

ESA/Sharks/SST
14 & Under Meet
Hosted By

EAGLE SWIMMING ASSOCIATION

A Short Course Timed Finals Meet

Saturday, October 17, 2015 - Sunday, October 18, 2015

Sanction # GUSC 16-001R1

LOCATION: Summer Creek High School 14000 Weckford Blvd. Houston, TX 77044	Directions: From U.S. 59 North, take Sam Houston Tollway (Beltway 8) East. Go approximately 4.9 miles exiting at W. Lake Houston Parkway. Turn immediately right onto West Lake Houston Pkwy at the CVS Pharmacy. Weckford Blvd and Summer Creek High School will be on your right. The natatorium is located on the North side of the building facing Beltway 8. (Map included with invitation)
COACHES:	Mike Robinson Head Coach John Dissinger Assistant Coach
POOL:	Eight lane, 25 yard indoor pool with non-turbulent lane lines. There is no separate warm-down facility. Deck space is limited; however, ample lawn space is available for team set-up areas.
TIME AND DATE:	This is a timed-finals event. Saturday, October 17, 2015 Warm-up at 8:00 am., meet starts at 9:00 am. 8 and Under Afternoon session warm up will start immediately following am session Sunday, October 18, 2015 Warm-up at 6:45 am., meet starts at 8:00 am. Lane assignments for warm-ups and timing will be designated in the psych sheet, and posted on the Gulf Swimming website by Monday, October 12, 2015
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.
MEET REFEREE:	Matt Sale, matt.j.sale@gmail.com
MEET DIRECTOR:	Krista Johnson, kajohnson20@yahoo.com
ADMINISTRATIVE OFFICIAL	Tanya Sorensen
SAFETY MARSHALS:	John Gillespie
SAFETY GUIDELINES AND WARM-UP PROCEDURES:	See attached Safety Guidelines and Warm-up Procedures.

SEEDING:	The meet will be pre-seeded, except the 400 IM and 500 Free which 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 should inform the clerk of course of swimmers not attending the meet. Empty lanes will be used to fill on deck entries.
400 IM & 500 Freestyle	All swimmers must positive check in with the clerk of course for the 400 IM and 500 Free by 9:00 AM. 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, if he/she fails to appear. The 400 IM and 500 Free will be swum alternating girls and boys heats. Swimmers must provide 2 timers and a lap counter where applicable.
ON-DECK ENTRIES:	<p>Late entries will be accepted each day up to 45 minutes before the start of the session.</p> <p>Those swimmers missing the October 12, 2015 deadline may enter the meet on deck in the following manner:</p> <ol style="list-style-type: none"> 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 TIMES:	Times must be from USA Swimming meets. 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 <i>meter (yard)</i> times to <i>yard (meter)</i> 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 seed time is requested.
QUALIFYING TIMES:	None.
CUT-OFF TIMES:	None.
AGE:	As of October 17, 2015
NUMBER OF EVENTS:	Swimmers may compete in up to four (4) individual events one (1) relay event each day, with the exception of 8&Under swimmers who may compete in four (4) individual events and two (2) relays.

DEADLINE:	<p>Entries must be received by October 12, 2015 at ESAmeeentries@eagleswimmingassociation.com. 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.</p> <p>Email entries to ESAmeeentries@eagleswimmingassociation.com</p>
ELIGIBLE TEAMS:	<p>ESA, Shark, and SST. 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.</p>
FEES:	<p>\$5.50 per individual event and \$9.00 per relay. \$2.00 swimmer surcharge Make checks payable to Eagle Swimming Association. Entry fees must accompany entries, if delivered by any method other than email.</p>
AWARDS:	<p>Individual events: Ribbons 1st - 8th place</p>
SCORING:	<p>Individual Events: 9-7-6-5-4-3-2-1 Relay Events: 18-14-12-10-8-6-4-2</p> <ul style="list-style-type: none"> • All 14 & under events will be swum combined but scored separately as 8&U, 9-10, 11-12 and 13-14. Relays will be scored 8&U, 9-10, 11-12 and 13-14 • No more than five (5) swimmers can score from one (1) team.
RULES AND SANCTIONS:	<p>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.</p>
POOL MEASUREMENT:	<p>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.</p>
TIMING SYSTEM:	<p>A Colorado System 6 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.</p>
POOL DECK RESTRICTION:	<p>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,</p>

	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 Psych 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.
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.
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 at this meet.
HOSPITALITY:	A hospitality room will be available. Coaches and Officials must present their membership cards in order to receive complimentary Psych Sheets and for admission to the Hospitality Room.
MERCHANDISE:	D&J Sports will be at the meet selling swim apparel and swim gear.
LIVE MEET INFORMATION:	In addition to an on-site announcer and flip charts, In-water, On-deck events will be posted on Meet Mobile.
MEET RESULTS:	Unofficial meet results will be posted to Meet Mobile. Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org), within three days after the conclusion of the meet.
ATTACHMENTS:	MEET FORMAT ENTRY VERIFICATION FORM GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES MEET ENTRY FORM MAP TO POOL

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Entry Rules:	
Type of Meet	Timed Finals
Max # individual events for entire meet	9-14's - Four (4) individual & one (1) relay each day. 8&Unders - four (4) individual events & two (2) relays.
Swimmers eligible	ESA, Shark, SST
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	\$5.50 per individual; \$9.00 per relay
Facility surcharge	\$2/swimmer
<u>WARM-UP</u>	
Saturday: Warm-ups: 8:00 am / Start: 9:00 am; Warm-ups for afternoon session will start immediately following am session	
Sunday: Warm-ups: 6:45 am / Start: 8:00 am	

Order of Events

Saturday AM

Girls			Boys	
1	9-14	200 Medley Relay	2	
3	Open	200 Back	4	
5	9-12	50 Fly	6	
7	Open	100 Free	8	
9	9-12	50 back	10	
11	Open	200 Fly	12	
13	9-12	100 IM	14	
15	Open	100 Breast	16	
17	Open	500 Free*	18	

Saturday PM

Girls			Boys	
19	8 & Under	25 Free	20	
21	8 & Under	50 Fly	22	
23	8 & Under	25 Breast	24	
25	8 & Under	50 Back	26	
27	8 & Under	100 Medley Relay	28	
29	8 & Under	25 Back	30	
31	8 & under	50 Free	32	
33	8 & Under	25 Fly	34	
35	8 & Under	50 Breast	36	
37	8 & Under	100 Free Relay	38	

Sunday AM

Girls			Boys
39	Open	200 Free	40
41	9-12	50 Breast	42
43	Open	100 Back	44
45	Open	200 Breast	46
47	Open	100 Fly	48
49	Open	200 IM	50
51	9-14	50 Free	52
53	Open	400 IM	54
55	9-14	200 Free Relay	56

All events will be seeded fastest to slowest.

All Open events will be swum combined but scored separately as 9-10, 11-12 and 13-14.

All 9-14 events will be swum combined but scored separately as 9-10, 11-12, and 13-14.

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

* The 400 I.M. and 500 Freestyle will be swum alternating girls and boys heats. **Swimmers must provide 2 timers and a lap counter for 400 IM and 500 Freestyle.**

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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 & 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.

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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

Map to:
Summer Creek High School
14000 Weckford Blvd.
Houston, TX 77044

