



Gulf Swimming Open Meet Invitational

Group "C"
HOSTED BY

Lone Star Swim Team
A Short Course Timed Final Meet
November 14 – 15, 2015
Sanction Number GUSC 16-028



LOCATION:

W.W. Emmons Natatorium

10404 Tiger Trail (at Spring Woods High School)
Houston, Texas 77043

***** Please note Seating in first section of Bleachers will be for those family members who are sitting outside.**

This will be a VIEWING Section only. No permanent seating.

COACHES: Judy Siemer, Mark Malone

POOL: Eight lane, 25 yard indoor pool with continuous warm up-down lanes.

Pool has competitor non-turbulent lane lines, an 8 line LED CTS Scoreboard and non-slip touch pads.

TIME AND DATE:

Saturday, November 14, 2015 – warm-up 7:30 – 8:45 a.m.; Meet Starts at 9:00 a.m.

PM warm up sessions will begin at the conclusion of the morning session. PM session will start approximately 1 hour after the conclusion of the 1st session.

Sunday, November 15, 2015 – warm-up 7:30 – 8:45 a.m.; Meet Starts at 9:00 a.m.

PM warm up sessions will begin at the conclusion of the morning session. PM session will start approximately 1 hour after the conclusion of the morning session.

(A split warm-up will be in effect. Lane assignments for warm ups and timing will be designated in the meet program, and posted on Gulf Swimming website Monday, November 9, 2015.)

Flyover Starts:

This meet will be run using “Flyover Start” procedures unless a waiver is received from the Technical Planning Committee Chairman. 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.

MEET REFEREE:

Rick Tobin tobinrc@comcast.net

ADMINISTRATIVE OFFICIAL: (Sat Session) Beth Gonzales bsmithgonzales@yahoo.com
(Sun Session) Laura Liang 4kidsmom@yahoo.com

MEET DIRECTOR:

Eddie Adams eddiea75@att.net
281-570-5572

SAFETY MARSHAL:

Hollie Sailors

Safety Guidelines and Warm up Procedures:

See attached Safety Guidelines and Warm-up procedures.



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Seeding:

The meet will be pre-seeded, except the 1000 Freestyle, 500 Freestyle and 400 IM 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.

1000 FREE, 500 FREE & 400 IM: All swimmers must positive check in with the Clerk of the Course for the 500 Free by 10:00 a.m. for the morning session. Swimmers must positive check in for the 1000 Free and 500 Free one hour after the meet starts for the afternoon session. Swimmers for the 400IM must positive check in 45 minutes before the session begins. 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-Chairman, Jason Wedlick, if he/she fails to appear. 1000 Free, 500 Free and 400IM will be swum alternating girls' and boys' heats. Swimmers must provide their own timers and lap counters in 400 IM and 500 Free and 1000 Free.

RELAYS: There are no relay events at this meet.

ON-DECK ENTRIES:

Late entries will be accepted each day up to 45 minutes before the start of the meet. Those swimmers missing the 6:00 PM, Saturday, October 24, 2015 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.
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.
7. Swimmers must provide their own timers and lap counters in 400 IM, 500 Free and 1000 Free.
8. (A split warm-up will be in effect. Lane assignments for warm ups and timing will be designated in the meet program, and posted on Gulf Swimming website Monday, November 9, 2015.)

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 competed in a USA Swimming meet before, put NT where a seed time is requested. Times must be from USA Swimming meets.

Qualifying Times:

None

Cut Off Times:

None



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Number of Events :

Swimmers may swim three (3) events per day.

Age :

As of November 14, 2015

Deadline :

Entries must be in the hands of the Gulf TPC Chair no later than **6:00pm 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. E-mail, mail or entries to the Gulf TPC Chair at: gulftpc@gmail.com

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).

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.

Eligible Teams: Only swimmers attached to Gulf Swimming teams or swimmers assigned to this Meet or in the documented process of transferring to one of these teams may participate in this invitational meet.

Fees:

\$5.75 per Individual Event. Swimmer surcharge of \$3.50 per swimmer must be added also. Make checks payable to **Lone Star Swim Team (LSST)**. Please send checks to: **Lone Star Swim Team, 9597 Jones Road, PMB 197, Houston, TX 77065.**

Email: eddiea75@att.net 281-570-5572

AWARDS:

Individual events: ribbons 1st - 8th place.

SCORING:

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

Individual Events: 9-7-6-5-4-3-2-1

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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 Swimming up/down rule three event rule do not apply. **Gulf Groups A, B and D are not eligible to compete at this meet.**

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. Water depth 202.3.6 "The water depth of the competition course is 5' feet measured by 1 meter to 5 meters on the starting end of the course, and 5' measured from 1 meter to 5 meters on the turning end of the course."

TIMING SYSTEM:

A Daktronics 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 swimmers at the meet. Timing assignments will be published in the psych sheet and on web site by Monday before the meet at www.gulfswimming.org. Swimmers in the 1000 Freestyle and 500 Freestyle must provide 2 timers and lap counter. Swimmers in the 400 I.M. must provide 2 timers.

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.

DECK CHANGING PROHIBITION:

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

AUDIO/VISUAL 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-Chairman, payable to Gulf Swimming.

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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.

HOSPITALITY:

A hospitality room will be available for Coaches, Officials and Meet Personnel.

MERCHANDISE:

D&J's Swim Shop will have equipment 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.

Attached are:

Meet Format

Entry Verification Form

Gulf Safety Guidelines and Warm-up Procedures

Official Meet Entry Form

ENTRY RULES:

Entry Rules	
Type of Meet	Timed Finals
Max # Individual events per day	Three (3)
Swimmers eligible	GROUP "C"
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times	None
Enter with no time?	Yes
Gulf "three event" rule applies	No
Gulf "up/down" rule applies	No
Fees	Individual - \$5.75
Surcharge	\$3.50 per Swimmer



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Saturday, November 14, 2015

(AM Session Warm up 7:30 am. Meet at 9:00 am.)

(PM Session Warm up will begin approximately 1 hour after the conclusion of the morning session.)

Girls Event #	Event Description	Boys Event #		Girls Event #	Event Description	Boys Event #
<i>AM Session</i>	<i>AM Session</i>	<i>AM Session</i>		<i>PM Session</i>	<i>PM Session</i>	<i>PM Session</i>
1	13 & Over 400 IM*	2		19	9-10 100 Back	
3	11 & Over 100 Back				9-12 100 Back	20
	13 & Over 100 Back	4		21	10 & Under 50 Fly	
5	11 – 12 50 Fly				12 & Under 50 Fly	22
7	11 & Over 200 Breast				11 – 12 200 Breast	24
	13 & Over 200 Breast	8		25	8 & Under 25 Back	26
9	11 & Over 100 Free			27	10 & Under 100 Free	
	13 & Over 100 Free	10			12 & Under 100 Free	28
11	11 & Over 100 Fly			29	9 – 10 100 Fly	
	13 & Over 100 Fly	12			9 – 12 100 Fly	30
13	11 – 12 50 Back			31	10 & Under 50 Back	
15	11 & Over 200 IM				12 & Under 50 Back	32
	13 & Over 200 IM	16		33	9 – 10 200 IM	
17	11 & Over 500 Free				9 – 12 200 IM	34
	13 & Over 1000 Free	18		35	8 & Under 25 Breast	36
				37	9 – 10 500 Free*	
					9 – 12 500 Free*	38

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*The 400 IM, 500 and 500/1000 Freestyle will be swum alternating girls' and boys' heats.



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(PM Session Warm up will begin approximately 1 hour after the conclusion of the morning session.)

Girls Event #	Event Description	Boys Event #		Girls Event #	Event Description	Boys Event #
<i>AM Session</i>	<i>AM Session</i>	<i>AM Session</i>		<i>PM Session</i>	<i>PM Session</i>	<i>PM Session</i>
39	11 & Over 100 Breast			55	9 – 10 100 Breast	
	13 & Over 100 Breast	40			9 – 12 100 Breast	56
41	11 & Over 50 Free			57	8 & Under 25 Fly	58
	13 & Over 50 Free	42			11 – 12 200 Fly	60
43	11 – 12 100 IM			61	10 & Under 50 Free	
45	11 & Over 200 Free				12 & Under 50 Free	62
	13 & Over 200 Free	46		63	10 & Under 100 IM	
47	11 & Over 200 Back				12 & Under 100 IM	64
	13 & Over 200 Back	48			11 – 12 200 Back	66
49	11 – 12 50 Breast			67	8 & Under 25 Free	68
51	11 & Over 200 Fly			69	10 & Under 50 Breast	
	13 & Over 200 Fly	52			12 & Under 50 Breast	70
53	13 & Over 1000 Free*			71	9 – 10 200 Free	
	13 & Over 500 Free*	54			9 – 12 200 Free	72

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ENTRY VERIFICATION APPENDIX E

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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SAFETY GUIDELINES AND WARM-UP PROCEDURES

APPENDIX G

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.



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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 meet announcement.