

GULF SWIMMING SUMMER CHAMPS

July 15-17, 2016

A Long Course Meters Prelims / Finals Meet

HOSTED BY



Pearland Aquatics

Sanction Number #GULC 16-034

**--- ALL TEAMS MUST MAIL THEIR ENTRIES TO JOEL BEARD, GULF TPC CHAIR ---
--- (gulftpc@gmail.com) BY 6 PM MONDAY, JUNE 27, 2016 ---**

LOCATION:

Pearland Recreation Center and Natatorium
4141 Bailey Road
Pearland, TX 77584

DIRECTIONS:

Take south Sam Houston Tollway to Pearland Parkway. Go south on Pearland Parkway until the stoplight at Oiler Drive, (Pearland High School stadium on your right). Turn right on Oiler Drive, which turns into Bailey Road at next intersection (Highway 35). Continue straight on Bailey Road and cross bridge; Natatorium will be on your right at the corner of Bailey Road and Veterans Road.

**SPECIAL
INSTRUCTIONS:**

Parking is available in front of the Natatorium and behind the facility off of Veterans Road. **There is no meet parking in front of the Recreation Center side, or on the side lot alongside Veterans Dr. as these are reserved for Recreation Center members only.** Overflow parking is available at the neighboring high school on Bailey Rd. **There is no RV parking on the Recreation Center and Natatorium grounds.** The climate-controlled basketball gym within the recreation center will be available during prelims on **Saturday and Sunday only**. Please bring blankets to put underneath chairs.

MEET STAFF:

MEET REFEREE: Keith Rudy (klrudy1957@gmail.com)
ADMIN OFFICIAL: Paul Kosinski and Francis Sanes
MEET DIRECTOR(S): Karen Gapsiewicz (tagurit1975@yahoo.com) 713-598-5246) and Rebecca Decker
SAFETY MARSHAL: Peggy Zhang
COACH(ES): John Burke, Head Coach
Caitlin Cunningham, Assistant Coach
Natalie Melenric, Assistant Coach
Maksims Pimenovs, Assistant Coach
Charyl Teal, Assistant Coach



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POOL: One eight lane, 50 meter 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 a prelims/finals meet with A finals for 10 & Unders and A/B finals for 11 & Over. Relays and 1500 Free will be swum as timed finals events. Warm up and timing lane assignments will be designated in the psych sheet and posted on the Gulf website by Monday, July 11, 2016.

Friday, July 15: Prelims: Warm-ups 7:00 – 8:15 a.m. / Meet starts at 8:30 a.m.
Finals: Warm-ups 4:00 – 4:45 p.m. / Meet starts at 5:00 p.m.

Saturday, July 16 : Prelims: Warm-ups 7:00-8:15 a.m. / Meet starts at 8:30 a.m.
Finals: Warm-ups 4:00 – 4:45 p.m. / Meet starts at 5:00 p.m.

Sunday, July 17: Prelims: Warm-ups 7:00-8:15 a.m. / Meet starts at 8:30 a.m.
Finals: Warm-ups 4:00 – 4:45 p.m. / Meet starts at 5:00 p.m.

MEET TYPE: This is a prelims/finals meet with the exception of relays and the 1500 freestyle events, which will be timed finals events. Finals will consist of an A and B final for the 11 & over swimmers and an A final for the 10 & Under swimmers. All relays will swim in prelims.

The prelim sessions will be run utilizing chase starts, alternating odd and even heats for individual events of 100 and 200 meters. Odd heats will start at the **activity pool** end of the pool and even heats will start at the **diving board** end of the pool. All prelim heats will be swum fastest to slowest. All girls' heats will be swum first, followed by all men's heats.

All heats in finals session will start at the activity pool end of the pool with the exception of all 50 meter events which will start at the diving board end of the pool.

All 50 meter events will start from the diving board end of the pool.

All relays will be swum in the prelims session as timed finals, alternating women's heats at the activity pool end and men's heats at the diving board end.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

SEEDING:

The meet will be deck seeded. Coaches, please inform your swimmers of seeding on deck rules. Once the check-in period closes at 45 min. BEFORE the session begins, all events will be seeded. After the events are officially closed, no one may check-in or



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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. 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 for deck entries.

Seeding for all events shall be in the following order: Conforming course entries in time order, followed by non-conforming long course entries in time order, followed by nonconforming short course entries in time order (YLS).

ORDER OF HEATS:

At Prelims, events will be swum with heats in the order of fastest to slowest, including distance events. At Finals, events will be swum with heats in the order of slowest to fastest.

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.

FINALS AND SCRATCHING:

The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rule 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 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 the Gulf LSC 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 if he has successfully completed 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.

The USA Swimming National Championships Meets "reserve the right to scratch" rule is



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not applicable to any Gulf Swimming meet. The "intent to scratch" rule is not applicable to any Gulf Swimming meet.

RELAY EVENTS:

Relays will be swum as timed finals event. All relays will be swum in Prelims.

400 FREE/400 IM EVENTS:

The 400 free and 400 IM events will be swum as timed finals event. The fastest 8 girls and the fastest 8 boys who check-in and do not elect to swim in prelims, will swim during finals sessions. All other heats will be swum in the prelims sessions, alternating heats of girls and boys. All women's heats will start from the activity pool end of pool; all men's heats will start from the diving board end of pool. Swimmers must provide their own timers during the prelim session heats and also for finals.

1500 FREE:

The 1500 free will be swum as a timed final event, alternating girls and boys heats, in Sunday's prelim session. Swimmers must provide their own lap counter and 2 timers.

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, June 27, 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.
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 – long course meters (L), short course meters (S), or short course yards (Y). Do not convert yard (meter) times to meter (yard) 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., L, S, or Y). If swimmers (13 & O) 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: Yes

Swimmers 14 & U must have 2 or LESS USAS A Motivational Time Standards.
15 & O must have 2 or LESS USAS AA Motivational time standards.



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Qualifying Times (10 & U, 11-12): Yes, USAS BB Motivational Time Standards.

Number of Events: Swimmers may compete in up to three (3) individual events per day and one (1) relay event per day.

Eligible Swimmers: 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.

Deadline: Entries must be in the hands of the Gulf TPC Chair no later than **Monday, June 27th by 6:00 p.m.** 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.

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/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). Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission.

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.

Entry fees must be sent to the following address (preferred) or delivered to the Meet Director on deck:

Karen Gapsiewicz, PEAK Treasurer
P.O. Box 1957
Pearland, TX 77588
(713) 598-5246

Gulf TPC Chair, gulftpc@gmail.com

Individual Event Entry Fee (per event):	\$9.00
Relay Entry Fee (per relay event):	\$16.50
Swimmer Surcharge Fee (per swimmer):	\$6.50
Make entry fee checks payable to:	Pearland Aquatics

FINALISTS:

All finalists should report directly to the starting blocks. Names of the top 8 finalists will be announced before the start the heat.

AWARDS:

Individual events: Gulf custom medals 1st – 3rd, ribbons 4th – 8th place
Relay events: Gulf custom medals 1st place, ribbons 2nd – 3rd place
Team awards will be presented to the top 3 teams in the meet.



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Individual high point: 1st place and Runner-up Girls / Boys (highest individual points earned)

SCORING:

Individual Events: 1st through 8th : 20-17-16-15-14-13-12-11
9th through 16th: 9-7-6-5-4-3-2-1
Relay Events: 1st through 8th: 40-34-32-30-28-26-24-22
9th through 16th: 18-14-12-10-8-6-4-2

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.

The Gulf 3 event rule does not apply
The Gulf up/down rule does apply FOR 12&Under swimmers with BB qualifying times.

Swimmers may compete in relays as long as they are eligible to compete in individual events.

POOL MEASUREMENT:

The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming.

The water depth of the competition course is 13 feet measured from 1 meter to 5 meters on the diving well end of the course, and 6 feet 7 inches measured from 1 meter to 5 meters on the warm-up/down pool 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 meet program. Swimmers in the 500 Free must provide their own lap counter and 2 timers. 1000/1650 Free swimmers must provide their own timers and lap counters during the prelim session heats.

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.



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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.

Spectators wishing to volunteer for timing will be permitted to access the deck and help for that specific purpose. Swimmers are required to remain with their team on pool deck during each session; bleachers are available on deck for team seating. Swimmers may bring portable seating on the pool deck, if space permits, but may not block walkways. Swimmers may also have small portable coolers (no rolling coolers) on deck with water and Gatorade. Teams are not allowed to setup on the computer room side of the pool. Food and drinks from concession stand are not allowed on deck; shaded patio seating is available behind the natatorium. **See complete facility rules attached to this invitation.**

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.

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.

Swimmers are not eligible to swim in this meet if they have achieved two (2) or more 15 & Over Gulf Senior Championship Time Standards (see standards attached) PRIOR to the entry deadline stated in the meet invitation. Swimmers violating the entry rules of this meet are subject to disqualification from the meet by the Meet Director or the Referee. Swimmers shall be fined \$50.00 for each event in which they competed and are over qualified.

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).



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- 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:** A concession stand will be available from the beginning of warm-ups through the beginning of evening finals.
- MERCHANDISE:** Swim Shops of the Southwest will be at the meet selling swim apparel and swim gear. Celebrate Design will be selling meet t-shirts.



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FACILITY RULES:

**Pearland Recreation Center & Natatorium
Rules, Regulation, Prohibitions, and Deck Access**

- All participants must follow the CDC “Healthy Swimming Policy” and shower before warm-up, no exception.
- Event personnel are empowered to enforce any and all regulations that have been established by the City of Pearland.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the viewing stands.
- Participants are not allowed to climb over banisters or railings, or pass any posted barriers.
- Participants and spectators are not allowed to use other areas of the Pearland Recreation Center & Natatorium complex during this event without purchasing a Day Pass at the Services Kiosk located within the Recreation Center.
- Absolutely no tobacco, alcohol products, or glass containers are allowed anywhere within the Pearland Natatorium. This also applies to the parking lot.
- Portable coolers only (no rolling coolers) are allowed on the pool deck, provided they do not contain glass items; no coolers allowed in the spectator bleacher area.
- No flash photography is allowed at the start of any race. Video or photo capable devices are prohibited in the men’s and women’s locker rooms.
- Teams are expected to clean up their respective areas at the conclusion of the competition.
- Running or any other sort of activity that might be interpreted or described as “horseplay” is prohibited.
- Folding/portable chairs are not allowed in the spectator area. The walkways must stay clear at all times, as per Fire Marshall regulations. Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited.
- Face-painting or body painting of any kind is not permitted at the Natatorium.

Access to the deck of the PEARLAND Natatorium is restricted by pass to the following:

Athletes • Administrative support personnel • Coaches • Facility/District Staff • Officials • Marshals • Service and supply vendors • Credentialed media personnel • Hospitality personnel • Medical support personnel • Other personnel on a case-by-case basis at the discretion of the Meet Director or the Meet Referee.



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Pearland Recreation Center & Natatorium Healthy Swimming Policy

The City of Pearland is committed to the health and safety of all patrons. The Pearland Parks and Recreation Center & Natatorium utilizes advanced training and technology and has adopted the Centers for Disease Control's "Healthy Swimming Policy." The policy protects our patrons and spectators from poor air or water quality hazards typical with indoor swimming pools caused by microorganisms and chloramines. The cornerstone of this policy is based on guidelines which mandate safe practices such as requiring all participants to shower before entering either pool located within the Pearland Recreation Center & Natatorium.

"Healthy Swimming Policy" Acknowledgement Form

Organization: _____

Representative Name and Title: _____

By my signature below I agree, on behalf of my organization that:

- I have received a copy of the "Healthy Swimming Policy" and understand the Pearland Recreation Center & Natatorium's "Healthy Swimming Policy" Procedure; as coach or sponsor I understand the responsibility for ensuring that all members of the organization and their guests comply with these rules. I understand that additional copies are available upon request.
- I affirm that all required staff members of my organization have current CPR/First Aid certifications and specific training or liability certification requirements needed by the organization's national governing body.
- I understand that the City of Pearland may from time to time modify its policies and I agree to abide by those changes.

Team Official/Head Coach

Date



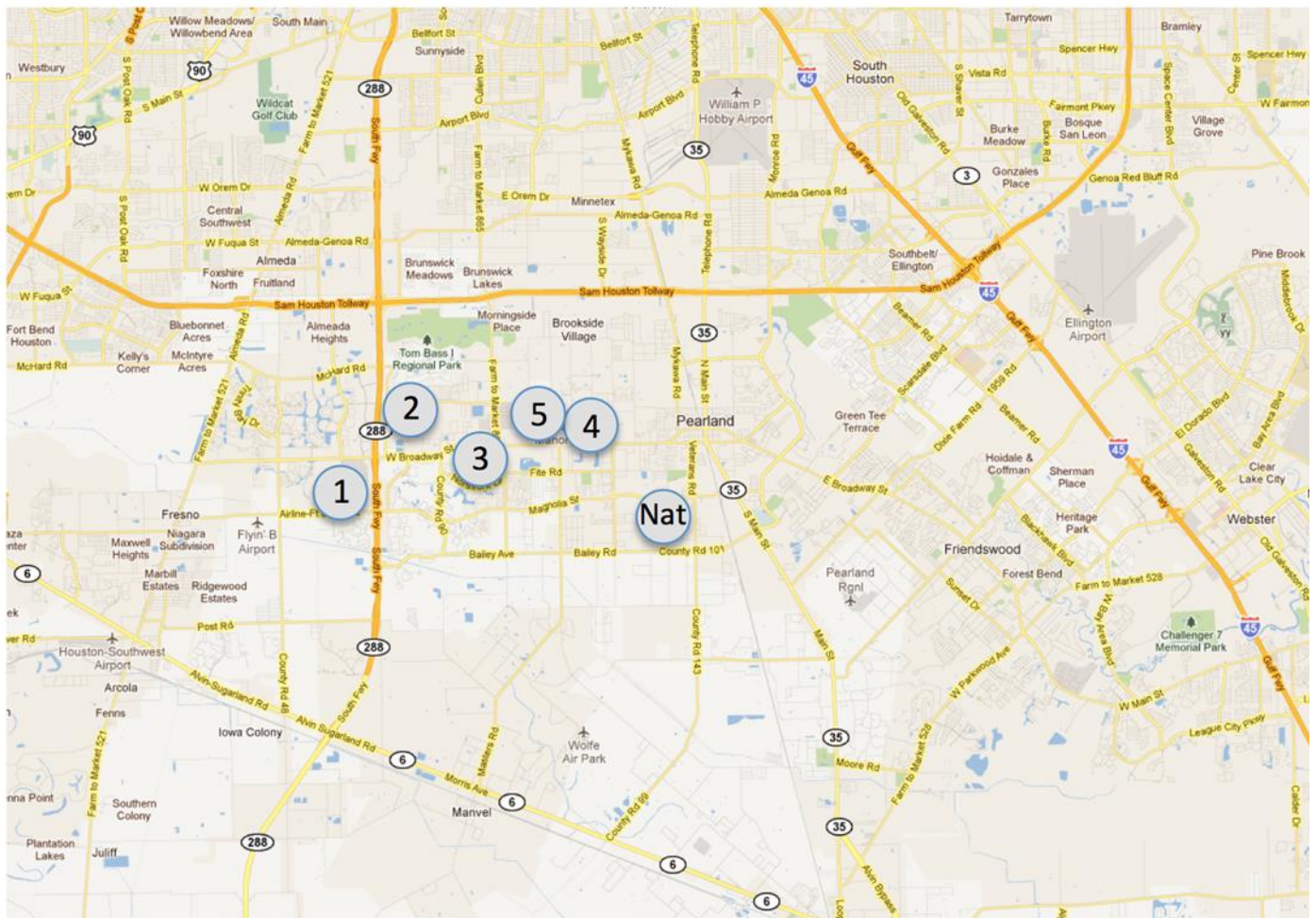
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ATTACHMENTS:

Meet Format, Time Standards, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form, Individual and Relay Entry Forms



**Gulf Swimming Summer Champs
Hotel Information**



- 1. Courtyard Marriott Pearland - 11200 Broadway, Pearland, TX 77584
- 2. Comfort Suites Pearland - 2806 Miller Ranch Rd. CR 94, Pearland, TX 77584
- 3. La Quinta Inn & Suites Pearland - 9002 Broadway, Pearland, TX 77584
- 4. Hampton Inn Houston-Pearland - 6515 Broadway Street, Pearland, TX 77581
- 5. Candlewood Suites Pearland - 9015 Broadway, Pearland, TX 77584
- Nat: Pearland Recreation Center and Natatorium



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GULF SWIMMING SUMMER CHAMPS

July 15-17, 2016

A Long Course Meters Prelims/Finals Meet

HOSTED BY



Entry Rules:	
Type of meet (11 & Over)	Prelim/Final A, B
(10 & Under)	Prelim/Final A
Max # individual events per day	Three (3)
Swimmers eligible	Group X, Gulf Swimmers Only
Entry times in	LCM/SCM/SCY
Qualifying Times (10 & U, 11-12)	Yes - USAS Motivational BB Standards
	Yes
Cut-off times	Yes - 14 and under must have 2 or Less USAS A times
	15 and over must have 2 or Less USAS AA times
Enter with no time?	Yes
Gulf "three event rule" applies?	No
Gulf "up/down rule" applies?	Yes, for 12 & Under swimmers with BB qualifying times
Fees	Individual – \$9.00, Relay - \$16.50 Facility Surcharge – \$6.50

Friday, July 15, 2016

Prelims: Warm-ups 7:00 – 8:15 a.m. / Meet starts at 8:30 a.m.

Finals: Warm-ups 4:00 – 4:45 p.m. / Meet starts at 5:00 p.m.

Girls Event#	Event	Boys Event#
1	11-12 200 Breast	2
3	13 & Over 200 Fly	4
5	12 & Under 50 Fly	6
7	Open 200 IM	8
9	Open 100 Back	10
11	13 & Over 400 Free*	12



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All events will be seeded fastest to slowest.

All individual Open events will be swum combined but scored separately as 10 & Under, 11-12, 13-14 and 15 & Over.

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

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

*The 400 Free will be swum as timed finals. At check-in, swimmers may elect to swim the event during prelims. The fastest 8 girls and the fastest 8 boys in each event who check-in, and who do not elect to swim in prelims, will swim during finals. All other heats will be swum during prelims, alternating girls and boys.

Saturday, July 16, 2016

Prelims: Warm-ups 7:00-8:15 a.m. / Meet starts at 8:30 a.m.

Finals: Warm-ups 4:00 – 4:45 p.m. / Meet starts at 5:00 p.m.

Women Event#	Event	Men Event#
13	11-12 200 Back	14
15	Open 200 Free	16
17	Open 100 Breast	18
19	Open 50 Free	20
21	Open 100 Fly	22
23	Open 200 Medley Relay**	24
25	13-14 200 Medley Relay**	26
27	11-12 200 Medley Relay**	28
29	10 & Under 200 Medley Relay**	30
31	13 & Over 400 I.M.***	32

All events will be seeded fastest to slowest.

All Individual Open events will be swum combined but scored separately as 10 & Under, 11-12, 13-14 and 15 & Over.

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

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

**All relays will be timed finals events. All relays will be swum in prelims.

***The 400 I.M. will be swum as timed finals. At check-in, swimmers may elect to swim the event during prelims. The fastest 8 girls and the fastest 8 boys in each event who check-in, and who do not elect to swim in prelims, will swim during finals. All other heats will be swum during prelims, alternating girls and boys.



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Sunday, July 17, 2016

Prelims: Warm-ups 7:00-8:15 a.m. / Meet starts at 8:30 a.m.
Finals: Warm-ups 4:00 – 4:45 p.m. / Meet starts at 5:00 p.m.

Women	Event	Men
Event#	Event	Event#
33	12 & Under 50 Back	34
35	13 & Over 200 Back	36
37	Open 100 Free	38
39	12 & Under 50 Breast	40
41	13 & Over 200 Breast	42
43	11-12 200 Fly	44
45	10 & Under 200 Free Relay**	46
47	11-12 200 Free Relay**	47
49	13-14 200 Free Relay**	50
51	Open 200 Free Relay**	52
53	12 & Under 400 Free***	54
55	13 & Over 1500 Free*	56

All events will be seeded fastest to slowest.

All individual Open events will be swum combined but scored separately as 10 & Under, 11-12, 13-14 and 15 & Over.

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

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

*The 1500 Free will be swum as a timed final event, alternating girls and boys heats, in Sunday's prelim session. Swimmers must provide 2 timers and a lap counter.

**All relays will be timed finals events. All relays will be swum in prelims.

***The 400 Free will be swum as timed finals. At check-in, swimmers may elect to swim the event during prelims. The fastest 8 girls and the fastest 8 boys in each event who check-in, and who do not elect to swim in prelims, will swim during finals. All other heats will be swum during prelims, alternating girls and boys.



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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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Relay Entry Form

Team Name:		Team Code:	
Head Coach:			
Team Address:			
Phone:			
Email:			
Event #		Event Description:	
Entry Time:		Relay (A, B, C...)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			
Event #		Event Description:	
Entry Time:		Relay (A, B, C...)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			
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GULF SWIMMING