



**Gulf Developmental Meet
12 & Under**

HOSTED BY
FIRST COLONY SWIM TEAM
November 21, 2015
SANCTION # GUSC 16-032

LOCATION

Cinco Ranch High School
23440 Cinco Ranch Blvd.
Katy, TX 77494

DIRECTIONS

From Houston
Take 1:10 West
Take Exit 743B for 99 South
Take Cinco Ranch Blvd. Exit
Turn right on Cinco Ranch Blvd.
School is on the right

COACHES

Head Coach Pete Wright
Head Developmental Coach Dana Skelton

POOL

8-Lane, 25 yard pool with non-turbulent lane lines

SPECTATOR SEATING

The bleachers behind the blocks will be reserved for swimmer seating. All other sections of the stands will be available for spectators and swimmers. There will be no set-up allowed in the lobby.

WARM UP / WARM DOWN POOL:

Once the meet starts, the 25 yard pool by the diving boards will be used for warm-up/warm-down. Lingering in the warm-up/warm-down pool will not be permitted. A safety marshal will be assigned to monitor the WU/WD lane 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 time finals event.

Saturday, November 21, 2015

- Warm-ups at 9:00 AM
- Meet starts at 10:00 AM

Lane assignments for warm ups and timing will be designated in the meet program, communicated to all coaches and posted on Gulf Swimming website.

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



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remain in the water until after the next heat is started. Coaches, please remind your swimmers of the "Flyover Start" procedures.

REFEREE:

Joe Stucka joe.stucka@kbr.com

ADMIN OFFICIAL

Mary Ellen Greene mbgreene@gmail.com

MEET DIRECTOR:

Karl Schuler Karl.schuler@gmail.com
James Light jlight356@gmail.com
Mandy Norris CoachMandy@swimfcst.com

SAFETY MARSHAL:

Jerry Smith

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures.

SEEDING:

The meet will be pre-seeded for all events. All events will be seeded with heats in the order of fastest to slowest.

Relay cards will be due by 10:00 AM

As a courtesy to the host, coaches should inform the Clerk of Course of swimmers not attending the meet.

ON-DECK ENTIES:

Late entries will be accepted up to 45 minutes before the start of each session. If entries have been closed, late entries will only be accepted to fill empty lanes, no heats will be added. Those swimmers missing the 6:00 PM, November 11, 2015 deadline to have entries submitted to Meet Entry Chair, may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry.
2. Swimmer must supply completed entry forms. 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 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. A heat will be added, if necessary and if the timeline permits.



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ENTRY INFORMATION:

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 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. S,Y, or L).

If swimmers have never completed an event in a USA Swimming meet before, put NT where a seed time is requested. Times must be from USA Swimming meets.

Entries will be accepted until a 3-hour timeline is reached. No team entries will be accepted beyond a 3 hour timeline.

Qualifying Times:

None

Cut-off Times:

Limited to 2 or less USA Swimming BB Motivational times.

Number of Events:

Swimmers may swim three (3) individual events per day.
In addition, swimmers may swim in both relays.

Age:

As of November 21, 2015.

Deadline:

Entries must be in the hands of the Meet Entry Chair no later than 6:00 p.m. on Tuesday, November 11, 2015. No late entries will be accepted.

E-mail completed entry forms to: FCST.entries@gmail.com

All Teams entering 10 or more swimmers MUST submit their entries 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).

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: All Gulf Teams

Fees:

\$5.75 per Individual event and \$9.00 per relay event. Swimmer surcharge of \$3.50 per swimmer must be added also.



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Make checks payable to:

First Colony Swim Team

Mail checks to:

*First Colony Swim Team
4501 Cartwright Road # 406
Missouri City, TX 77459*

AWARDS:

Individual awards for 1st-8th place in each age group 11-12, 9-10, 7-8, 6&Under.

SCORING:

All events will be swum combined but scored separately as 11-12, 9-10, 7-8 and 6 & Under.

RULES AND SANCTIONS:

The current USA Swimming and Gulf rules will apply. The meet will be held under 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 is compliant, but not certified, in accordance with USA Swimming Rule 104.2.2(C). Course measurements will be verified prior to the first session in accordance with Gulf Swimming Rules. The water depths of the competition course measured from 1 meter to 5 meters on the lobby end and scoreboard end of the course are as follows:

Lobby End: 4'-3"

Bulkhead End: 9'-0"

TIMING SYSTEM

Colorado electronic timing system will be used. Two watches per lane per end will be used as back up. Teams will be required to furnish timers based on their percentage of swimmers at the meet. Timing assignments will be published in the meet program and on the Gulf website.

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.

DECK CHANGING PROHIBITION:



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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.

Any swimmer entered in the meet unaccompanied by their coach must contact the Meet Director to arrange for a member coach in attendance to be responsible for the swimmer during the meet.

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 for coaches and officials.

MERCHANDISE:

Lane 4 Swim Shop be at the meet selling swim apparel and swim gear.

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.

OFFICIALS:

USA Certified Officials and Trainees are welcome to come and help officiate the meet. Official attire will be white golf shirt over blue slacks/skirt/shorts with white shoes.

ATTACHMENTS:

Safety Guidelines & Warm-up Procedures
Meet Format and Entry Rules
Order of Events
Official Entry Form



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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
- 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. A swimmer will not step upon the blocks when a swimmer is waiting to start.
 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled Start.



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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.
4. **ABSOLUTELY, NO FOOD ALLOWED ON POOL DECK! ANY PERSON FOUND WITH FOOD ON THE POOL DECK WILL HAVE IT IMMEDIATELY CONFISCATED AND WILL BE REQUIRED TO LEAVE THE POOL DECK!**
5. No Taping on Facility walls or painted surfaces. Team Banners must not exceed 5'x8'.



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Entry Rules	
Type of Meet	Timed Finals
# Individual events per day	Three (3) Maximum
Swimmers eligible	Gulf Swimmers
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times	2 or less BB Times
Enter with no time?	Yes
Gulf "three event" rule applies	Does Not Apply
Gulf "up/down" rule applies	Does Not Apply
Fees	Individual - \$5.75 Relay - \$9.00
Surcharge	\$3.50 per Swimmer

Saturday, November 21

Girls Event #	Event	Boys Event #
1	12 & Under 100 Free	2
3	10 & Under 25 Back	4
5	12 & Under 50 Fly	6
7	10 & Under 25 Free	8
9	12 & Under 50 Breast	10
11	10 & Under 100 Medley Relay	12
13	11 & 12 200 Medley Relay	14
15	12 & Under 50 Back	16
17	10 & Under 25 Fly	18
19	12 & Under 100 IM	20
21	12 & Under 50 Free	22
23	10 & Under 25 Breast	24
25	10 & Under 100 Free Relay	26
27	11 & 12 200 Free Relay	28



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ENTRY VERIFICATION

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed in 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
