

**IMX/IMReady Invitational Meet**  
Hosted by  
**EAGLE SWIMMING ASSOCIATION**  
**& SPEEDO**  
A SHORT COURSE YARDS TIMED FINALS MEET

**Friday & Saturday, September 25-26, 2015**  
SANCTION # GUSC 16-003R1

**LOCATION:** Summer Creek High School, 14000 Weckford Blvd. Houston, TX 77044  
Directions: Take U.S. 59 North to Beltway 8 East. Turn right (east) on Beltway 8. Go approximately 4.9 miles. Turn right onto Lockwood Rd. and go approximately ½ mile. The High School is located on the left, and the natatorium is located on the North side of the building. (Map included with invitation)

**COACHES:** Mike Robinson                      Head Coach  
John Dissinger                      Coach

**POOL:** Eight lane, 25 yard indoor pool with non-turbulent lane lines. There is no separate warm up/down area.

**TIME AND DATE:** Events are timed finals. Friday, September 25 and Saturday, September 26, 2015

*Friday: 5:00 pm warm-up; 6:00 pm Start*  
*Saturday: 8:00 am Warm up, 9:00 am Start*

This meet will be run using the "Flyover Start" 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.

Warm-up times will be communicated directly to participating teams via email.

**MEET REFEREE:** Keith Rudy, klrudy1957@gmail.com

**MEET DIRECTOR:** Krista Johnson, kajohnson20@yahoo.com

**ADMINISTRATIVE OFFICIAL:** Tanya Sorensen

**SAFETY MARSHAL:** John Gillespie

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

**SEEDING:** The meet will be a deck-seeded meet. Coaches please inform your swimmers of seeding on deck rules. All events will be seeded fastest to slowest, including relays. Once the circle-in period closes at 45 minutes BEFORE the session begins, all events will be seeded.

**CHECK-IN:** All swimmers must check in with the Clerk of the Course for all events. Swimmers are required to circle-in at least 45 minutes before the beginning of the meet session. After the events are officially closed, no one may check in or scratch.

**ON-DECK ENTRIES:** Late entries will be accepted up to 45 minutes before the start of the session. Those swimmers missing the 6:00 p.m. Tuesday 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.
3. Swimmers must enter all events for the day forty-five (45) minutes prior to the start of the day'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. The on deck entry fees still apply to swimmers who on-deck to change an entry time in a deck seeded event.

**ENTRY INFORMATION:**

**Entry Times:** Swimmers must enter at their best time. Times must be from USA Swimming meets. 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 (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., Y, S, or L). If swimmers have never competed in a USA Swimming meet before, put NT where a seedtime is requested.

**Qualifying Times:** None.

**Cut-off Times:** None.

**Age:** Age as of September 25, 2015

**Number of Events:** Swimmers may compete in up to Seven (7) individual events; with 2 events being on Friday evening and 5 events on Saturday).

**Deadline:** Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Tuesday, September 15, 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 entries should be sent to [ESAmeeentries@Eagleswimmingassociation.com](mailto:ESAmeeentries@Eagleswimmingassociation.com). Teams are asked to zip the commlink file before attaching to the email. Questions about meet entries should be addressed to Krista Johnson at [kajohnson20@yahoo.com](mailto:kajohnson20@yahoo.com). Hard copies of entries should be mailed to:

Krista Johnson  
14207 Norhill Pointe  
Houston, TX 77044  
281-475-0454

**Eligible Teams:** Only swimmers attached to these Gulf Swimming teams or swimmers in the documented process of transferring to one of these teams may participate in this meet. ESA and SSAN.

**Fees:** \$35.00 entry fee will be charged per swimmer regardless of the number of events entered.

**AWARDS:** No awards will be given

**SCORING:** This meet is not scored

**RULES & 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 three (3) event rule and up/down rule do not apply.

**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.

**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 6' 2" measured from 1 meter to 5 meters on the starting end of the course, and 13' 9" feet measured from 1 meter to 5 meters on the turning end of the course.

**TIMING SYSTEM:** A Colorado System 6 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Parents of swimmers will act as timers for this meet. Timing assignments will be posted in the spectator areas 30 minutes before the published start of the meet. Swimmers entered in the 500 Free must provide two timers and a lap counter.

**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.

**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.

**DECK CHANGING PROHIBITION:** Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**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, Jason Wedlick.

**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 at this meet.

**HOSPITALITY:** A hospitality room will be available. Coaches and Officials must present their membership cards in order to receive admission to the Hospitality Room.

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

**MEET RESULTS:** Meet results will be posted on the ESA Web Page ([www.eagleswimmingassociation.com](http://www.eagleswimmingassociation.com)), within three days after the conclusion of the meet.

**SET UP:** Ample outdoor setup area available. Event viewing only in the natatorium. Viewing area will not be open until first event.

**ATTACHMENTS:** **MEET FORMAT**  
**ENTRY VERIFICATION FORM**  
**GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES**  
**MEET ENTRY FORM**  
**MAP TO POOL**

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<b>Entry rules</b>	
Type of Meet	Timed Finals
Max # individual events per day	Seven (7) total for meet (2 on Friday & 5 on Saturday)
Swimmers eligible	ESA, SSAN
Entry times in	SCY/SCM/LCM
Qualifying times	None
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	\$35.00/swimmer
Facility Surcharge	\$0/swimmer

**Order Of Events**

<b>Friday, September 24</b>			
<b>Girls</b>	<b>Event</b>		<b>Boys</b>
1	12 & Under	100 IM	2
3	Open	200 IM	4
5	10 & Under	200 free	6
7	Open	500 free	8
<b>Saturday, September 25</b>			
9	Open	200 Backstroke	10
11	Open	200 Breast	12
13	Open	100 Breast	14
15	12 & Under	50 Fly	16
17	Open	200 Fly	18
19	Open	100 Back	20
21	12 & Under	50 Back	22
23	11 & Over	200 Free	24
25	Open	100 Free	26
27	12 & Under	50 Breast	28
29	Open	100 Fly	30
31	Open	50 Free	32
33	Open	400 IM	34

All events will be seeded fastest to slowest.

\* Swimmers entered in the 500 Free events are required to supply their own timers & lap counters.

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**ENTRY VERIFICATION FORM**  
**MUST BE SUBMITTED WITH MEET ENTRY**

I, the Undersigned coach or team representative, verify that all of the swimmers & 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

## 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 & 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 & warm-up procedures as they apply to conduct at meets & practice.
  - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint & 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 & visual, throughout the warm-up period.
  - 5. Registered coaches of unattached swimmers & 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 & 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 & 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, & spectators are expected to observe all rules & regulations included in the announcement.

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Last Name	First Name	Sex F/M	USA ID#

Event	Time	Event	Time

Last Name	First Name	Sex F/M	USA ID#

Event	Time	Event	Time

Last Name	First Name	Sex F/M	USA ID#

Event	Time	Event	Time





