

# MAC Open Winter Invitational

Hosted By

## Magnolia Aquatic Club

Timed Finals – Short Course Yards

January 22-24, 2016

Sanction # GUSC 16-061



**LOCATION:** Michael D. Holland Natatorium  
14350 FM 1488  
Magnolia, TX 77354

**DIRECTIONS:** Traveling from I-45 just north of The Woodlands, take FM 1488 West Approx. 15 mile 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 Highway 249. Take 249 north approx. 25 miles to FM 149 (Approx. 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 & FM 149.

**COACHES:** Terry Jones, Scott MacFarland, Mike Nordmann, Rick Mills and David Partenheimer

**POOL:** Eight lane, 25 yard indoor pool with 5 continuous warm up-down lanes at the far end. Pool has competitor non-turbulent lane lines, an 8 line LED CTS Scoreboard and non-slip touch pads.

**TIME AND DATE:** This is a Timed Finals Meet (January 22-24).  
**Session 1 – Friday (January 22) – All Ages Swimmers – Open Events**  
Warm Up at 4:30 PM, Meet Starts at 6:00 PM  
**Session 2 – Saturday (January 23)**  
Warm Up at 7:30 AM, Meet Starts at 9:00 am  
**Session 3 – Sunday (January 24)**  
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 will also be posted on the Gulf Swimming website by January 18<sup>th</sup>. [www.gulfswimming.org](http://www.gulfswimming.org).

**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.

**MEET REFEREE(S):** Jay Cookingham

**ADMINISTRATIVE OFFICIAL:** Jill Mitchell

**MEET DIRECTOR:** Cristal Bostain

**SAFETY MARSHAL:** Michael McCorvy

## SAFETY GUIDELINES AND WARM-UP PROCEDURES

See attached Safety Guidelines and Warm-up Procedures.

**SEEDING:** This meet will be **deck-seeded** for all. All events will be seeded with heats in the order of fastest to slowest.

**CHECK-IN:** All swimmers must positively check in with the Clerk of Course for events. Swimmers are required to positively check in **45 minutes prior to the start of that session's events**. After events are officially closed, no one may check in or scratch. 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 the meet. Those swimmers missing the 6:00 p.m. Tuesday, January 12<sup>th</sup>, deadline may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry.
2. Swimmers must supply completed entry forms including the swimmers' best times.
3. Swimmers must enter all events for the day forty-five (45) minutes prior to the start of the day'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. The on-deck entry fees still apply to swimmers who on-deck to change an entry time in an event already entered in. The new time will be used for seeding in deck seeded events only.

**ENTRY INFORMATION: Entry Times:** Swimmers must enter at their best times. 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.

**Qualifying Times:** There are no qualifying times for this meet.

**Age:** As of January 22, 2015.

**Number of Events:** Swimmers may compete in up to a maximum of 4 (four) individual events per day.

**Deadline:** Entries must be in the hands of the Meet Entry Chair no later than 6:00 p.m. on Tuesday, January 12<sup>th</sup>, 2016. 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:

Terry Jones  
12707 Marshall Court  
Magnolia, TX 77354  
832-457-1111 cell / 281-356-1106 pool / [tjones@magnoliaisd.org](mailto:tjones@magnoliaisd.org)

**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/HY-TEK 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). 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.

**Eligible Teams:** Any currently registered USA-S teams may enter, space permitting. Only swimmers in good standing attached to a USA-S team or swimmers in the documented process of transferring to a USA-S team may participate in this meet.

**Meet Limits:** Entries will be accepted in the order they are received by the host. The meet host reserves the right to stop accepting entries when sessions approach the 4 hour limit, to be in accordance with the 4 hour rule. Once your entries are accepted, you will receive a confirmation email from MAC Entry Coordinator, Terry Jones, confirming your entries have been accepted.

**Fees:** Five dollars and fifty cents (\$5.75) per Individual Event and a two dollar (\$3.50) facility charge per swimmer. Make checks payable to Magnolia Aquatic Club (MAC). Entry fees must accompany entries, if delivered by any method other than email.

**AWARDS:** Individual Events: Ribbons 1<sup>st</sup> – 8<sup>th</sup> Place

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

**RULES AND SANCTIONS:** The meet will be 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 three (3) event rule does apply. Swimmers with 3 or more National Motivational "BB" Times may enter any event in the Elite Sessions.

**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 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 must provide two (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 Psych Sheets and for admission to the Hospitality Room.

**DECK CHANGING PROHIBITION:** Changing in to or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**AUDIO/VIDEO RECORDING DEVICES:** Use of audio or visual recording devices, including cell phones, is not permitted in the area behind the starting blocks, in changing areas, rest rooms, showers or locker rooms. Violators may be reported to law enforcement or other government 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.

**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).

**CONCESSIONS:** Concessions will be available.

**HOSPITALITY:** A hospitality room will be available.

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

**MEET RESULTS:** Meet results will be posted on the Gulf Swimming website ([www.gulfswimming.org](http://www.gulfswimming.org)) within three (3) days after the conclusion of the meet

**ATTACHMENTS:** Meet Format  
Entry Verification Form  
Gulf Safety Guidelines and Warm-up Procedures

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### Entry Rules:

Type of Meet	Timed Finals
Max # of Individual Events per day	Four (4)
Swimmers Eligible	All USA Swimming – listed teams given priority
Qualifying Times	None
Cut-off Times	None
Enter with No Time?	Yes
Gulf “three event” rule applies?	No
Fees	Individual Events: \$5.75 \$3.50 Facility surcharge per swimmer

### Session 1: Friday PM, January 22, 2016

Warm Up at 4:30 PM, Meet Starts at 6:00 PM

Girls	Event	Boys
1	11-12 400 IM	2
1	13-14 400 IM	2
1	15 & Over 400 IM	2
3	10&U 500 Freestyle	4
3	11-12 500 Freestyle	4
5	13-14 500 Freestyle	6
5	15 & Over 500 Freestyle	6

- Positive check in required for all events 45 minutes prior to the start of the session.
- All events will be swum combined, but scored separately for 10&U, 11-12, 13-14 and 15 & Over
- All events will be seeded fastest to slowest.
- The 400 I.M., 500 Free, 1000 Free and 1650 Free will be swum fastest to slowest, alternating Girls and Boys.
- Those swimming the 500 Free, 1000 Free and 1650 Free must provide 2 timers and their own lap counter.

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### Session 2: Saturday AM, January 23, 2016

Warm Up at 7:30 am, Meet Starts at 9:00 am

Girls	Event	Boys
7	10&U 200 IM	8
7	11-12 200 IM	8
7	13-14 200 IM	8
7	15 & Over 200 IM	8
9	10&U 100 Backstroke	10
9	11-12 100 Backstroke	10
9	13-14 100 Backstroke	10
9	15 & Over 100 Backstroke	10
11	10&U 50 Freestyle	12
11	11-12 50 Freestyle	12
11	13-14 50 Freestyle	12
11	15 & Over 50 Freestyle	12
13	10&U 100 Breaststroke	14
13	11-12 100 Breaststroke	14
13	13-14 100 Breaststroke	14
13	15 & Over 100 Breaststroke	14
15	10&U 50 Butterfly	16
15	11-12 50 Butterfly	16
17	11-12 200 Butterfly	18
17	13-14 200 Butterfly	18
17	15 & Over 200 Butterfly	18
19	13&O 1000 Freestyle	20

- Positive check in required for all events 45 minutes prior to the start of the session.
- All events will be swum combined, but scored separately for 10&U, 11-12, 13-14 and 15 & Over
- All events will be seeded fastest to slowest.
- The 400 I.M., 500 Free, 1000 Free and 1650 Free will be swum fastest to slowest, alternating Girls and Boys.
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### Session 3: Sunday AM, January 24, 2016

Warm Up at 7:30 am, Meet Starts at 9:00 am

Girls	Event	Boys
21	10&U 200 Freestyle	22
21	11-12 200 Freestyle	22
21	13-14 200 Freestyle	22
21	15 & Over 200 Freestyle	22
23	10&U 100 IM	24
23	11-12 100 IM	24
25	10&U 100 Butterfly	26
25	11-12 100 Butterfly	26
25	13-14 100 Butterfly	26
25	15 & Over 100 Butterfly	26
27	10&U 50 Breaststroke	28
27	11-12 50 Breaststroke	28
29	11-12 200 Breaststroke	30
29	13-14 200 Breaststroke	30
29	15 & Over 200 Breaststroke	30
31	10&U 100 Freestyle	32
31	11-12 100 Freestyle	32
31	13-14 100 Freestyle	32
31	15 & Over 100 Freestyle	32
33	10&U 50 Backstroke	34
33	11-12 50 Backstroke	34
35	11-12 200 Backstroke	36
35	13-14 200 Backstroke	36
35	15 & Over 200 Backstroke	36
37	13&O 1650 Freestyle	38

- Positive check in required for all events 45 minutes prior to the start of the session.
- All events will be swum combined, but scored separately for 10&U, 11-12, 13-14 and 15 & Over
- All events will be seeded fastest to slowest.
- The 400 I.M., 500 Free, 1000 Free and 1650 Free will be swum fastest to slowest, alternating Girls and Boys.
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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

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Date



## SAFETY GUIDELINES AND WARM-UP PROCEDURES

### APPENDIX G

#### 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
- 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.