



# Ambush Swimming

Middle of Nowhere Swim Meet: Sept. 26, 2015

(North Texas, Arkansas, Gulf, Louisiana)

Timed Final Meet - Short Course Yards

Sanction: GUSC 16-015

Location: 909 South Angelina Ave., Lufkin, Texas 75904

From Highway 59 North: When entering Lufkin, stay on 59 (Timberland Dr.). Take a right on to Denman Ave. Take a left on to Angelina St. The pool and the club will be on your left.

From Highway 59 South: When entering Lufkin stay on 59 (1<sup>st</sup> St.). Take a left on to Denman Ave. Take a left on to Angelina St. The pool and the club will be on your left.

Coaches: Head Coach: Steve Roth  
Associate Head Coach: Erik Cozadd  
Age Group Coach: Marisa Nash

Pool: Lufkin Swim Center is an eight lane, 25 yard indoor pool. The pool depth ranges from 4 feet to 8 feet. A Colorado system 6 Competitive Timing System will be used. The facility has seating available on deck. Lawn chairs, tents, and coolers are welcomed; Our gymnasium will be opened and air-conditioned for additional seating.

Time and Date: This is a timed final meet (Sept. 26), swimming fastest to slowest. All events will be pre-seeded. No positive check in required.

Session 1 - Saturday Sept. 26: Warm-up 12:00am, Meet Starts 11:50  
Open Warm-ups. (40 min.) Sprint lanes announced at 12:30.

Meet Referee: Mike Swaim

Administrative Official: Lori Gowin

Meet Director: Erik Cozadd 936-560-6844 [aquatics@bgcdet.org](mailto:aquatics@bgcdet.org)

Safety Marshal: Heather Lazarine

Safety Guidelines and Warm up Procedure: See attachment

Seeding: The meet will be a pre-seeded meet. All events will be seeded in heats in the order of fastest to slowest. As a courtesy to the host, coaches should inform the clerk of course of entered swimmers not in attendance. This will help accommodate on deck entry seeding.

- On-Deck Entries:** Late entries will be accepted up to 45 minutes before the start of the meet. Those missing the entry 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 not exceed the allotted number of events allowed each day.
- Entry Information:**
- Entry Times:** Swimmers must enter at their best time. Please use SCY entry times (Y). If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested.
- Cut-off Times:** None
- Qualifying Times:** None
- Age:** As of Sept. 26, 2015
- Number of Events:** Swimmers may compete in up to 3 individual Events (not counting the 1650) and 2 Relays.
- Deadline:** Sept. 19, 2015, 9:00pm.
- Email all entries to Erik Cozadd, [aquatics@bgcdet.org](mailto:aquatics@bgcdet.org)
- Eligible Teams:** Huntsville Nadadores Swim Club, City of Shreveport Swim Team, Christus Louisiana Aquatics, Champion Aquatic Team, Longview Swim Club, Metroplex Aquatics, Green Wave Aquatics, Area Texarkana Aquatic Club.
- Fees:** \$5.25 per Individual Event. \$9.00 per Relay. \$2.00 Facility Surcharge for each swimmer.
- Please bring entry check or mail to: Erik Cozadd, PO Box 631345, Nacogdoches, TX 75963
- Awards:** Individual Events: Ribbons 1<sup>st</sup> -8<sup>th</sup>  
Relays: Ribbons 1<sup>st</sup> - 3<sup>rd</sup>
- Scoring** Individual Events: 9-7-6-5-4-3-2-1 ... The 1650 will not be scored.  
Relay Events: 18-14-12-10-8-6-4-2
- 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.
- Pool Measurement:** The competition course has been certified in accordance with USA Swimming Rule 104.2.2C (4). The copy of such certification is on file with USA Swimming.

The water depth of the competition course is 8 feet measured from 1 meter to 5 meters on the starting end of the course, and 4 feet measured from 1 meter to 5 meters on the turning end of the course.

**Timing System:** A Colorado Model 6000 electronic timing system with 8 lane electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be asked to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the heat sheet.

**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.

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/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 in 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:** Hospitality will be available in the crow's nest.

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Session 1 - Saturday, Sept. 26, 2015			Session 1 - Saturday, Sept. 26, 2015			Session 1 - Saturday, Sept. 26, 2015		
Warm up - 12:00, Start 12:50pm								
W	Event	M	W	Event	M	W	Event	M
1	8&u 25 Free	2	27	12&u 200 Free	28	49	12&u 100 IM	50
3	10&u 50 Free	4	29	13&o 200 Free	30	51	13&o 200 IM	52
5	11-12 50 Free	6	31	8&u 100 Med. Relay	32	53	10&u 100 Free	54
7	13&over 50 Free	8	33	10&u 200 Med. Relay	34	55	11-12 100 Free	56
9	8&u 100 Free Relay	10	35	11-12 200 Med. Relay	36	57	13&o 100 Free	58
11	10&u 200 Free Relay	12	37	13-14 400 Med. Relay	38	59	8&u 25 Back	60
13	11-12 200 Free Relay	14	39	15&o 400 Med. Relay	40	61	10&u 50 Back	62
15	13-14 400 Free Relay	16	41	8&u 25 Fly	42	63	11-12 50 Back	64
17	15&o 400 Free Relay	18	43	10&u 50 Fly	44	65	13&o 100 Back	66
19	8&u 25 Breast	20	45	11-12 50 Fly	46		<b>15 min. recovery swims</b>	
21	10&u 50 Breast	22	47	13&o 100 Fly	48	67	11&o 1650 Free	68
23	11-12 50 Breast	24						
25	13&o 100 Breast	26						
<b>10 min. recovery swims</b>			<b>10 min. recovery swims</b>					

## 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.

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