

8 & UNDER GULF CHAMPS INVITATIONAL

December 12, 2015

A Short Course Yards Timed Finals Meet

HOSTED BY

Houston Cougar Aquatic Sports



Sanction Number # GUSC 16-042

ENTRIES DUE TO GULF TPC CHAIR (GULFTPC@GMAIL.COM) BY 6:00 PM, SATURDAY, NOVEMBER 21, 2015

LOCATION: W. W. Emmons Natatorium
10404 Tiger Trail
Houston, Texas 77043

DIRECTIONS: **Directions to Facility:**
If coming from I-10 E – Take the Gessner Rd exit and turn left onto Gessner Rd. Then turn left onto Tiger Trail and natatorium will be on your right
If coming from I-10 W – Take exit 757 and then turn right onto Gessner Rd. Then turn left onto Tiger Trail and natatorium will be on your right.
If coming from Sam Houston Parkway – Exit the parkway toward Hammerly Blvd and then go east onto Hammerly Blvd. Turn right onto Shadowdale Dr and follow road as it turns into Tiger Trail and natatorium will be on your left.

SPECIAL INSTRUCTIONS: There is no food allowed on deck.

MEET STAFF:

| | |
|------------------------|---|
| MEET REFEREE: | Tom O'Brien |
| ADMIN OFFICIAL: | Lindsey Chase, chaseplacefamily@gmail.com |
| MEET DIRECTOR: | Lee Hutchens, Coachlee@coogaquatics.org , (281)-299-6553 |
| SAFETY MARSHAL: | Greg Orphanides |
| COACHES: | Rodney Rodgers Jayson Williams |

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 one session, one day timed-finals meet.



GULF SWIMMING

Session 1: Saturday AM

Age groups: 6 & under, 7, 8

Warm-up: 7:30-8:45 a.m./Meet Start: 9:00 a.m.

*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, December 7, 2015.

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, 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.

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.

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, Saturday, November 21, 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
 - 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



GULF SWIMMING

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.

Age: As of December 12, 2015

Number of Events: Swimmers may compete in up to four (4) individual events per day and two (2) relay 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 designee of the Technical Planning Chairman no later than **6:00 PM, SATURDAY, NOVEMBER 21, 2015**. No late entries will be accepted. Email entries to the designee of the Technical Planning Chairman (Joel Beard) at:

EMAIL: GULFTPC@GMAIL.COM

Eligible Teams: Venues will be balanced by team numbers. The team lists will be posted on the Gulf website. 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.

| | |
|--|---------------|
| Individual Event Entry Fee (per event): | \$6.00 |
| Relay Entry Fee (per relay event): | \$9.50 |
| Swimmer Surcharge Fee (per swimmer): | \$3.50 |
| Make entry fee checks payable to: | Coog Aquatics |

Mail entry fees (**POSTMARKED BY SATURDAY, DECEMBER 4, 2015**) to the address below:

Houston Cougar Aquatic Sports
3355 North Sutton Square
Stafford, TX 77477

(713)-256-8755
Kagfkistow@gmail.com

AWARDS: Individual events: Custom Gulf Medals for 1st - 3rd places & Ribbons for 4th - 8th places
Relay events: Custom Gulf Medals for 1st place & Ribbons for 2nd - 3rd places
Combined team: Custom Gulf Trophies for 1st -3rd places
Individual high point: Girls / Boys 6 & under, 7, 8 (highest individual points earned)

SCORING: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

All events will be swum combined but scored separately as 6 & under, 7, 8.



GULF SWIMMING

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 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:

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 assignments will be published in the psych sheet.

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.



GULF SWIMMING

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.

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.

CONCESSIONS:

Concessions will be available

MERCHANDISE:

D&J's Swim Shop will have equipment at the meet selling swim apparel and swim gear.

FACILITY RULES:**ATTACHMENTS:**

Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form



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2015 8 & UNDER GULF CHAMPS INVITATIONAL

December 12, 2015

A Short Course Yards Timed Finals Meet

HOSTED BY

Houston Cougar Aquatic Sports

Entry Rules:

| | |
|----------------------------------|--|
| Type of meet | Timed Finals |
| Max # individual events per day | Four (4) |
| Swimmers eligible | Gulf teams assigned to this venue |
| Entry times in | SCY, LCM, SCM |
| Qualifying times | None |
| 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, Relay - \$9.50 Facility Surcharge – \$3.50 per swimmer |

All events will be seeded fastest to slowest.

All events will be swum combined but scored separately as 6 & under, 7, 8.

| Girls Event# | Event Name | Boys Event# |
|-----------------|----------------------------|----------------|
| 1 | 8 & Under 100 Free | 2 |
| 3 | 8 & Under 25 Back | 4 |
| 5 | 8 & Under 50 fly | 6 |
| 7 | 8 & Under 25 Free | 8 |
| 9 | 8 & Under 50 Breast | 10 |
| 11 | 8 & Under 100 Medley Relay | 12 |
| 13 | 8 & Under 50 Back | 14 |
| 15 | 8 & Under 25 Fly | 16 |
| 17 | 8 & Under 50 Free | 18 |
| 19 | 8 & Under 25 Breast | 20 |
| 21 | 8 & Under 100 I.M. | 22 |
| 23 | 8 & Under 100 Free Relay | 24 |



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