**SCORING:** None

**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. No entries can be accepted unless the entrant is either registered or certified by USA Swimming. The attached entry verification form shall be properly filled out, signed, and sent in with the entries. The Gulf Swimming '3 event' or 'up/down' rules 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 5 feet measured from 1 meter to 5 meters on the starting end of the course, and 5 feet measured from 1 meter to 5 meters on the turning end of the course..

**TIMING SYSTEM:** Daktronics 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 must provide 2 timers and a lap counter where appropriate. Swimmers in the 400 IM must provide 2 timers.**

**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.

**AUDIO/VIDEO RECORDING DEVICES:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms 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.

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

**DECK CHANGING:** changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**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).

**CONCESSIONS:** Concessions will be available at this meet.


**HOSPITALITY:** A hospitality room will be available. Coaches and Officials must present their membership cards in order to receive complimentary Psych Sheets and for admission to the Hospitality Room.

**MEET RESULTS:** Meet results will be posted on the Katy Aquatics Website within three days after the conclusion of the meet.

**ATTACHMENTS:** **MEET FORMAT**  
**ENTRY VERIFICATION FORM**  
**GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES**  
**MEET ENTRY FORM**

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<u>Entry Rules</u>		 KATY/PLAT/RICE IMX Meet Saturday, April 23 <sup>rd</sup> 2016
Type of Meet	Timed Finals	
Max # of individual events per session	Five (5)	
Swimmers eligible	KATY/PLAT/RICE Teams	
Entry times in	LCM/SCY/SCM	
Qualifying Times:	None	
Cut-off times	None	
Gulf “three event” rule applies?	No	
Gulf “up/down” rule applies?	No	
Enter with no time?	Yes	
Fees:	None	
Facility Surcharge:	None	

Saturday, April 23 <sup>rd</sup> 2016						
AM Session Warm ups start at 7:30 am and meet starts at 9:00 am						
PM Session Warm-ups will begin 1.5 hours after the conclusion of the AM Session.						
PM Session will begin approximately 2.5 hours after the conclusion of the AM Session.						
AM Session			PM Session			
Girls Events	Description	Boys Events	Girls Events	Description	Boys Events	
1	200 IM*	2	11	400 IM**	12	
3	100 Breast	4	13	100 Back	14	
5	200 Breast	6	15	200 Back	16	
7	200 Free	8	17	100 Fly	18	
9	400 Free**	10	19	200 Fly	20	

\* The 200 IM will be run slowest to fastest. All other events will run fastest to slowest.

\*\* The 400 IM & 400 Free will be swum fastest to slowest alternating girls & boys heats. The 400 Free and 400 IM will be run using “Chase Start” procedures ONLY if the amount of entries in these events are unusually large. Girls will start from one end of the pool, and boys will start from the opposite end of the pool. Swimmers in the 400 Free must provide 2 timers and a lap counter where appropriate. Swimmers in the 400 IM must provide 2 timers.

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**ENTRY VERIFICATION FORM**  
**MUST BE SUBMITTED WITH MEET ENTRY**

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

## 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 breaststrokers 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.

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Last Name	First Name	Sex F/M	USA ID#

Event	Time	Event	Time

Last Name	First Name	Sex F/M	USA ID#

Event	Time	Event	Time

Last Name	First Name	Sex F/M	USA ID#

Event	Time	Event	Time