

**Gulf Swimming Open Meet  
Short Course Yards Timed Finals Meet  
November 14-15, 2015**

**SANCTION # GUSC 16-033R2**

Hosted by



<p><b>LOCATION:</b> Lamar Consolidated ISD Natatorium 1011 Horace Mann Ave Rosenberg, TX 77471 832-223-0530</p>	<p><b>DIRECTIONS:</b> From Friendswood 57 minutes/45.8 miles - This route has tolls. 1. Get on Sam Houston Pkwy West 2. Follow Sam Houston Pkwy West and I-69/US 59 to Rosenberg 20 min (10.5 mi) 3. Take the exit toward Reading Road from I-69-US 50 S 30 min (32.8 mi) 4. Take Reading Road to Horace Mann Ave 7min (2.5 mi)</p>
<p><b>POOL:</b> Lamar Consolidated ISD Natatorium! 1011 Horace Mann Ave Rosenberg, TX 77471 832-223-0530</p>	<p>Eight lane, 25 yard indoor pool with non-turbulent lane lines. There are five separate lanes in the shallow end of the pool five of which will be available for warm-up and warm-down before the competition sessions and four of which will be available during competition sessions. These five separate lanes are open warm-up lanes for the morning sessions warm-ups.</p> <p>There is limited seating in the bleachers. Wet swimmers are not allowed in the bleacher area. Swimmers are encouraged to sit on deck as a team in order to allow more room for spectators. There is ample lawn space outside for set up.</p>
<p><b>TIME AND DATE:</b></p>	<p>This is a timed-finals competition. All events will be pre-seeded meet with the exception of the 500 Freestyle and the 400 IM events which will be deck-seeded. All events will be seeded fastest to slowest.</p> <p>SAT NOV 14 &amp; SUN NOV 15, 2015</p> <p><b>BUILDING OPENS AT 7:20am</b> <b>MORNING Warm-ups</b> <b>Morning warm-ups start at 8:30am. Competition starts at 10:00am.</b></p> <p><b>AFTERNOON Warm-ups</b> Afternoon Sessions: Warm-ups for the afternoon will begin immediately upon completion of the morning session &amp; the afternoon session competition will commence one (1) hour after the completion of the morning session. Split warm-ups will be in effect. Lane assignments for warm-ups and timing will be designated in the heat sheet and posted on the Gulf Swimming website by the MON NOV 9, 2015.</p>
<p><b>FORMAT:</b></p>	<p>This meet will be run using the "Flyover Start" procedures unless a waiver is received from the Technical Planning Committee Chairman. At the conclusion of each non-backstroke heat, the swimmers shall remain in the water until after the next heat is started.</p>

<b>MEET REFEREE:</b>	Tom O'Brien <a href="mailto:tomob930@gmail.com">tomob930@gmail.com</a>
<b>MEET DIRECTORS:</b>	Alisha Leger <a href="mailto:legerpartyof3@comcast.net">legerpartyof3@comcast.net</a> 713.304.0014 Scott Fitzharris <a href="mailto:scott.fitzharris@gmail.com">scott.fitzharris@gmail.com</a> 281.636.1168
<b>ADMINISTRATIVE OFFICIAL:</b>	Jim McMichael <a href="mailto:mcmicha@sbcglobal.net">mcmicha@sbcglobal.net</a> 832.671.7564
<b>OFFICIALS:</b>	Glenn Jue, Tim Budzik, Hong Chai, Aaron Kovach, Toni Kovach, Tom Sander
<b>COACHES:</b>	Jim Crampton - Head Coach Erik Andrews - Head Age Group Coach
<b>TIMING SYSTEM OPERATORS:</b>	Becky Danely, Jacqueline Nelson, Tom Wilson, and Paul Camacho, Amanda Galloway, Traci McKee
<b>SAFETY MARSHALS &amp; SECURITY:</b>	Matt Becker. A City of Friendswood Police Office will be present throughout while the facility is open.  Swimmers and spectators should follow instructions by the safety marshals and police officer including their enforcing the prohibition of spectators standing along the rail or in the walkways in the bleachers. Anyone failing to comply may be removed and barred from the facility or school property.
<b>SAFETY GUIDELINES AND WARM-UP PROCEDURES:</b>	See attached Safety Guidelines and Warm-Up Procedures.
<b>SEEDING:</b>	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 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.
<b>CHECK-IN:</b>	All swimmers must positively check-in with the Clerk of the Course for events of 400 yards/meters or longer. Swimmers are required to positively check-in no later than 45 minutes before the start of the session. 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, for each event in which he/she fails to appear.

<b>ON DECK ENTRIES:</b>	<p>Late entries will be accepted each day up to 45 minutes before the start of the session. Those swimmers missing <b>the 6:00 p.m. SAT OCT 24, 2015</b> deadline may enter the meet on deck in the following manner:</p> <ol style="list-style-type: none"> <li>1. Swimmers must pay double the entry fee at the time of entry.</li> <li>2. Swimmers must supply completed entry forms. The swimmers will be seeded into open lanes.</li> <li>3. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.</li> <li>4. Swimmers must be qualified to swim the event entered.</li> <li>5. Swimmers must not exceed the allotted number of events allowed each day.</li> <li>6. A heat will be added, if necessary AND if the timeline permits.</li> </ol>
<b>ENTRY TIMES:</b>	<p>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 <i>meter (yard)</i> times to <i>yard (meter)</i> 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.</p>
<b>QUALIFYING TIMES:</b>	None.
<b>CUT-OFF TIMES:</b>	None.
<b>AGE:</b>	Age as NOV 14, 2015.
<b>NUMBER OF EVENTS:</b>	Swimmers may compete in up to three (3) individual events per day.
<b>ENTRY DEADLINE:</b>  <b>No later than 6:00 p.m. on Saturday, October 24, 2015</b>	<p>Entries must be in the hands of the Meet Entry Chair no later than 6:00 p.m. on Saturday, October 24, 2015 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 email entries to Gulf TPC Chair at <a href="mailto:gulftpc@gmail.com">gulftpc@gmail.com</a>.</p> <p>Joel Beard 1519 Park Wind Drive Katy, TX 77450 Cell 309-333-8822 <a href="mailto:gulftpc@gmail.com">gulftpc@gmail.com</a></p>

<p><b>ENTRIES:</b></p>	<p>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). Include relays and relay- only swimmers on your completed entry form, diskette, or electronic submission.</p> <p>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.</p>
<p><b>ELIGIBLE TEAMS:</b></p>	<p>SHARKS and other Gulf teams as assigned by Gulf Swimming. Only swimmers attached to these Gulf Swimming teams or swimmers in the documented process of transferring to one of these Gulf teams may participate in this competition.</p>
<p><b>FEES</b></p>	<p>\$5.75 per Individual Event and \$3.50 per swimmer Facility Surcharge Fee. Make checks payable to SHARKS Swim Team. Entry fees must accompany entries, if delivered by any method other than email.</p> <p>SHARKS Swim Team PO Box 1123 Friendswood, TX 77549</p> <p>Make checks payable to: <b>SHARKS Swim Team</b></p>
<p><b>AWARDS:</b></p>	<p>Individual events: Ribbons 1st -8th place</p>
<p><b>SCORING:</b></p>	<p>Individual events: 9-7-6-5-4-3-2-1</p> <p>All 13&amp;O events will swim combined but scored separately as 13-14, and 15 and Older. All 11&amp;Or events will swim combined but scored separately as 11-12, 13-14, 15 &amp; Older. All 12&amp;Y events will swim combined but scored separately as 11-12, 9-10, 8, 7 and 6 &amp; Younger. All 10&amp;Y events will swim combined but scored separately as 9-10, 8, 7 and 6 &amp; Younger. All 8&amp;Y events will swim combined but scored separately as 8, 7, 6 &amp; Younger. All 9-12 events will swim combined but scored separately as 11-12 and 9-10.</p>
<p><b>RULES &amp; SANCTIONS:</b></p>	<p>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.</p>
<p><b>POOL MEASUREMENT:</b></p>	<p>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.</p> <p>The water depth of the competition course is 13.0 feet measured from 1 meter to 5 meters on the starting end of the course 6.0 feet measured from 1 meter to 5 meters on the bulkhead end of the competition course.</p>

<b>TIMING SYSTEM:</b>	A Daktronics Omnisport 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 heat sheet.
<b>POOL DECK RESTRICTIONS:</b>	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. <b>All registered non-athletes are required to display their current USA Swimming registration card.</b>  Coaches and Officials must present their membership cards in order to receive complimentary Psych Sheets and for admission to the Hospitality Room.
<b>AUDIO/VIDEO RECORDING DEVICES:</b>	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.
<b>DECK CHANGING:</b>	Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
<b>PROOF OF TIME:</b>	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-Chairman, Jason Wedlick <a href="mailto:coachjason@riceaquatics.com">coachjason@riceaquatics.com</a>
<b>UNACCOMPANIED SWIMMERS:</b>	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.
<b>SWIMMERS WITH DISABILITIES:</b>	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. Coaches/Swimmers may contact Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).
<b>CONCESSIONS:</b>	Concessions will be available at this meet.
<b>HOSPITALITY:</b>	A hospitality room will be available. Coaches and Officials may be required to present their membership cards in order to receive complimentary Psych Sheets and/or for admission to the Hospitality Room.
<b>MERCHANDISE:</b>	Swimming merchandise will not be available for purchase.
<b>MEET RESULTS:</b>	Meet results will be posted on the Gulf Swimming Web Page ( <a href="http://www.gulfswimming.org">www.gulfswimming.org</a> ), within three days after the conclusion of the meet.



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<b>Entry Rules:</b>	
Type of Meet:	Timed Finals
Max # individual events per day:	Three (3)
Swimmers Eligible:	SHARKS & Gulf Swimming Teams Assigned
Entry Times:	SCY/SCM/LCM
Qualifying Times:	None
Cut-Off Times:	None
Entry With No Time:	Yes
GULF "three event" rule applies:	No
GULF "up-down" rule applies:	No
Fees:	Individual - \$5.75
Facility Surcharge:	\$3.50 per swimmer

	AM Sessions			PM Sessions	
Girls Events	Description	Boys Events		Girls Events	Boys Events
1	13 & Older 400 IM*	2		19	9-10 Girls 100 Back
3	11 & Older Girls 100 Back				9-12 Boys 100 Back 20
	13 & Older Boys 100 Back	4		21	10 & Younger Girls 50 Fly
5	11 -12 Girls 50 Fly				12 & Younger Boys 50 Fly 22
7	11 & Older Girls 200 Breast				11-12 Boys 200 Breast 24
	13 & Older Boys 200 Breast	8		25	8 & Younger 25 Back 26
9	11 & Girls 100 Free			27	10 & Younger Girls 100 Free
	13 & Older Boys 100 Free	10			12 & Younger Boys 100 Free 28
11	11 & Older Girls 100 Fly			29	9-10 Girls 100 Fly
	13 & Older Boys 100 Fly	12			9-12 Boys 100 Fly 30
13	11-12 Girls 50 Back			31	10 & Younger Girls 50 Back
15	11 & Older Girls 200 IM				12 & Younger Boys 50 Back 32
	13 & Older Boys 200 IM	16		33	9-10 Girls 200 IM
17	11 & Older Girls 500 Free*				9-12 Boys 200 IM 34
	13 & Older Boys 1000 Free*	18		35	8 & Younger 25 Breast 36
				37	9-10 Girls 500 Free*
					9-12 Boys 500 Free* 38

**\* The 400 IM, 500/1000 Free will be swum alternating girls & boys heats.**

**\* 500/1000 swimmers must provide 2 timers and a person to count laps.**

- All 13 & Over events will swim combined but scored separately as 13-14 and 15 & Over.
- All 11 & Over events will swim combined but scored separately as 11-12, 13-14, 15 & Over.
- All 12 & Under events will swim combined but scored separately as 11-12, 9-10, 8, 7 and 6 & Under.
- All 10 & Under events will combined but scored separately as 9-10, 8, 7 and 6 & Under.
- All 8 & Under events will swim combined but scored separately as 8, 7 and 6 & Under.
- All 9-12 events will be swum combined but scored separately as 11-12 and 9-10.—

AM Sessions			PM Sessions		
Girls Events	Description	Boys Events	Girls Events	Description	Boys Events
39	11 & Older Girls 100 Breast		55	9-10 Girls 100 Breast	
	13 & Older Boys 100 Breast	40		9-12 Boys 100 Breast	56
41	11 & Older Girls 50 Free		57	8 & Younger 25 Fly	58
	13 & Older Boys 50 Free	42		11-12 Boys 200 Fly	60
43	11-12 Girls 100 IM		61	10 & Younger Girls 50 Free	
45	11 & Older Girls 200 Free			12 & Younger Boys 50 Free	62
	13 & Older Boys 200 Free	46	63	10 & Younger Girls 100 IM	
47	11 & Older Girls 200 Back			12 & Younger Boys 100 IM	64
	13 & Older Boys 200 Back	48		11-12 Boys 200 Back	66
49	11-12 Girls 50 Breast		67	8 & Younger 25 Free	68
51	11 & Older Girls 200 Fly		69	10 & Younger Girls 50 Breast	
	13 & Older Boys 200 Fly	52		12 & Younger Boys 50 Breast	70
53	13 & Older Girls 1000 Free*		71	9-10 Girls 200 Free	
	13 & Older Boys 500 Free*	54		9-12 Boys 200 Free	72

**\* The 400 IM, 500/1000 Free will be swum alternating girls & boys heats.**

**\* 500/1000 swimmers must provide 2 timers and a person to count laps.**

- All events will be swum fastest to slowest.
- All 13 & Older events will be swum combined but scored separately as 13-14 and 15 & Over.
- All 11 & Older events will be swum combined but scored separately as 11-12, 13-14, 15 & Over.
- All 12 & Younger events will be swum combined but scored separately as 11-12, 9-10, 8, 7 and 6 & Under.
- All 10 & Younger events will be swum combined but scored separately as 9-10, 8, 7 and 6 & Under.
- All 8 & Younger events will be swum combined but scored separately as 8, 7 and 6 & Under.
- All 9-12 events will be swum combined but scored separately as 11-12 and 9-10.—



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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 all 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 & 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.