

# GULF May Open Invitational Meet

May 13-15, 2016

A Long Course Meters Timed Finals Meet

CO-HOSTED BY

Energy Core Swimming and Escalate Aquatic Team



&  
Sanction Number # GULC 16-018R2

**ENTRIES DUE TO TPC CHAIR ([gulftpc@gmail.com](mailto:gulftpc@gmail.com)) BY 6:00 PM, SATURDAY, APRIL 23, 2016**

**LOCATION:** FBISD Aquatic Practice Facility  
16701 Bissonnet Street  
Houston, TX 77083

**DIRECTIONS:** From Hwy 6, take Bissonnet to the West. Facility is on the left at Clodine Road Intersection.  
From Westpark Tollway, take Clodine Road to the South. Follow Clodine Road to the left at the Orchid Ln/Clodine intersection. Turn left on to Bissonnet. Facility is on the right.

**SPECIAL INSTRUCTIONS:** **\*\*\* There will be limited Parking on Friday night due to Bus Driver Parking and School Parking. Please plan to Car Pool where at all possible.**

**There is absolutely NO FOOD allowed on the pool deck. Violators of this rule will be asked to take their food outside.**

**MEET STAFF:**  
**MEET REFEREE:** Rick Tobin, [tobinrc@comcast.net](mailto:tobinrc@comcast.net)  
**ADMIN OFFICIAL:** Beth Gonzales, [bsmithgonzales@yahoo.com](mailto:bsmithgonzales@yahoo.com)  
**MEET DIRECTOR(S):** Eddie Adams, [eddiea75@att.net](mailto:eddiea75@att.net) 281-570-5572  
**SAFETY MARSHAL:** Alex Plaetzer, [coachalex@ecswimming.com](mailto:coachalex@ecswimming.com)  
**COACH(ES):** Douglas Buckalew, [coachdoug@ecswimming.com](mailto:coachdoug@ecswimming.com)  
Gia Pham, [swimescalate@yahoo.com](mailto:swimescalate@yahoo.com)

**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 seven session, 2 ½ day, timed-finals meet with a PM session on Friday, AM/ Mid-day/PM sessions on Saturday and Sunday.



**GULF SWIMMING**

**Session 1:** Friday PM—May 13, 2016  
Age Groups: 11 & Over girls and boys  
Warm-up\*: 4:30-5:45 pm / Meet Start: 6:00 pm

**Session 2:** Saturday AM – May 14, 2016  
Age Groups: 13 & Over girls and boys  
Warm-up\*: 7:30 – 8:45 am / Meet Start: 9:00 am

**Session 3:** Saturday Mid-day – May 14, 2016  
Age Groups: 11 & Over boys  
Warm-up: Immediately upon the completion of the AM session.  
Meet Start: Approximately 30 mins after the conclusion of the AM session.

**Session 4:** Saturday PM – May 14, 2016  
Age Groups: 12 & Under girls and boys  
Warm-up\*: Immediately upon the completion of the Mid-day session.  
Meet Start: Approximately 1 hour after the conclusion of the Mid-day session.

**Session 5:** Sunday AM – May 15, 2016  
Age Groups: 13 & Over girls and boys  
Warm-up\*: 7:30 – 8:45 am / Meet Start: 9:00 am

**Session 6:** Sunday Mid-day – May 15, 2016  
Age Groups: 11 & Over girls  
Warm-up: Immediately upon the completion of the AM session.  
Meet Start: Approximately 30 mins after the conclusion of the AM session.

**Session 7:** Sunday PM – May 15, 2016  
Age Groups: 12 & Under girls and 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, May 9, 2016.

**MEET TYPE:**

This meet will be run utilizing chase start procedures unless a waiver is received from the Technical Planning Committee Chair.

100 and 200 meter events will be run utilizing chase starts alternating odd and even heats. All girls' heats will be swum first utilizing both ends of the pool followed by the boys' heats utilizing both ends of the pool. 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 400 meter and over events will be swum fastest to slowest using chase starts, alternating girls and boys heats. Girls' heats will start at the activity pool end of the pool and the boys' heats will start at the diving board end of the pool.

All 50's will start at the diving board end of the pool.



**GULF SWIMMING**

## **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. All events will be seeded with heats in the order of fastest to slowest.

## **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, April 23, 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 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 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., L, S, or Y). 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 May 13, 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.



**GULF SWIMMING**

**Deadline:** Entries must be in the hands of the Gulf TPC Chair no later than **6:00 PM, SATURDAY, APRIL 23, 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 or swimmers in the documented process of transferring to a Gulf Swimming team may participate in this invitational meet.

**Individual Event Entry Fee (per event):** \$6.00  
**Swimmer Surcharge Fee (per swimmer):** \$ 6.50  
**Make entry fee checks payable to:** Energy Core Swimming

Mail entry fees (**POSTMARKED BY FRIDAY, MAY 6, 2016**) to the address below:

Energy Core Swimming  
1127 Eldridge Pkwy  
PMB 300-158  
Houston, TX 77077

281-327-8060  
[coachdoug@ecswimming.com](mailto:coachdoug@ecswimming.com)

**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 11&Over events will be swum combined but scored separately as 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.

**1500 FREE:** The 1500 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large. Swimmers will swim on the right-hand side of the lane with respect to their start end. 11-12 swimmers must have an A time in the 400/500 free to enter this event.

**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



**GULF SWIMMING**

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) 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.

**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.



**GULF SWIMMING**

**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](http://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:**

Lane Four will be at the meet selling swim apparel and swim gear.

**FACILITY RULES:**

**\*\*\* There will be limited Parking on Friday night due to Bus Driver Parking and School Parking. Please plan to Car Pool where at all possible. NO FOOD ALLOWED ON THE POOL DECK!**

**ATTACHMENTS:**

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



**GULF SWIMMING**

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May 13-15, 2016

A Long Course Meters Timed Finals Meet

CO-HOSTED BY

Energy Core Swimming and Escalate Aquatic Team

<b>Entry Rules:</b>	
Type of meet	Timed Finals
Max # individual events per day	Three (3)
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	LCM, SCM, SCY
Qualifying times	11-12 must have A time standard in 400/500 free to enter the 1500 free
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 – \$6.00 Facility Surcharge – \$ 6.50

Girls Event#	Friday PM—May 13, 2016 Event Name	400	Free*	I.M.	Boys Event#
1	11 & Over	400	Free*		2
3	11 -12	200	I.M.		4
5	13 & Over	400	I.M.*		6

All events will be seeded fastest to slowest.

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

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



GULF SWIMMING

<b>Girls Event#</b>	<b>Saturday AM – May 14, 2016</b>			<b>Boys Event#</b>
	<b>Event Name</b>			
7	13 & Over	100	Breast	8
9	13 & Over	50	Free	10
11	13 & Over	200	Fly	12
13	13 & Over	200	Back	14
15	13 & Over	200	Free	16

<b>Girls Event#</b>	<b>Saturday Mid-day – May 14, 2016</b>			
	<b>Event Name</b>			
17	11 & Over	1500	Free***	

<b>Girls Event#</b>	<b>Saturday PM – May 14, 2016</b>			<b>Boys Event#</b>
	<b>Event Name</b>			
19	11-12	200	Breast	20
21	10 & Under	100	Breast	22
23	12 & Under	50	Free	24
25	12 & Under	100	Fly	26
27	12 & Under	50	Back	28
29	12 & Under	200	Free	30
31	11-12	100	Breast	32
33	10 & Under	400	Free*	34

All events will be seeded fastest to slowest.

\*The 400 free will be swum alternating girls and boys heats. Swimmers must provide their own timers.

\*\*\*The 1500 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large.

Swimmers will swim on the right-hand side of the lane with respect to their start end. Swimmers must provide their own timers and lap counters for the 1500 free.

All 11 & Over events will be swum combined but scored separately as 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.



**GULF SWIMMING**



<b>Girls Event#</b>	<b>Sunday AM – May 15, 2016</b>			<b>Boys Event#</b>
	<b>Event Name</b>			
35	13 & Over	100	Back	36
37	13 & Over	200	Breast	38
39	13 & Over	100	Free	40
41	13 & Over	100	Fly	42
43	13 & Over	200	I.M.	44

<b>Sunday Mid-day – May 15, 2016</b>				<b>Boys Event#</b>
<b>Event Name</b>				
	11 & Over	1500	Free***	46

<b>Girls Event#</b>	<b>Sunday PM – May 15, 2016</b>			<b>Boys Event#</b>
	<b>Event Name</b>			
47	11-12	200	Back	48
49	10 & Under	100	Back	50
51	12&Under	50	Breast	52
53	12&Under	100	Free	54
55	12&Under	50	Fly	56
57	11-12	200	Fly	58
59	10 & Under	200	I.M.	60
61	11-12	100	Back	62

All events will be seeded fastest to slowest.

\*\*\*The 1500 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large. Swimmers will swim on the right-hand side of the lane with respect to their start end. Swimmers must provide their own timers and lap counters for the 1500 free.

All 11 & Over events will be swum combined but scored separately as 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.



**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.

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Signature

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Title

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Date



**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 **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.



**GULF SWIMMING**