

Gulf Swimming October Open Meet

Hosted By

Swim Streamline at Northampton

Timed Finals – Short Course Yards

October 10-11, 2015

Sanction # GUSC 16-005R2

LOCATION:

Klein Oak High School Natatorium
22603 Northcrest Drive
Spring, TX 77389

DIRECTIONS:

From I- 45N take F.M 2920/Spring Cypress exit and go 4.8 miles west and turn right on Kuykendahl Rd. Go .6 miles north to Northcrest and turn right. Go 1.2 miles on Northcrest and then turn on Klein Oak Dr. Klein Oak HS is at the corner of Northcrest Drive and Klein Oak Dr. Parking lot for pool is located on Klein Oak Drive. (map included with invitation)

COACHES:

Laura Koch Davis, Head Coach
Ross Davis, Head Age Group Coach

POOL:

Eight lane, 25 yard indoor pool with 1 continuous warm up-down lane at the far end.

SESSIONS/WARM-UP:

This is a timed finals meet with morning (11-12 girls plus 13 and up) and afternoon (10 and under plus 11-12 boys) sessions on Saturday and Sunday.

Session 1: Saturday AM – October 10th, 2015 – Timed Finals Events

Age Groups: **11-12 GIRLS**, 13-14, 15 & Up

Warm-up: 7:30 am – 8:45am

Meet Start: 9:00am

Session 2: Saturday PM – October 10th, 2015 – Timed Finals Events

Age Groups: 8 & Under, 9-10, **11-12 BOYS**

Warm-up: Begins at conclusion of AM Session 1

Meet Start: Approximately one (1) hour after the conclusion of the AM Session 1

Session 3: Sunday AM – October 11th, 2015 – Timed Finals Events

Age Groups: **11-12 GIRLS**, 13-14, 15 & Up

Warm-up: 7:30 am - 8:45am

Meet Start: 9:00am

Session 4: Sunday PM – October 11th, 2015 – Timed Finals Events

Age Groups: 8 & Under, 9-10, **11-12 BOYS**

Warm-up: Begins at conclusion of AM Session 3

Meet Start: Approximately one (1) hour after the conclusion of the AM Session 3

Split warm-ups will be in effect. Lane assignments for warm-ups and timing will be designated in the psych sheet, and will also be posted on the Gulf Swimming website by Monday, October 5th, 2015. www.gulfswimming.org.

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 remain in the water until after the next heat is started. Coaches, please remind your swimmers of the “Flyover Start” procedures. All 25 yard events will start from the bulkhead.

OFFICIALS: The uniform for all sessions will be white polo shirt over navy shorts/pants/skirt.

MEET OFFICIALS:	Referee:	Mike Swaim	mike.t.swaim@gmail.com
	Meet Director:	Brian Greeney	bgreeney@kleinisd.net
	Safety Marshal:	Ross C. Davis	rdswims@gmail.com
	Administrative Official	Lynda Davies	lyndadavieseft@gmail.com

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures.

SEEDING: This meet will be pre-seeded, with the exception of the 400IM and 500 Free and they will be deck seeded events. All events will be seeded with heats in the order of fastest to slowest. As a courtesy to the host, coaches please inform Clerk of Course of swimmers not attending the meet. Empty lanes will be used to fill on-deck entries.

400 IM AND 500 FREE: All swimmers must positive check in with the clerk of course for the 400 IM and 500 Free by the start of their respective sessions. After the events are officially closed, no one may check in or scratch. After circling 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. These events will be swum alternating girls and boys heats. Swimmers must provide their own timers and lap counters where applicable.

ON-DECK ENTRIES: Late entries will be accepted each session up to 45 minutes before the start of each session on a lane available basis. A heat will be added, if necessary and if the timeline permits. Those swimmers missing the 6:00 p.m. Saturday, September 19th, 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 (\$11.50 for individual events).
2. Swimmers must supply completed entry forms entered at the swimmers' best times. The swimmers will be seeded into open lanes only in the pre-seeded events and according to their best times in the deck seeded events.
3. Swimmers must enter all events for the session at least forty-five (45) minutes prior to the start of each session first event.
4. Swimmers must not exceed the allotted number of events allowed each day.
5. The on-deck entry fees still apply to swimmers who on-deck to change an entry time in an event already entered in. The new time will be used for seeding in deck seeded events only.
6. A heat will be added, if necessary and if the timeline permits.

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best time and must be from USAS 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). SWIMMERS MAY ENTER WITH NO TIME (NT).

Cut-off Times: None

Qualifying Times: None

Age: As of October 10th, 2015.

Number of Events: Swimmers may compete in up to three (3) individual events per day.

Entries: All teams MUST submit their entries electronically by e-mail, using the HY-TEK MEET MANAGER/HY-TEK TEAM MANAGER computer software, or TEAM UNIFY, along with a hard copy printout of the entries. **Entries must be in the hands of the Technical Planning Chairman no later than 6:00PM, Saturday September 19th, 2015. No late entries will be accepted. Email entries to the Technical Planning Chairman, Joel Beard at gulftpc@gmail.com**

Eligible Teams: Venues will be balanced by team numbers. The team lists will be posted on the Gulf website.

Fees: Five dollars and seventy-five cents (\$5.75) per Individual Event and a two dollar (\$2.00) facility charge per swimmer. Entry fees must be mailed to each team's designated meet host and **postmarked by October 2nd, 2015**. Make checks payable to **SSAN** and mail to the address below:

Swim Streamline at Northampton
3618 El James Dr.
Spring, Texas 77388

coachlaura@swimstreamline.com

AWARDS: Individual Events: Custom Ribbons 1st – 8th Place

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

All 11 and Over events will be swum combined but scored separately as 11-12, 13-14, 15 & Over.

All 13 & Over events will be swum combined but scored separately as 13-14 and 15 & Over.

All 9-12 events will be swum combined but scored separately as 11-12 and 9-10.

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

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

All 8 & Under events will be swum combined but scored separately as 8, 7, 6 & Under.

**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 "three event" rule and "up/down" rule do not apply.

**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 12 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 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 psych sheet. Swimmers in the 500 Free and 400 IM must provide 2 timers and a lap counter where applicable.

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 identification in order to receive complimentary Heat Sheets and for admission to the Hospitality Room. Coaches must supervise their swimmers.

Wet swimmers are not allowed in the spectator area upstairs.

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.

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-Chair, Jason Wedlick.

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 and Officials presenting their membership identification.

MERCHANDISE:

Vendors will be at the meet selling swim apparel and swim gear.

MEET RESULTS:

Meet results will be posted on the Gulf Swimming website (www.gulfswimming.org) within three (3) days after the conclusion of the meet

ATTACHMENTS:

Meet Format; Entry Verification Form; Gulf Safety Guidelines and Warm-up Procedures; MAP to Klein Oak High School

Gulf Swimming October Open Meet

Hosted By

Swim Streamline at Northampton

Timed Finals – Short Course Yards

October 10-11, 2015

Type of Meet	Timed Finals
Max # individual events per day	Three (3)
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	Individual - \$5.75; Swimmer Facility surcharge \$2.00

Order of Events:					
Saturday AM October 10th		9:00AM meet start	Sunday AM October 11th		9:00AM meet start
#1	11&Over Girls	100 Back	#43	11&Over Girls	100 Breast
#2	13&Over Boys	100 Back	#44	13&Over Boys	100 Breast
#3	11-12 Girls	50 Fly	#45	11&Over Girls	50 Free
#5	11&Over Girls	200 Breast	#46	13&Over Boys	50 Free
#6	13&Over Boys	200 Breast	#47	11-12 Girls	200 I.M.
#7	13&Over Girls	100 Free	#49	11&Over Girls	200 Fly
#8	13&Over Boys	100 Free	#50	13&Over Boys	200 Fly
#9	11-12 Girls	200 Back	#51	11-12 Girls	100 Free
#11	11&Over Girls	100 Fly	#53	13&Over Girls	200 Back
#12	13&Over Boys	100 Fly	#54	13&Over Boys	200 Back
#13	11-12 Girls	50 Back	#55	11-12 Girls	50 Breast
#15	13&Over Girls	200 I.M.	#57	11&Over Girls	200 Free
#16	13&Over Boys	200 I.M.	#58	13&Over Boys	200 Free
#17	11-12 Girls	100 I.M.	#59	13&Over Girls	400 I.M.*
#19	11&Over Girls	500 Free*	#60	13&Over Boys	400 I.M.*
#20	13&Over Boys	500 Free*			
Saturday PM October 10th		1 hour after conclusion of AM session	Sunday PM October 11th		1 hour after conclusion of AM session
#21	9-10 Girls	100 Back	#61	9-10 Girls	100 Breast
#22	9-12 Boys	100 Back	#62	9-12 Boys	100 Breast
#23	10&Under Girls	50 Fly	#63	8&Under Girls	25 Fly
#24	12&Under Boys	50 Fly	#64	8&Under Boys	25 Fly
#26	11-12 Boys	200 Breast	#66	11-12 Boys	200 Fly
#27	8&Under Girls	25 Back	#67	10&Under Girls	100 Free
#28	8&Under Boys	25 Back	#68	12&Under Boys	100 Free
#29	10&Under Girls	50 Free	#69	9-10 Girls	200 I.M.
#30	12&Under Boys	50 Free	#70	9-12 Boys	200 I.M.
#31	9-10 Girls	100 Fly	#72	11-12 Boys	200 Back
#32	9-12 Boys	100 Fly	#73	8&Under Girls	25 Free
#33	10&Under Girls	50 Back	#74	8&Under Boys	25 Free
#34	12&Under Boys	50 Back	#75	10&Under Girls	50 Breast
#35	10&Under Girls	100 I.M.	#76	12&Under Boys	50 Breast
#36	12&Under Boys	100 I.M.	#78	11-12 Boys	200 Free
#37	8&Under Girls	25 Breast	#79	9-10 Girls	500 Free*
#38	8&Under Boys	25 Breast	#80	9-10 Boys	500 Free*
#39	9-10 Girls	200 Free			
#40	9-10 Boys	200 Free			
#42	11-12 Boys	500 Free			

All events will be seeded fastest to slowest.

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.

* The 400 I.M. and 500 Freestyle will be swum alternating girls and boys heats.

ENTRY VERIFICATION

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

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 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 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.



MAP TO KLEIN OAK HIGH SCHOOL

22603 Northcrest Drive
Spring, TX 77389



