

**ESA/BTA Dual Meet**  
**Hosted By**  
**EAGLE SWIMMING ASSOCIATION**  
**A Short Course Timed Finals Meet**  
**Saturday, April 2, 2016**  
**Sanction # GULC 16-001**

<b>LOCATION:</b>  <b>Summer Creek High School 14000 Weckford Blvd. Houston, TX 77044</b>	Directions: From U.S. 59 North, take Sam Houston Tollway (Beltway 8) East. Go approximately 4.9 miles exiting at W. Lake Houston Parkway. Turn immediately right onto West Lake Houston Pkwy at the CVS Pharmacy. Weckford Blvd and Summer Creek High School will be on your right. The natatorium is located on the North side of the building facing Beltway 8. (Map included with invitation)
<b>COACHES:</b>	Mike Robinson      Head Coach John Dissinger      Assistant Coach
<b>POOL:</b>	Eight lane, 25 yard indoor pool with non-turbulent lane lines. There is no separate warm-down facility. Deck space is limited; however, ample lawn space is available for team set-up areas.
<b>TIME AND DATE:</b>	This is a timed-finals event <b>Saturday, April 2, 2016</b> Warm-up at 7:30 am., meet starts at 9:00 am.  Lane assignments for warm-ups and timing will be designated in the psych sheet, and posted on the Gulf Swimming website by Monday, March 28, 2016
<b>MEET TYPE:</b>	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.
<b>MEET REFEREE:</b>	Keith Rudy <a href="mailto:klrudy1957@gmail.com">klrudy1957@gmail.com</a>
<b>MEET DIRECTOR:</b>	Krista Johnson, <a href="mailto:kajohnson20@yahoo.com">kajohnson20@yahoo.com</a>
<b>ADMINISTRATIVE OFFICIAL</b>	Tanya Sorensen
<b>SAFETY MARSHALS:</b>	John Gillespie
<b>SAFETY GUIDELINES AND WARM-UP PROCEDURES:</b>	See attached Safety Guidelines and Warm-up Procedures.
<b>SEEDING:</b>	The meet will be pre-seeded. All events 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 to fill on deck entries.

<b>ON-DECK ENTRIES:</b>	<p>Late entries will be accepted each day up to 45 minutes before the start of the session.</p> <p>Those swimmers missing the <b>March 22, 2016</b> deadline may enter the meet on deck in the following manner:</p> <ol style="list-style-type: none"> <li>1. Swimmers must pay double the entry fee at the time of entry.</li> <li>2. Swimmers must supply completed entry forms entered at the swimmers' best times.</li> <li>3. Swimmers must enter all events for the day forty-five (45) minutes prior to the start of the day's first event.</li> <li>4. Swimmers must be qualified to swim the event entered.</li> <li>5. Swimmers must not exceed the allotted number of events allowed each day.</li> <li>6. The on deck entry fees still apply to swimmers who on-deck to change an entry time in a deck seeded event.</li> </ol>
<b>ENTRY TIMES:</b>	<p>Times must be from USA Swimming meets. 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 <i>meter (yard)</i> times to <i>yard (meter)</i> 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.</p>
<b>QUALIFYING TIMES:</b>	None.
<b>CUT-OFF TIMES:</b>	None.
<b>AGE:</b>	As of April 2, 2016
<b>NUMBER OF EVENTS:</b>	Swimmers may compete in up to four (4) individual events and two (2) relays for entire meet.
<b>DEADLINE:</b>	<p>Entries must be received by March 22, 2016 at <a href="mailto:ESAmeeentries@eagleswimmingassociation.com">ESAmeeentries@eagleswimmingassociation.com</a>. <b>No late entries will be accepted.</b> 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.</p> <p><b>Email entries to <a href="mailto:ESAmeeentries@eagleswimmingassociation.com">ESAmeeentries@eagleswimmingassociation.com</a></b></p>
<b>ELIGIBLE TEAMS:</b>	ESA and BTA. 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 meet.
<b>FEES:</b>	\$30.00 per swimmer

	Make checks payable to Eagle Swimming Association. Entry fees must accompany entries, if delivered by any method other than email.
<b>AWARDS:</b>	No awards will be given
<b>SCORING:</b>	Individual Events: 9-7-6-5-4-3-2-1 Relay Events: 18-14-12-10-8-6-4-2  <ul style="list-style-type: none"> <li>All events will be swum combined but scored separately as 8&amp;U, 9-10, 11-12, 13-14, 15-16, 17-18. Relays will be scored 8&amp;U, 9-10, 11-12, 13-14, 15-16, 17-18</li> </ul>
<b>RULES AND SANCTIONS:</b>	The 2015-2016 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 three (3) event rule and up/down rule do not apply.
<b>POOL MEASUREMENT:</b>	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 6' 2" measured from 1 meter to 5 meters on the starting end of the course, and 13' 9" feet measured from 1 meter to 5 meters on the turning end of the course.
<b>TIMING SYSTEM:</b>	A Colorado System 6 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 Free and 400 IM must provide 2 timers and a lap counter, where applicable.
<b>POOL DECK RESTRICTION:</b>	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 Psych Sheets and for admission to the Hospitality Room.
<b>DECK CHANGING PROHIBITION:</b>	Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
<b>AUDIO/VIDEO RECORDING DEVICES:</b>	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.
<b>PROOF OF TIME:</b>	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-Chairman Jason Wedlick.
<b>UNACCOMPANIED SWIMMERS:</b>	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.
<b>SWIMMERS WITH DISABILITIES:</b>	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).
<b>CONCESSIONS:</b>	Concessions will be available at this meet.
<b>HOSPITALITY:</b>	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.
<b>MERCHANDISE:</b>	D&J Sports will be at the meet selling swim apparel and swim gear.
<b>LIVE MEET INFORMATION:</b>	In addition to an on-site announcer and flip charts, In-water, On-deck events will be posted on Meet Mobile.
<b>MEET RESULTS:</b>	Unofficial meet results will be posted to Meet Mobile. Meet results will be posted on the Gulf Swimming Web Page ( <a href="http://www.gulfswimming.org">www.gulfswimming.org</a> ), within three days after the conclusion of the meet.
<b>ATTACHMENTS:</b>	MEET FORMAT ENTRY VERIFICATION FORM GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES MEET ENTRY FORM MAP TO POOL

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<b>Entry Rules:</b>	
Type of Meet	Timed Finals
Max # individual events for entire meet	Four (4) Individual and Two (2) Relay
Swimmers eligible	ESA and BTA
Entry times in	SCY/SCM/LCM
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	\$30.00 per swimmer
Facility surcharge	None
<b>WARM-UP: 7:30 -8:45 am.</b> ESA lanes 1-4; BTA lanes 5-8	
<b>Meet Start 9:00 am</b>	

**Order of Events**

<b>Girls</b>			<b>Boys</b>	
1	Open	200 Crescendo 25/25/5050/50		2
3	Open	100 IM		4
5	11 & Over	200 Free		6
7	10 & Under	25 Free		8
9	11 & Over	100 Fly		10
11	10 & Under	25 Back		12
13	11 & Over	100 Breast		14
15	10 & Under	25 Breast		16
17	9 & Over	100 Free		18
19	10 & Under	50 Fly		<b>20</b>
21	10 & Under	50 Breast		<b>22</b>
23	11 & Over	100 Back		<b>24</b>
25	10 & Under	50 Back		<b>26</b>
27	11 & Over	200 IM		<b>28</b>
29	10 & Under	25 Fly		<b>30</b>
31	Open	50 Free		<b>32</b>
33	8 & Under	100 Mixed Medley Relay		
34	9 & Over	200 Medley Relay		<b>35</b>

All events will be seeded fastest to slowest.

All Open events will be swum combined but scored separately as 8Under, 9-10, 11-12, 13-14, 15-18.

All 10 & Under events will be swum combined but scored separately as 8&under, 9-10.

All 9 & Over events will be swum combined but scored separately as 9-10, 11-12, 13-14, 15-18.

All 11 & Over events will be swum combined but scored separately as 11-12, 13-14, 15-18

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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

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Date

## SAFETY GUIDELINES & 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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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



**Map to:  
Summer Creek High School  
14000 Weckford Blvd.  
Houston, TX 77044**

