

GULF January Open Invitational Meet

January 9-10, 2016

A Short Course Yards Timed Finals Meet

HOSTED BY

Lone Star Swim Team



Sanction Number# GU 16-052R1

ENTRIES DUE TO GULF TPC CHAIR (GULFTPC@GMAIL.COM) BY 6:00 PM, SATURDAY, DECEMBER 19, 2016

- LOCATION:** W.W. Emmons Natatorium
10404 Tiger Trail (at Spring Woods High School)
Houston, Texas 77043
- DIRECTIONS:** From Sam Houston Parkway (Tollroad) exit Hammerly. Drive East bound on Hammerly to Shadowdale Drive. Turn right on Shadowdale and follow street as it bends left to Tiger Trail. Natatorium is on the left just before Spring Woods High School.
- SPECIAL INSTRUCTIONS:** *** Please note Seating in first section of Bleachers will be for those family members who are sitting outside. This will be a VIEWING Section only. No permanent seating.
- MEET STAFF:**
- | | |
|-------------------------|--|
| MEET REFEREE: | Rick Tobin, tobinrc@comcast.net |
| ADMIN OFFICIALS: | Beth Gonzales, bsmithgonzales@yahoo.com
Laura Liang, 4kidsmom@yahoo.com |
| MEET DIRECTOR: | Eddie Adams eddiea75@att.net 281-570-5572 |
| SAFETY MARSHAL: | Hollie Sailors |
| COACH: | Judy Siemer |
- 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 four session, 2 day, timed-finals meet with AM/PM sessions on Saturday and Sunday.
- Session 1:** Saturday AM – January 9, 2016
Age Groups: 11-12 girls, 13-14 girls, 15&Over girls, 13-14 boys, 15&Over boys
Warm-up*: 7:30–8:45 am/Meet Start: 9:00 am



GULF SWIMMING

Session 2: Saturday PM – January 9, 2016

Age Groups: 8&Under girls, 9-10 girls, 8&Under boys, 9-10 boys, 11-12 boys Warm-up*: Immediately upon the completion of the AM session.

Meet Start: Approximately 1 hour after the conclusion of the AM session.

Session 3: Sunday AM – January 10, 2016

Age Groups: 11-12 girls, 13-14 girls, 15&Over girls, 13-14 boys, 15&Over boys Warm-up*: 7:30–8:45 am/Meet Start: 9:00 am

Session 4: Sunday PM – January 10, 2016

Age Groups: 8&Under girls, 9-10 girls, 8&Under boys, 9-10 boys, 11-12 boys Warm-up*: Immediately upon the completion of the AM session.

Meet Start: Approximately 1 hour after the conclusion of the PM session.

*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, January 4, 2016.

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 the 400 IM, and the 500, 1000 and 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.

POSITIVE CHECK-IN FOR THE 400 IM, 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.

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, December 19, 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 fee.
2. Swimmers must supply completed entry forms. The swimmers will be seeded into



GULF SWIMMING

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). 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

Qualifying Times: None

Age: As of January 9, 2016

Number of Events: Swimmers may compete in up to three (3) individual 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, DECEMBER 19, 2016**. 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): \$5.75
Swimmer Surcharge Fee (per swimmer): \$3.50
Make entry fee checks payable to: Lone Star Swim Team



GULF SWIMMING

Mail entry fees (**POSTMARKED BY FRIDAY, JANUARY 1, 2016**) to the address below:

Lone Star Swim Team
9597 Jones Road, PMB # 197
Houston TX 77065

281-570-5572
eddiea75@att.net

AWARDS: Individual events: Ribbons 1st-8th place

SCORING: Individual Events: 9-7-6-5-4-3-2-1
All 13&Over events will be swum combined but scored separately as 13-14 and 15&Over.
All 11&Over events will be swum combined but scored separately as 11-12, 13-14 and 15&Over.
All 12&Under events will be swum combined but scored separately as 6&Under, 7, 8, 9-10 and 11-12.
All 10&Under events will be swum combined but scored separately as 6&Under, 7, 8, 9-10.
All 8 & Under events will be swum combined but scored separately as 6&Under, 7, 8.
All 9-12 events will be swum combined but scored separately as 9-10 and 11-12.

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 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 500/1650 Free and 400 IM must provide 2 timers and a lap counter where applicable.



GULF SWIMMING

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.

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. Unofficial real time results will be available on MEET MOBILE.

CONCESSIONS:

Concessions will be available

MERCHANDISE:

D&J Sports will be at the meet selling swim apparel and swim gear.

FACILITY RULES:

***** Please note Seating in first section of Bleachers will be for those family members who are sitting outside. This will be a VIEWING Section only. No permanent seating.**

ATTACHMENTS:

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



GULF SWIMMING

GULF January Open Invitational Meet

January 9-10, 2016

A Short Course Yards Timed Finals Meet

HOSTED BY

Lone Star Swim Team

Entry Rules:

Type of meet	Timed Finals
Max # individual events per day	Three (3)
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 – \$5.75 \$3.50 per swimmer surcharge

All events will be seeded fastest to slowest.

*500 Free, 1000 Free and 1650 Free will be swum alternating girls and boys heats. Swimmers must provide their own timers and lap counters.

*400 I.M. will be swum alternating girls and boys heats. Swimmers must provide their own timers.

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

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

All 12 & Under events will be swum combined but scored separately as 6 & Under, 7, 8, 9-10 and 11-12.

All 10 & Under events will be swum combined but scored separately as 6 & Under, 7, 8, 9-10.

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

All 9-12 events will be swum combined but scored separately as 9-10 and 11-12.



GULF SWIMMING

Saturday AM - January 9, 2016				Saturday PM - January 9, 2016			
Girls Event#	Event Name		Boys Event#	Girls Event#	Event Name		Boys Event#
1	11&Over Girls	100	Back	23	9-10 Girls	100	Back
	13&Over Boys	100	Back		9-12 Boys	100	Back
2				25	10&Under Girls	50	Fly
3	11-12 Girls	50	Fly		12&Under Boys	50	Fly
5	11&Over Girls	200	Breast		11-12 Boys	200	Breast
	13&Over Boys	200	Breast	29	8&Under Girls	25	Back
6					8&Under Boys	25	Back
7	13&Over Girls	100	Free	31	10&Under Girls	50	Free
	13&Over Boys	100	Free		12&Under Boys	50	Free
8				33	9-10 Girls	100	Fly
9	11-12 Girls	200	Back		9-12 Boys	100	Fly
11	11&Over Girls	100	Fly 13&Over	35	10&Under Girls	50	Back
	Boys	100	Fly		12&Under Boys	50	Back
12				37	10&Under Girls	100	I.M.
13	11-12 Girls	50	Back		12&Under Boys	100	I.M.
15	13&Over Girls	200	I.M.	39	8&Under Girls	25	Breast
	13&Over Boys	200	I.M.		8&Under Boys	25	Breast
16					11-12 Boys	500	Free
				43	9-10 Girls	200	Free
					9-10 Boys	200	Free
					11-12 Boys	1650	Free

Sunday AM - January 10, 2016				Sunday PM - January 10, 2016			
Girls Event#	Event Name		Boys Event#	Girls Event#	Event Name		Boys Event#
47	11&Over Girls	100	Breast	67	9-10 Girls	100	Breast
	13&Over Boys	100	Breast		9-12 Boys	100	Breast
49	11&Over Girls	50	Free	69	8&Under Girls	25	Fly
	13&Over Boys	50	Free		8&Under Boys	25	Fly
51	11-12 Girls	200	I.M.		11-12 Boys	200	Fly
53	11&Over Girls	200	Fly	73	10&Under Girls	100	Free
	13&Over Boys	200	Fly		12&Under Boys	100	Free
55	11-12 Girls	100	Free	75	9-10 Girls	200	I.M.
57	11&Over Girls	200	Back		9-12 Boys	200	I.M.
	13&Over Boys	200	Back		11-12 Boys	200	Back
59	11-12 Girls	50	Breast	79	8&Under Girls	25	Free
61	11&Over Girls	200	Free		8&Under Boys	25	Free
	13&Over Boys	200	Free	81	10&Under Girls	50	Breast
63	13&Over Girls	400	I.M.*		12&Under Boys	50	Breast
	13&Over Boys	400	I.M.*		11-12 Boys	200	Free
65	11&Over Girls	1000	Free*	85	9-10 Girls	500	Free*
	13&Over Boys	1000	Free*		9-10 Boys	500	Free*
					11-12 Boys	1000	Free



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 **ONEWAY 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



GULF SWIMMING

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



FREE Abuse Awareness for Parents

While the overwhelming majority of coaches and volunteers join sports for all the right reasons, some have other intentions. Parents play an important part in USA Swimming's Safe Sport efforts.

We encourage our parents to complete this free abuse prevention trainings.

How to access the training:

1. Go to usaswimming.org/protect
2. Click "Training and Education"
3. Click "Free Athlete Protection Training for Parents"
4. Enter your LSC and club code

Abuse Awareness for Parents

Designed by Praesidium, USA Swimming's athlete protection training partner, this free, interactive course helps parents understand their role in abuse prevention and helps their children have a lifetime of wonderful swimming memories.

Training topics include:

- Myths and facts about child sexual abuse
- How offenders operate
- How to recognize boundary violations
- USA Swimming Code of Conduct and Athlete Protection Policies
- How to respond to boundary violations

GET STARTED TODAY! • usaswimming.org/protect



GULF SWIMMING