



**Texas Terrapins Swim Team Pentathlon  
Quad Meet  
HCAP, SHARKS, HSC, TTST**

**HOSTED BY  
Texas Terrapins Swim Team  
Saturday October 3, 2015**

**Short Course Yards Timed Finals Meet  
SANCTION # GUSC 16-008**

**LOCATION:** W. W. Emmons Natatorium  
Spring Woods High School  
1040 Tiger Trail  
Houston, TX 77043

Directions: See attached map.

**COACHES:** Mark Boerner Head Coach

**POOL:** Eight lane, 25 yard, indoor pool with non-turbulent lane lines.  
A separate warm up/down pool will be available.

**TIME AND DATE:** **Saturday, October 3, 2015**  
This is a timed finals meet. Facility will open at 12:00 p.m.  
**First session** Warm-up starts at 12:30 p.m., Meet starts at 1:30 p.m.

**Second session** warm-up starts immediately following first session

Clerk of Course First session: 12:00-12:45 p.m.  
Second session: Closes 15 minutes after the end of first session

Split warm-ups will be in effect, with assignments posted on the Gulf Swimming web site. Lane assignments for warm-ups and timing will be designated in the heat sheet, and posted on the Gulf Swimming web site by Monday, September 28, 2015.

**TEAM SETUP:** There is no inside set up. Teams, swimmers and families are asked to set up outside around the Natatorium.  
**THERE WILL BE NO TEAM OR SWIMMER SET UP IN THE NATATORIUM ALLOWED. SAFETY MARSHALLS WILL BE PRESENT TO ENFORCE THIS RULE.**

**MEET TYPE:** This meet may utilize the "Flyover Starts" at the opinion of the Meet Referee. 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:** Brian Walls walls.brian@gmail.com

**ADMINISTRATIVE OFFICIAL:** Nicola Corpuz ndcorpuz@att.net  
Laura George georgerlee@att.net

**MEET DIRECTOR:** Sonja Griffin (281) 650-7808, [meetchief@texaserrapins.com](mailto:meetchief@texaserrapins.com)

Texas Terrapins Swim Team  
P. O. Box 2576  
Cypress, TX 77410

**SAFETY MARSHAL:** Lisa Nemeth

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

**SEEDING:** The meet will be a pre-seeded meet. All events will be seeded fastest to slowest. All late entries after the production of the heat sheet and/or deck entries will be added to open lanes, if space is available, with a NT. Additional heats may be added at the discretion of meet management. Coaches, please inform your swimmers of pre-seeding rules.

**CHECK-IN:** Check-in is not required, but please notify Clerk of Course for any scratches the morning of the meet.

**ON-DECK ENTRIES:** Late entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the September 22, 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 may be added at meet management discretion, if the timeline permits.

**ENTRY INFORMATION:**

**Entry Times:** 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 (yard)* times to *yard (meter)* times. 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. Times must be from USA swimming meets. Include relay and relay only swimmers on your completed entry form, diskette or electronic submission.

**Cut-off Times:** None

**Qualifying Times:** None

**Age:** As October 3, 2015.

**Number of Events:** Swimmers may compete in up to 5(five) individual events per day.

**Deadline:** Entries must be in the hands of the Meet Entry Chair no later than 6:00 p.m. on September 22, 2015. Late entries will be accepted only on deck the day of the swim meet. 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 hand deliver entries to the Meet Entry Chair at:

Texas Terrapins Swim Team  
P. O. Box 2576  
Cypress, TX 77410

**Entries:** 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.

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:** HCAP, SHARKS, HSC, TTST

**Fees:** \$5.50 per Individual Event. A \$2.00 per swimmer surcharge. Make checks payable to TTST. Entry fees must accompany entries, if delivered by any method other than email.

**AWARDS:** Ribbons for 1st – 8<sup>th</sup> place first session swimmers only.

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

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

**POOL MEASUREMENT:** The competition course has been certified in accordance with USA Swimming Rule 104.2.2(C).

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

**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.

**MERCHANDISE:** TBD

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

**ATTACHMENTS:** Meet Entry Form, Entry Verification Form, Gulf Safety Guidelines and Warm-up Procedures, map/directions to facility.



**ENTRY VERIFICATION**

**Texas Terrapins Swim Team Pentathlon Quad Meet  
HCAP, SHARKS, HSC, TTST**

SANCTION # GUSC 16-008

**October 3, 2015**

**Deadline for Entries: Tuesday September 22, 2015, 6:00 PM**

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

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Title

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Team

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Date

## SAFETY GUIDELINES AND WARMUP PROCEDURES

### WARMUP PROCEDURES

- A. General warmup (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 warmup 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 warmup session.
  - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warmup 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 warmup session, any swimmer or coach who is in violation of safety guidelines or warmup procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
  - 1. Swimmers should be reminded by coaches that breaststrokers 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 **warmup to allow other swimmers adequate warmup time. The pool is not for visiting or playing during warmup periods.**
  - 5. **Warmup 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.



Type of Meet:	Timed Finals		
Max # individual events per day:	5 (five)		
Swimmers eligible:	HACAP, SHARKS, HSC, TTST		
Entry times in:	SCY/SCM/LCM		
Qualifying times:	None		
Cut-off times:	None		
Enter with no time?	Yes		
Gulf 3 event rule applies?:	No		
Gulf "up/down" rule applies?:	No		
Fees:	Individual - \$5.50 \$2.00/swimmer surcharge		
First Session			
Girls Event #	Age	Event	Boys Event #
1	8 & Under	25 Back	2
3	10&Under	50 Back	4
5	11-12	50 Back	6
7	8 & Under	25 Breast	8
9	10&Under	50 Breast	10
11	11-12	50 Breast	12
13	8 & Under	25 Fly	14
15	10&Under	50 Fly	16
17	11-12	50 Fly	18
19	8 & Under	25 Free	20
21	10&Under	50 Free	22
23	11-12	50 Free	24
25	10&Under	100 IM	26
27	11-12	100 IM	28

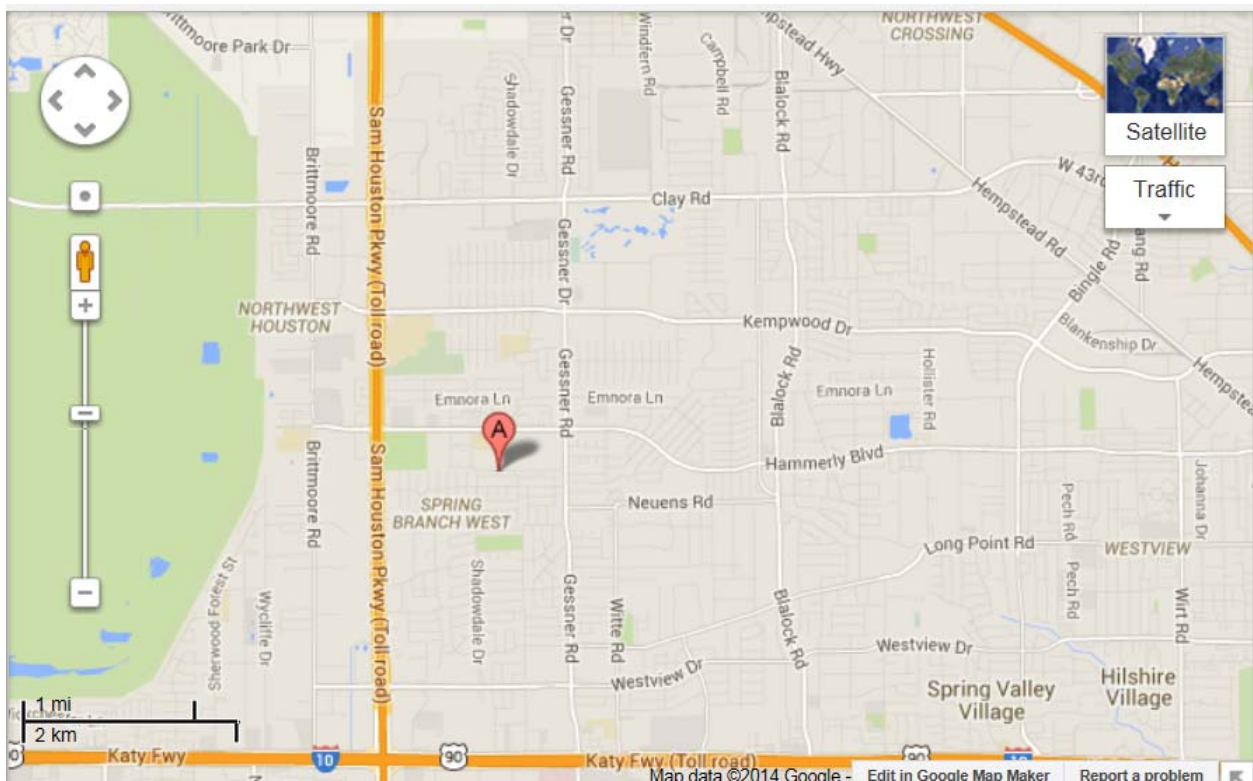
Second Session			
Girls Event #	Age	Event	Boys Event #
29	Open	100 Back	30
31	Open	100 Breast	32
33	Open	100 Fly	34
35	Open	100 Free	36
37	Open	200 IM	38

All individual events will be scored as 8 & under, 10&Under, 11-12. All events will be seeded fastest to slowest. 25s will start at the Bulkhead end of the pool.





## MAP TO FACILITY



**LOCATION:** W. W. Emmons Natatorium  
Spring Woods High School  
1040 Tiger Trail  
Houston, TX 77043

**DIRECTIONS:** Traveling from U. S. 290 and West Sam Houston Tollway, travel south on Tollway and take Hammerly exit. Turn left on Hammerly. Turn right on Shadowdale Dr. Take the first left onto Tiger Trail. School is on left side.