

# 2016 CFSC MAY OPEN INVITATIONAL MEET



hosted by  
Cy-Fair Swim Club – Fleet Swimming  
Long Course Timed Final  
April 29 – May 1, 2016  
SANCTION # GULC 16-013



**LOCATION:** Fleet Aquatic Center  
14654 Spring Cypress Rd.  
Cypress, Texas 77429  
See Attached Map

**COACHES:** Colin Kennedy: Head Age Group Coach

**POOL:** Ten lane, 50 meter pool with non-turbulent lane lines. There is a separate warm-up/warm-down area.

**WARM UP LANE:** During the meet, the Fleet FIRST lesson pool will be open for warm up and warm down. It is a 6 lane, 25 yard indoor pool. No diving is allowed. **On Friday Night and Saturday morning sessions, there will only be 2 warm up/warm down lanes available.** Linger in the lanes or playing will not be permitted. A safety marshal will be assigned to monitor the WU/WD lanes and enforce these rules throughout the meet. The safety marshal has the authority to remove from the WU/WD lane any swimmer who does not comply with these rules. The Meet Referee may exercise additional adjudication authority as necessary.

**TIME AND DATE:** This is a Timed Finals Split Session Meet.

**Friday Session:**

April 29, 2016: Open warm ups at 4:00 pm, meet starts at 5:30 pm (TIMED FINAL EVENTS).

**Saturday and Sunday Sessions:**

Saturday and Sunday Morning Sessions (12 & Under)

April 30-May 1, 2016: Warm ups at 7:30 am, meet starts at 9:00 am (TIMED FINAL EVENTS).

Saturday and Sunday Afternoon Sessions (13 & Up)

April 30-May 1, 2016: Warm ups at 1:30 PM (or immediately after morning session if morning session goes beyond 1:30 PM), meet starts at 2:30 PM (or 1 hour after conclusion of morning session if morning session goes beyond 1:30 PM) (TIMED FINAL EVENTS).

Split warm-ups will be in effect for all sessions, with assignments posted on the Gulf Swimming web site.

Lane assignments for warm-ups and timing will be designated in the psych sheet, and posted on the Gulf Swimming website by Monday, April 27, 2015.

**MEET TYPE:** This meet will be run utilizing the “Flyover Starts” procedures. 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.

\*\* 400 IM, 400 Freestyle events will alternating girls and boys heats.

All events will start from the locker room end of the pool, with the exception of the 50 meter events, which **will start from the field end of the pool.**

**MEET REFEREE:** Tom Jones, [twjones@earthlink.net](mailto:twjones@earthlink.net)

**ADMINISTRATIVE OFFICIAL:** Holger Luebsen

**MEET DIRECTORS:** Carolyn Reed, [deerjc@gmail.com](mailto:deerjc@gmail.com)  
713-725-4604  
Huong Le, [lehuongc@yahoo.com](mailto:lehuongc@yahoo.com)

**SAFETY MARSHAL:** Paula Mulvihill

**SAFETY GUIDELINES AND WARM-UP PROCEDURES:** See attached Safety Guidelines and Warm-up Procedures.

**SEEDING:** The meet will be pre-seeded, except the 400 IM and 400/800 Free events will be deck-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. **Relay cards due by 8:15 am each morning session or the entry will be considered scratched. Afternoon session relay cards will be due at 1:45 pm or 45 minutes before the start of the session.**

**CHECK-IN:** All swimmers must positive check in with the Clerk of the Course for events 400 meters or longer. Swimmers are required to positively check-in for Friday events by 4:45 pm and for Sunday events by 1:45 pm or 45 minutes before the start of the afternoon session. After the 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-Chairman, Jason Wedlick, if he/she fails to appear. **Swimmers must provide their own timers and lap counters (if needed) for all 400 meters or longer events.**

**ON-DECK ENTRIES:** Late entries will be accepted each session up to **45 minutes** before the start of each session. Those swimmers missing the 6:00 p.m. Tuesday April 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.
2. Swimmers must supply completed entry forms entered at the swimmers' best times. The swimmers will be seeded into open lanes.
3. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of each 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. A heat 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 from USAS meets and 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 times to 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., Y, S, or L). If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested.

**Cut-off Times:** None.

**Qualifying Times:** None.

**Age:** As of April 29, 2016.

**Number of Events:** Swimmers may compete in up to three (3) individual events per day

and up to one (1) relay event per day.

**Deadline:** Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Tuesday, April 19, 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 Chairman at:

CFSC  
Attn: Carolyn Reed  
11659 Jones Rd. PMB #351  
Houston, TX 77070  
713-725-4604  
deerjc@gmail.com

**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 Invitation.

**Eligible Teams:** Gulf registered teams. Only swimmers attached to a Gulf Team or swimmers in the documented process of transferring to a Gulf team may participate in this invitational meet.

**Fees:** Six dollars (\$6.00) per Individual Event and ten dollars (\$10.00) for each Relay event plus a six dollars and fifty cents (\$6.50) per Swimmer Surcharge fee. Make checks payable to CFSC. Entry fees must accompany entries, if delivered by any method other than email.

**AWARDS:** Individual events: Ribbons 1<sup>st</sup> – 10<sup>th</sup> place. Relay events: Ribbons 1<sup>st</sup> – 3<sup>rd</sup> place.

**SCORING:**

Individual Events:	11-9-8-7-6-5-4-3-2-1
Relay Events:	22-18-16-14-12-10-8-6-4-2

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

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

13 & Over individual and relay events will be swum combined but scored separately 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

**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 5.5 feet measured from 1 meter to 5 meters on the starting end of the course, and 5.5 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 400IM and 400/800 Freestyle 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 Psych Sheets and for admission to the Hospitality Room.

**DECK CHANGING PROHIBITION:** Changing into 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 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).

**CONCESSIONS:** Concessions will be available for breakfast and lunch.

**HOSPITALITY:** A hospitality room will be available for Coaches and Officials.

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

**MEET RESULTS:** Meet results will be posted on the Gulf Swimming Web Page ([www.gulfswimming.org](http://www.gulfswimming.org)) and [www.fleetswimming.com](http://www.fleetswimming.com), within three days after the conclusion of the meet.

**PARKING:** **Parking will be onsite. *In the instance of inclement weather only, we will be utilizing offsite parking at the local elementary for all swimmers.***



*ENTRY VERIFICATION*  
APPENDIX F

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

April 29-May 1, 2016

2016 CFSC May Open Invitational  
14654 Spring Cypress Rd.  
Cypress, Texas 77429

**Entry rules:**

Type of Meet: Timed Finals  
Max # individual events per day: Three (3)  
Swimmers eligible: Gulf registered teams  
Entry times in: LCM/SCM/SCY  
Qualifying times: None  
Enter with no time: Yes  
Special Rules: None  
Fees: Individual - \$6.00, Relays \$10.00  
Facility surcharge: \$6.50/swimmer

**Friday Night Events**

Girl Event #	Event Description	Boys Event#
<b>Friday, April 29, 2016, Warm Ups 4:00 PM, Meet Starts at 5:30 PM</b>		
1	11 & Over 400 IM*	2
3	12 & Under 400 Free*	4
5	11 & Over 800 Free*	6

\* 400 IM, 400/800 Free events will alternate girls and boys heats.  
\* All events will need to provide their own timers and counters.

**Saturday Morning Events**

Girl Event #	Event Description	Boys Event #
<b>Saturday, April 30, 2016 Warm Ups 7:30 AM, Meet Starts at 9:00 AM</b>		
7	12 & Under 100 Back	8
9	12 & Under 50 Breast	10
11	12 & Under 50 Free	12
13	12 & Under 200 Medley Relay	14
15	12 & Under 100 Fly	16
17	12 & Under 200 Free	18

**Saturday Afternoon Events**

Girl Event #	Event Description	Boys Event#
<b>Saturday, April 30, 2016 Warm Ups 30 Minutes after morning session but no earlier than 1:30 PM, Meet Starts at 2:30 PM</b>		
19	13 & Over 100 Back	20
21	13 & Over 200 Breast	22
23	13 & Over 50 Free	24
25	13 & Over 200 Medley Relay	26
27	13 & Over 100 Fly	28
29	13 & Over 200 Free	30

**Sunday Morning Events**

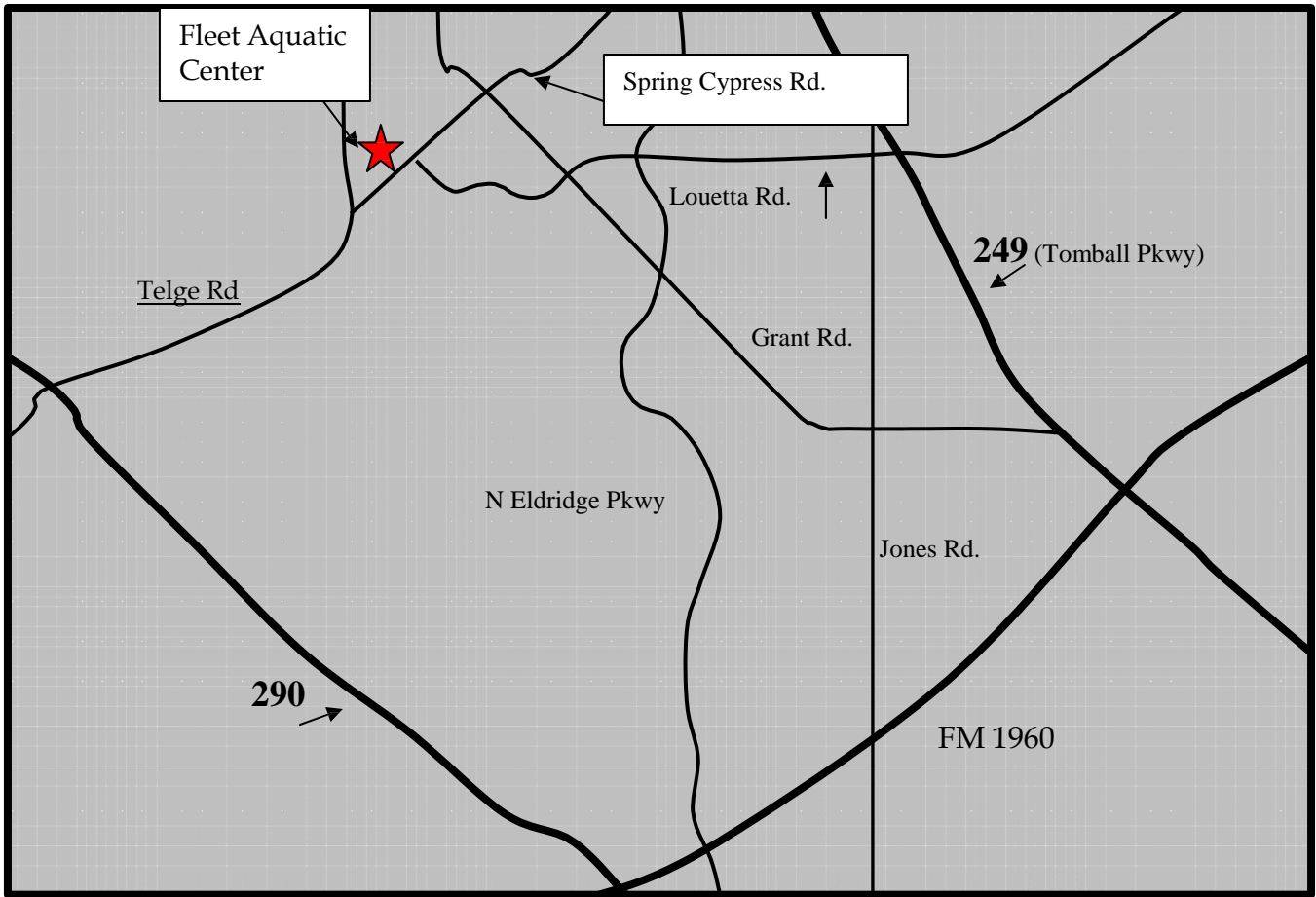
Girl Event #	Event Description	Boys Event#
<b>Sunday, May 1, 2016 Warm Ups 7:30 AM, Meet Starts at 9:00 AM</b>		
31	12 & Under 100 Free	32
33	12 & Under 50 Back	34
35	12 & Under 100 Breast	36
37	12 & Under 200 Free Relay	38
39	12 & Under 50 Fly	40
41	12 & Under 200 IM	42

## Sunday Afternoon Events

Girl Event #	Event Description	Boys Event#
Sunday, May 1, 2016 Warm Ups 30 Minutes after morning session but no earlier than 1:30 PM, Starts at 2:30 PM		
43	13 & Over 100 Free	44
45	13 & Over 200 Back	46
47	13 & Over 100 Breast	48
49	13 & Over 200 Free Relay	50
51	13 & Over 200 Fly	52
53	13 & Over 200 IM	54
55	13 & Over 400 Free**	56

\*\* 400 Free events will alternate girls and boys heats.

\*\* All events will need to provide their own timers and counters.



**Fleet Aquatic Center**

**14654 Spring Cypress Rd.**

From 290, come to the Telge Rd. exit. Head north on Telge past several lights and stop signs. When you come to the first Telge and Spring Cypress stop sign, take the right and cross over Little Cypress Creek to another Spring Cypress stop sign. Take a right and head 0.3 miles down Spring Cypress to drive on left with Fleet sign.

From 249 either take Louetta exit, head west, go past Grant Rd. to where Louetta dead ends at Spring Cypress and take a left. Go down and pool will soon be on your right. Or take Spring Cypress, past Grant and look for Fleet sign on your right.

From 1960, go west to 249 & take a right to head north. Get off Grant Rd. Take a left and go west. Go past Jones, Eldridge Pkwy and Louetta. Take a left at Spring Cypress stop sign. Pool will be shortly on right. Look for sign.

