

GULF 2016 SHORT COURSE CHAMPS III

February 26-28, 2016

A Short Course Yards Prelims/Finals Meet

HOSTED BY

Energy Core Swimming



Sanction Number # GUSC 16-077R1

ENTRIES DUE TO GULF TPC CHAIR (GULFTPC@GMAIL.COM) BY 6:00 PM, MONDAY, FEBRUARY 8, 2016

- LOCATION:** FBISD Aquatic Practice Facility
16701 Bissonnet Street
Houston, TX 77083
- 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.
- SPECIAL INSTRUCTIONS:** ***** There will be limited Parking on Friday night due to Bus Driver Parking and School Parking. Please plan to Car Pool where at all possible.**
- There is absolutely NO FOOD allowed on the pool deck. Violators of this rule will be asked to take their food outside.**
- MEET STAFF:**
- | | |
|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MEET REFEREE: | Rick Tobin, tobinrc@comcast.net |
| ADMIN OFFICIAL: | Beth Gonzales, bsmithgonzales@yahoo.com
Richard Griffin, rcgriffin@uss.com |
| MEET DIRECTOR: | Eddie Adams, eddiea75@att.net 281-570-5572 |
| SAFETY MARSHAL: | Alex Plaetzer, coachalex@ecswimming.com |
| COACH: | Douglas Buckalew, coachdoug@ecswimming.com |
- POOL:** Two eight lane, 25 yard indoor pool with non-turbulent lane lines will be used for competition. A separate 6 lane warm-up / warm-down area will be made available during the competition.
- TIME AND DATE:** This is five session, 2 1/2 day prelims/finals meet with a timed final session on Friday and AM prelims/PM finals sessions on Saturday and Sunday.
- Session 1:** Friday PM – February 26, 2016
Age Groups: 13 & Over girls and boys
Warm-up *: 4:00 – 5:15 pm / Meet Start: 5:30 pm



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Session 2: Saturday Prelims – February 27, 2016

Age Groups: 13 & Over girls and boys

Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 3: Saturday Finals – February 27, 2016

Age Groups: 13 & Over girls and boys

Warm-up**: 4:30-5:15 pm/Meet Start: 5:30 pm

Session 4: Sunday prelims—February 28, 2016

Age Groups: 13 & Over girls and boys

Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 5: Sunday finals—February 28, 2016

Age Groups: 13 & Over girls and boys

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

*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, February 22, 2016.

**Open warm-ups for finals will begin 3 hours after the conclusion of the last relay of the morning session, but not before 4:30 pm Saturday or 4:00 pm Sunday.

MEET TYPE:

This is a prelims/finals meet with the exception of relays, the 400 I.M. and the 500/1000/1650 freestyle events, which will be timed finals events. Finals will consist of an A, B, and C final for each age group. All relays will swim in prelims.

Friday's events, all relays, all prelims heats for the 1000 freestyle and all prelims heats for the 1650 freestyle will swim in two pools, separated by girl's pool / boy's pool. All other prelims events will swim in two pools, odd heats in one pool and even heats in the other pool.

Finals events for Saturday and Sunday will swim in one pool slowest to fastest, youngest to oldest, except for the 1000 and 1650 freestyle events, which will be swum in two pools.

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.

SCRATCHING:

The meet is pre-seeded for events of 200 yards or less. Swimmers may compete in a maximum of 3 events per day. Swimmers must scratch any additional events entered by filling out a scratch card and depositing in the scratch box at least 45 minutes prior to the start of each preliminary session. The scratch box will be located at the Clerk of Course. Note: a no show or a DFS is NOT considered a scratch and will be counted as one of the events for the swimmer.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures



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SEEDING: The meet will be pre-seeded, with the exception of relays, the 400 IM, and 500/1000/1650 freestyle events, which will be deck seeded events. Coaches please inform your swimmers of pre-seeded and deck seeded rules. All prelims and timed finals events will be seeded with heats in the order of fastest to slowest, youngest to oldest. 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.

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

Distance events (greater than 200 yards): Positive check in is required for Friday's events up to 45 minutes prior to the meet start. Positive check in is required for the 1000 and 1650 freestyle events by 10:00 am Saturday and Sunday, respectively. **NOTE:** At check in, swimmers in the 1000 and 1650 freestyle events must elect to swim in prelims (AM) or finals (PM). The fastest 8 girls and fastest 8 boys who check in for each of these events and who **DO NOT** elect to swim in **prelims (AM)**, will swim as the **FIRST** event in finals (PM). All others will swim in prelims as the **LAST** event, fastest to slowest.

The 1000 and 1650 freestyle events will be swum as timed final events and age groups will be combined into one event for girls and one event for boys for seeding purposes. Each event will be seeded by the entry time (but scored separately by age group).

RELAY CARDS: Relay cards must be turned in to the Clerk of Course by 10:00 am 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 rules 207.11.6D and 207.11.6E as modified below:

Any finalist who fails to compete in finals or consolation finals, or any other bonus final heat, for which he or she 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 Gulf Swimming 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 or any other bonus finals if he or she has successfully complete 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.



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

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, Monday, February 8, 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.
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 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). **Swimmers may not enter with a no time (NT).**

Cut-off Times: None

Qualifying Times: 13-14 age group swimmers must have 3 or more 2013-2016 USA Swimming National Age Group Motivational “A” Time Standards to compete in this meet and may enter any event. There are no qualifying times for 15 and older swimmers, however, NT’s are not allowed.

Age: As of February 26, 2016

Number of Events: Swimmers may compete in up to three (3) individual events per day and one (1) relay event per day. Swimmers who enter more than 3 events per day must scratch extra events 45 minutes prior to the start of the preliminary session. See scratching section above for details and scratch procedures.

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, MONDAY, FEBRUARY 8, 2016**. No late entries will be accepted.



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Email entries to the designee of the Technical Planning Chairman (Joel Beard) at:

[EMAIL: GULFTPC@GMAIL.COM](mailto: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 or swimmers in the documented process of transferring to a Gulf Swimming team may participate in this invitational meet.

Individual Event Entry Fee (per event): \$7.50

Relay Entry Fee (per relay event): \$16.50

Swimmer Surcharge Fee (per swimmer): \$5.00

Make entry fee checks payable to: Energy Core Swimming

Mail entry fees (**POSTMARKED BY FRIDAY, FEBRUARY 19, 2016**) to the address below:

Energy Core Swimming
1127 Eldridge Pkwy
PMB 300-158
Houston, TX 77077

281-327-8060

coachdoug@ecswimming.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 13-14, 15 & Over, 1st and 2nd (highest and second highest individual points earned)

SCORING:

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

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

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.

TIME TRIALS:

Time permitting, time trials will be conducted after the completion of Saturday's and



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Sunday's AM sessions under sanction GUSC 16-078R1. Rules for time trials will be:

1. Time trial events are open to any aged Gulf swimmer that is zoned for this meet.
2. Fees will be \$15.00 for individual and \$30.00 for relay events. Swimmers not already entered in the meet must also pay the swimmer surcharge.
3. Swimmers must supply completed entry forms entered at the swimmers' best times. All entries are due by 90 min. before the published end time of the AM session each day.
4. Swimmers may enter up to the daily maximum of three (3) events per day.
5. 14&Under swimmers must have the USA-S A time in the event to enter. Gulf-S up/down rule applies.
6. Events will be swum in the order of: 200 free relay, 400 free relay, 800 free relay, 200 medley relay, 400 medley relay, 50 free, 50 stroke (back, breast, fly), 100 free, 100 stroke (back, breast, fly), 100 IM, 200 free, 200 stroke (back, breast, fly), 200 IM, 400 IM, 500 free, 1000 free and 1650 free.
7. Swimmers must provide their own timers and lap counters.

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 meters on the turning end of the course.

TIMING SYSTEM:

A 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 500/1000/1650 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



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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.

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.

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. 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:

Lane Four will be at the meet selling swim apparel and swim gear.

FACILITY RULES:

*** There will be limited Parking on Friday night due to Bus Driver Parking and School Parking. Please plan to Car Pool where at all possible. NO FOOD ALLOWED ON THE POOL DECK!

ATTACHMENTS:

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



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GULF 2016 SHORT COURSE CHAMPS III

February 26-28, 2016

A Short Course Yards Prelims/Finals Meet

HOSTED BY

Energy Core Swimming

Entry Rules:

Type of meet	Prelim/A,B,C Finals
Max # individual events per day	Three (3)
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	SCY, LCM, SCM
Qualifying times (15 & Over)	None
Special Rules (13-14)	Must have 3 or more A times to enter
Cut-off times	None
Enter with no time?	No
Gulf "three event rule" applies?	Does not apply
Gulf "up/down rule" applies?	Does not apply
Fees	Individual – \$7.50, Relay - \$16.50 Facility Surcharge – \$5.00 per swimmer

All preliminary events will be seeded fastest to slowest.

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

*The 400 I.M. and 500 free will be swum as timed finals events with heats fastest to slowest separated by girl's pool and boy's pool. Swimmers must provide their own timers and lap counters, as needed.

**For the 1000 and 1650 freestyle check-in, swimmers may elect to swim the event during prelims. The fastest 8 girls or the fastest 8 boys who check-in for each event, and who do not elect to swim in prelims, will swim during finals. All other heats of the 1000/1650 free will be swim fastest to slowest separated by girl's pool and boy's pool after the relay events. Swimmers must provide their own timers and lap counters.

***All relays swim in prelims with heats separated by girl's pool and boy's pool.

Friday February 26, 2016					
Girls Event#	Event Name			Boys Event#	
1	13 & Over	400	I.M.*	2	
3	13 & Over	500	Free*	4	



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**Saturday
February 27, 2016**

Girls Event#	Event Name			Boys Event#
5	13& Over	1000	Free**	6
7	13 & Over	200	Fly	8
9	13 & Over	50	Free	10
11	13 & Over	200	Back	12
13	13 & Over	100	Breast	14
15	13 & Over	200	Free	16
17	13 & Over	400	Medley Relay***	18

**Sunday
February 28, 2016**

Girls Event#	Event Name			Boys Event#
19	13& Over	1650	Free**	20
21	13 & Over	100	Back	22
23	13 & Over	200	Breast	24
25	13 & Over	100	Free	26
27	13 & Over	200	I.M.	28
29	13 & Over	100	Fly	30
31	13 & Over	400	Free Relay***	32



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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.

Signature _____

Title _____

Date _____



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