

# 2015 GULF SENIOR CHAMPIONSHIPS INVITATIONAL

December 4 - 6, 2015

A Short Course Yards Prelims / Finals Meet

HOSTED BY

Cy-Fair Swim Club – Fleet Swimming



Sanction Number # GUSC 16-044R1

**ENTRIES DUE TO THE HOST ([deerjc@gmail.com](mailto:deerjc@gmail.com)) BY 6:00 PM, TUESDAY, NOVEMBER 24, 2015**

- LOCATION:** Michael D. Holland Natatorium  
14350 FM 1488  
Magnolia, Texas 77354
- DIRECTIONS:** Traveling from I-45 just north of The Woodlands, take FM 1488 west approximately 15 miles toward Magnolia. The pool is located on the Magnolia High School campus (on the east side of the High School). The School is located on the north side of FM 1488 at the corner of FM 1488 & FM 149. Traveling from the west, take Beltway 8 north to Hwy. 249. Take Hwy. 249 north approximately 25 miles to FM 149 (approximately 3 miles north of Tomball). Turn right on FM 149 and go north to FM 1488. The pool is located on the Magnolia High School campus (on the east side of the High School). The school is located on the north side of FM 1488 at the corner of FM 1488 and FM 149.
- MEET STAFF:**
- |                        |  |
|------------------------|--|
| <b>MEET REFEREE:</b>   | Tom Jones, <a href="mailto:twjones@earthlink.net">twjones@earthlink.net</a>  |
| <b>ADMIN OFFICIAL:</b> | Holger Luebsen, <a href="mailto:holger@luebsen.com">holger@luebsen.com</a>   |
| <b>MEET DIRECTORS:</b> | Carolyn Reed, <a href="mailto:deerjc@gmail.com">deerjc@gmail.com</a> , 713-725-4604<br>Huong Le, <a href="mailto:lehuongc@yahoo.com">lehuongc@yahoo.com</a> , 832-606-4897 |
| <b>SAFETY MARSHAL:</b> | Efrain Rovira  |
| <b>COACHES:</b>        | Colin Kennedy Head Age Group Coach   |
- POOL:** One eight lane, 25 yard 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 a prelims/finals meet with A, B, C and D finals. Relays, 1000 Free and 1650 Free will be swum as timed finals events. Timing lane assignments will be designated in the psych sheet and posted on the Gulf website by Monday, November 30, 2015. Open warm-ups will be in effect for all prelims and finals sessions.



**GULF SWIMMING**

Friday, December 4, 2015 -	Prelims:	Warm-up: 7:30 am / Start: 9:00 am
	Finals:	Warm-up: 4:00 pm / Start: 5:30 pm
Saturday, December 5, 2015 -	Prelims:	Warm-up: 7:30 am / Start: 9:00 am
	Finals:	Warm-up: 4:00 pm / Start: 5:30 pm
Sunday, December 6, 2015 -	Prelims:	Warm-up: 7:30 am / Start: 9:00 am
	Finals:	Warm-up: 4:00 pm / Start: 5:30 pm

**MEET TYPE:** This meet will be run utilizing the “Flyover Starts” procedures unless a waiver is received from the Technical Planning Committee Chair. 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.

**SAFETY GUIDELINES AND WARM-UP PROCEDURES:**

See attached Safety Guidelines and Warm-up Procedures

**SEEDING:**

The meet will be pre-seeded, with the exception of relays, the 400 IM, and 500/1000/1650 Free, which will be deck seeded events. Coaches please inform your swimmers of pre-seeded and deck seeded rules. All events, including relays, will be seeded with heats in the order of fastest to slowest. As a courtesy to the host, coaches should inform the clerk of course of swimmers not attending the meet. Empty lanes will be used for deck entries.

Seeding for all events shall be in the following order: Conforming course entries in time order, followed by non-conforming long course entries in time order, followed by nonconforming short course entries in time order (YLS).

**ORDER OF HEATS:**

At Prelims, events will be swum with heats in the order of fastest to slowest, including distance events. At Finals, events will be swum with heats in the order of slowest to fastest. Relay heats will be swum slowest to fastest and in event order.

**POSITIVE CHECK-IN FOR THE 400IM, 500 FREE, 1000 FREE AND 1650 FREE:**

All swimmers must circle in on sheets that will be available at the start of warm-up for the session, and due 45 minutes before the start of the session in which the event is scheduled to swim. 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, Jason Wedlick, for each event in which he/she fails to appear.

**RELAY CARDS:**

Relay cards must be turned in to the Clerk of Course 45 minutes before the start of the session in which the event is scheduled to swim or the entry will be considered scratched.

**FINALS AND SCRATCHING:**

The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rule 207.11.6D and 207.11.6E, as modified below.



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Any finalist who fails to compete in finals or consolation finals, or any other bonus final heat, for which he has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the *USA Swimming Rules and Regulations* and will be assessed a fine of \$50.00. A Club, which has not paid the fine, will not be allowed to register for membership in the Gulf LSC until the fine is paid.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals or consolation finals if he has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet and a fine of \$50.00. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals. The alternates, after the existing scratches are tabulated, will not be penalized if they are unavailable to compete in finals.

The USA Swimming National Championships Meets "reserve the right to scratch" rule is not applicable to any Gulf Swimming meet. The "intent to scratch" rule is not applicable to any Gulf Swimming meet.

**RELAY EVENTS:** Relays will be swum as timed finals event. The fastest 16 relays that do not elect to swim in Prelims will swim in Finals.

**1000/1650/FREE EVENTS:** The 1000 and 1650 freestyle events will be swum as timed finals event. The fastest 8 women and the fastest 8 men who check-in and do not elect to swim in prelims, will swim during finals sessions on Friday and Sunday. All other heats will be swum as the last events of the prelims sessions, alternating heats of women and men. Swimmers must provide their own timers and lap counters during the prelim session heats and lap counters for finals.

**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, November 24, 2015 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 pay the \$3.50 swimmer surcharge.
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



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- 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 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 seed time is requested. Times must be from USA Swimming meets.

**Cut-off Times:** None

**Special Rules:** Swimmers must have one (1) or less 15 & Over Gulf Senior Championship Time Standards to enter this meet and then may enter any event offered. See the time standards attached.

**Age:** As of December 4, 2015. Swimmers aged 15 y.o. and older may enter this meet.

**Number of Events:** Swimmers may compete in up to three (3) individual events per day and one (1) relay event per day.

**Eligible Swimmers:** 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.

**Deadline:** Entries must be in the hands of the Meet Entry Chair no later than 6:00 pm, Tuesday, November 24, 2015. No late entries will be accepted. Do not send entries via Federal Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required. Mail or hand deliver entries to the Meet Entry Chair at:

CFSC  
Attn: Carolyn Reed  
11659 Jones Rd. PMB #351  
Houston, TX 77070

deerjc@gmail.com  
713-725-4604

**Entries:** All teams entering 10 or more swimmers MUST submit their entries on a diskette or electronically via e-mail, 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.



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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 Announcement.

**Individual Event Entry Fee (per event):** \$9.00  
**Relay Entry Fee (per relay event):** \$16.50  
**Swimmer Surcharge Fee (per swimmer):** \$3.50  
**Make entry fee checks payable to:** Cypress Fairbanks Swim Club

**FINALISTS:** All finalists should report directly to the starting blocks. Names of the top 8 finalists will be announced before the start the heat.

**AWARDS:** Individual events: Custom Gulf Medals for 1st - 3rd places & Ribbons for 4th - 8th places  
Relay events: Custom Gulf Medals for 1st place - 3rd places  
Combined team: Custom Gulf Trophies for 1st -3rd places  
Individual high point: 1st place and Runner-up Girls / Boys (highest individual points earned)

**SCORING:** Individual Events: 1st through 8th : 20-17-16-15-14-13-12-11  
9th through 16th: 9-7-6-5-4-3-2-1  
Relay Events: 1st through 8th: 40-34-32-30-28-26-24-22  
9th through 16th: 18-14-12-10-8-6-4-2

**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.

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

Swimmers may compete in relays as long as they are eligible to compete in individual events.

**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 13 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:** A Colorado Model 6000 (or 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



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assignments will be published in the meet program. Swimmers in the 500 Free must provide their own lap counter. 1000/1650 Free swimmers must provide their own timers and lap counters during the prelim session heats and lap counters for finals.

**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.

**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.

**PROOF OF TIME:**

Any swimmer that cannot prove that he/she was eligible to swim an event will be fined \$20.00 for each event he/she fails to prove. The fine or proof of time is sent to the Administrative Vice-Chair, Jason Wedlick.

Swimmers are not eligible to swim in this meet if they have achieved two (2) or more 15 & Over Gulf Senior Championship Time Standards (see standards attached) PRIOR to the entry deadline stated in the meet invitation. Swimmers violating the entry rules of this meet are subject to disqualification from the meet by the Meet Director or the Referee. Swimmers shall be fined \$50.00 for each event in which they competed and are over qualified.

**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).



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- HOSPITALITY:** A hospitality room will be available.
- MEET RESULTS:** Meet results will be posted on the Gulf Swimming Web Page ([www.gulfswimming.org](http://www.gulfswimming.org)), within three days after the conclusion of the meet. Unofficial real time results will be available on MEET MOBILE and MeetBop.
- CONCESSIONS:** Concessions will be available.
- MERCHANDISE:** **D&J Sports** will be at the meet selling a complete line of swim gear and apparel.
- ATTACHMENTS:** Meet Format, Time Standards, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form, Individual and Relay Entry Forms



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# 2015 GULF SENIOR CHAMPIONSHIPS INVITATIONAL

December 4 - 6, 2015

A Short Course Yards Prelims / Finals Meet

HOSTED BY

Cy-Fair Swim Club – Fleet Swimming

## Entry Rules:

Type of meet	Prelim/Final A, B, C, D
Max # individual events per day	Three (3)
Swimmers eligible	Gulf Only – 15 & Over swimmers
Entry times in	Any – Seeded per National Rules
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
Special Rules	Swimmers must have one (1) or less 15 & Over Gulf Senior Championship Time Standards to enter this meet and then may enter any event offered.
Fees	Individual – \$9.00, Relay - \$16.50 Facility Surcharge – \$3.50

## Friday, December 4, 2015

Prelims: Open Warm-ups 7:30 am, Session starts 9:00 am

Finals: Open Warm-ups 4:00 pm, Session starts 5:30 pm

Women Event#	Event	Men Event#
1	1000 Free*	2
3	100 Breast	4
5	200 Free	6
7	100 Fly	8
9	400 IM	10
11	400 Free Relay**	12

\*The fastest 8 women and the fastest 8 men who check-in for the 1000 Free, and who do not elect to swim in prelims, will swim in finals. All other heats will be swum fastest to slowest alternating heats of women and men after the 400 Free relays in the prelims session. Swimmers in prelims must provide 2 timers and a lap counter and swimmers in Finals must provide a lap counter.

\*\*The fastest 16 relays that do not elect to swim in prelims will swim in finals. There will be a 15 minute break after the last individual event before the start of relays in both prelims and finals sessions.



**GULF SWIMMING**



**Saturday, December 5, 2015**

Prelims: Open Warm-ups 7:30 am, Session starts 9:00 am

Finals: Open Warm-ups 4:00 pm, Session starts 5:30 pm

<b>Women</b>		<b>Men</b>
<b>Event#</b>	<b>Event</b>	<b>Event#</b>
13	200 Fly	14
15	50 Free	16
17	200 Breast	18
19	100 Back	20
21	500 Free	22
23	800 Free Relay**	24

\*\*The fastest 16 relays that do not elect to swim in prelims will swim in finals. There will be a 15 minute break after the last individual event before the start of relays in both prelims and finals sessions.

**Sunday, December 6, 2015**

Prelims: Open Warm-ups 7:30 am, Session starts 9:00 am

Finals: Open Warm-ups 4:00 pm, Session starts 5:30 pm

<b>Women</b>		<b>Men</b>
<b>Event#</b>	<b>Event</b>	<b>Event#</b>
25	100 Free	26
27	1650 Free*	28
29	200 Back	30
31	200 IM	32
31	400 Medley Relay**	34

\*The fastest 8 women and the fastest 8 men who check-in for the 1650 Free, and who do not elect to swim in prelims, will swim in finals. All other heats will be swum fastest to slowest alternating heats of women and men after the 400 Medley relays in the prelims session. Swimmers in prelims must provide 2 timers and a lap counter and swimmers in Finals must provide a lap counter.

\*\*The fastest 16 relays that do not elect to swim in prelims will swim in finals. There will be a 15 minute break after the last individual event before the start of relays in both prelims and finals sessions.



**GULF SWIMMING**

**2015  
Gulf Senior Championships  
Time Standards**

Girls		15&Over	Boys	
LCM	Yards		Yards	LCM
29.59	25.99	<b>50 Free</b>	23.99	27.59
1:03.69	55.99	<b>100 Free</b>	50.99	58.49
2:18.59	2:01.99	<b>200 Free</b>	1:50.99	2:06.89
4:45.59	5:19.99	<b>500 Free</b>	5:07.99	4:36.29
10:05.99	11:18.99	<b>1000 Free</b>	10:33.99	9:28.69
19:18.69	18:55.99	<b>1650 Free</b>	17:32.99	17:59.99
1:12.19	1:02.99	<b>100 Back</b>	59.99	1:10.19
2:36.29	2:16.99	<b>200 Back</b>	2:10.99	2:30.79
1:30.99	1:19.99	<b>100 Breast</b>	1:09.99	1:20.89
3:05.99	2:43.99	<b>200 Breast</b>	2:32.99	2:56.29
1:11.29	1:02.99	<b>100 Fly</b>	58.99	1:07.19
2:42.39	2:23.99	<b>200 Fly</b>	2:08.99	2:27.29
2:37.39	2:17.99	<b>200 IM</b>	2:05.99	2:25.39
5:47.09	5:03.99	<b>400 IM</b>	4:38.99	5:22.59



**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.



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## 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.

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Signature

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Title

---

Date



**GULF SWIMMING**

**Individual Entry Form**

Team Name:					Team Code:		
Head Coach:							
Team Address:							
Phone:							
Email:							
Last Name	First Name	MI	USA ID	M/F	Event#	Event Description	Entry Time



**GULF SWIMMING**

## Relay Entry Form

Team Name:		Team Code:	
Head Coach:			
Team Address:			
Phone:			
Email:			
Event #		Event Description:	
Entry Time:		Relay (A, B, C...)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			
Event #		Event Description:	
Entry Time:		Relay (A, B, C...)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			
Event #		Event Description:	
Entry Time:		Relay (A, B, C...)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			
Event #		Event Description:	
Entry Time:		Relay (A, B, C...)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			



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