



Gulf Open Meet
HOSTED BY
FIRST COLONY SWIM TEAM
October 17-18, 2015
SANCTION # GUSC 16-010R1

Location:

LCISD NEW Natatorium
1020 Horace Mann Ave, Rosenberg, TX 77471

Directions:

From Houston: Take Hwy 59/Southwest Freeway South to Richmond/Rosenberg. Exit Reading Rd. Turn right on Reading Road. Continue on Reading Road approximately 2 miles. Turn left on Avenue I. Pool is on the right at Horace Mann Ave.

COACHES:

Pete Wright	Head Coach
Ben Pulskamp	Head Age Group Coach
Dana Skelton	Head Developmental Coach

POOL:

25 yard, 8 lane indoor pool with non-turbulent lane lines, with 4 additional lanes for warm-up/warm-down.

Warm-Up/Warm-Down: Once the meet starts, the 4 lanes by the diving boards will be used for warm-up/warm-down. Lingering in the warm-up/warm-down lanes will not be permitted. A safety marshal will be assigned to monitor the WU/WD lanes and enforce these rules throughout the meet. The safety marshal has the authority to remove from the WU/WD lane any swimmer who does not comply with these rules. The Meet Referee may exercise additional adjudication authority as necessary.

TIME AND DATE:

Saturday & Sunday, October 17-18, 2015

Morning Sessions: warm-up at 7:30 am, meet starts at 9:00 am;

Afternoon session: warm-up will begin immediately upon the completion of the morning session and the afternoon competition will begin 1 hour after the start of the warm-up session

A split warm-up will be in effect. Lane assignments for warm ups and timing will be designated in the meet program, and posted on Gulf Swimming website.

Flyover Starts:

This meet will be run using "Flyover Start" procedures unless a waiver is received from the Technical Planning Committee Chairman. 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.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

REFEREE:

Tom O'Brien tomob930@gmail.com

MEET DIRECTORS:

Karl Schuler	Karl.Schuler@gmail.com
James Light	jlight356@gmail.com
Mandy Norris	coachmandy@swimfcst.com

ADMIN OFFICIAL:

Maryellen Greene mbgreene@gmail.com

SAFETY MARSHAL:

Jerry Smith

SEEDING:

The meet will be pre-seeded, except the 500 Freestyle and 400 IM events will be deck-seeded. 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.



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500 Free & 400 IM: All swimmers must positive check in with the Clerk of the Course for the 500 Free and 400 IM 45 minutes prior to the start of the session. 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. The 500 Free and 400 IM will be swum alternating girls and boys heats. Swimmers must provide their own timers and lap counters in 400 IM and 500 Free.

RELAYS: There are no relay events at this meet.

ON-DECK ENTRIES:

Late entries will be accepted each day up to 45 minutes before the start of the meet. Those swimmers missing the 6:00 PM, Tuesday, October 6, 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 enter all events for the day forty-five (45) minutes prior to the start of the session's first event.
3. Swimmers must be qualified to swim the event entered.
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. On-deck entries will be put into empty lanes in pre-seeded events.
7. Swimmers must provide their own timers and lap counters in 400 IM and 500 Free
8. A split warm-up will be in effect. Lane assignments for warm-ups and timing will be designated in meet program and posted on Gulf Swimming website Monday Oct 12.

Entry Information:

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 times to yard 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. S, Y, 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.

Qualifying Times: None

Cut-off Times: None

Number of Events: Swimmers may swim three (3) events per day.

Age: As of October 17, 2015.

Deadline:

Entries must be in the hands of the Meet Entry Chair no later than 6:00 p.m. on Tuesday, October 6, 2015. No late entries will be accepted.

E-mail completed entry forms to:

FCST.entries@gmail.com

All Teams entering 10 or more swimmers MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/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).

Payments for the electronic entries and a hard copy print-out of the entries must be submitted to the assigned host after posting of assignments by Gulf Swimming.



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Eligible Teams: FCST, SSS, HCAP, PEAK, LJAC

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 invitational meet.

Fees:

\$5.75 per Individual event. Swimmer surcharge of \$3.50 per swimmer must be added also.

Make checks payable to: **First Colony Swim Team**
Mail checks to: *First Colony Swim Team*
4501 Cartwright Road # 406
Missouri City, TX 77459

AWARDS:

Individual events: ribbons 1st - 8th place.

SCORING:

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.

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

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.

RULES AND SANCTIONS

The current USA Swimming and Gulf rules will apply. The meet will be held under 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 is compliant, but not certified, in accordance with USA Swimming Rule 104.2.2(C). Course measurements will be verified prior to the first session in accordance with Gulf Swimming Rules. The water depths **of the competition course measured from 1 meter to 5 meters on the lobby end and diving board end of the course** are as follows:

Lobby End - 7'

Diving Board End - 13'

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. Any swimmer entered in the meet unaccompanied by their coach must contact the Meet Director to arrange for a member coach in attendance to be responsible for the swimmer during the meet.

SWIMMERS WITH DISABILITIES



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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)

TIMING SYSTEM:

A Daktronics electronic timing system 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 swimmers at the meet. Timing assignments will be published in the heat sheet. Swimmers competing in the 500 Free/400 IM events must provide their own timers. Swimmers competing in the 500 Free must provide their own timers and lap counters.

SPECTATOR SEATING

The spectator seating area is limited. No coolers or portable seating is allowed in the spectator seating area. No reserved seating is allowed. Children of spectators must be supervised at all times.

Swimmers are not allowed in the spectator seating area. Swimmers are required to remain with their team on the pool deck during sessions. Tents and portable seating are permitted in the grassy areas beside the facility.

POOL DECK

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.

DECK CHANGING PROHIBITION:

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

MEET RESULTS:

Meet results will be posted on the Gulf Swimming Web page within three days after the conclusion of the meet.

FOOD & SWIM SHOP:

Concessions will be selling food and drinks to meet attendees.

Lane 4 will be at the meet selling swim items.

There will be a Hospitality Room for coaches and officials.

Coaches and officials must present their registration cards in order to receive complimentary psych sheets and for admission to the hospitality room.

OFFICIALS: USA Certified Officials and Trainees are welcome to come and help officiate the meet. Official attire will be white golf shirt over navy slacks/skirt/shorts (no blue jeans) with white shoes.

ATTACHMENTS:

Safety Guidelines & Warm-up Procedures

Meet Format and Entry Rules

Order of Events

Official Entry Form



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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
- 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. A swimmer will not step upon the blocks when a swimmer 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.
 4. **ABSOLUTELY, NO FOOD ALLOWED ON POOL DECK! ANY PERSON FOUND WITH FOOD ON THE POOL DECK WILL HAVE IT IMMEDIATELY CONFISCATED AND WILL BE REQUIRED TO LEAVE THE POOL DECK!**
 5. No Taping on Facility walls or painted surfaces. Team Banners must not exceed 5' x 8'.



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Entry Rules	
Type of Meet	Timed Finals
# Individual events per day	Three (3) Maximum
Swimmers eligible	FCST, SSS, HCAP, PEAK, LJAC
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
Facility Surcharge	\$3.50 per Swimmer



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Saturday, October 17

(AM Session Warm-up 7:30 am. Meet at 9:00 am)

(PM Session Warm-up at the conclusion of the AM session; Meet 1 hour later)

AM Session	AM Session	AM Session	PM Session	PM Session	PM Session
Girls Event #	Event Description	Boys Event #	Girls Event #	Event Description	Boys Event #
1	11 & Over Girls 100 Back		21	9-10 Girls 100 Back	
	13 & Over Boys 100 Back	2		9-12 Boys 100 Back	22
3	11-12 Girls 50 Fly		23	10 & Under Girls 50 Fly	
5	11 & Over Girls 200 Breast			12 & Under Boys 50 Fly	24
	13 & Over Boys 200 Breast	6		11-12 Boys 200 Breast	26
7	13 & Over Girls 100 Free		27	8 & Under Girls 25 Back	
	13 & Over Boys 100 Free	8		8 & Under Boys 25 Back	28
9	11-12 Girls 200 Back		29	10 & Under Girls 50 Free	
11	11 & Over Girls 100 Fly			12 & Under Boys 50 Free	30
	13 & Over Boys 100 Fly	12	31	9-10 Girls 100 Fly	
13	11-12 Girls 50 Back			9-12 Boys 100 Fly	32
15	13 & Over Girls 200 I.M.		33	10 & Under Girls 50 Back	
	13 & Over Boys 200 I.M.	16		12 & Under Boys 50 Back	34
17	11-12 Girls 100 I.M.		35	10 & Under Girls 100 I.M.	
19	11 & Over Girls 500 Free*			12 & Under Boys 100 I.M.	36
	13 & Over Boys 500 Free*	20	37	8 & Under Girls 25 Breast	
				8 & Under Boys 25 Breast	38
			39	9-10 Girls 200 Free	
				9-10 Boys 200 Free	40
				11-12 Boys 500 Free*	42

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



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Sunday, October 18

(AM Session Warm-up 7:30 am. Meet at 9:00 am)

(PM Session Warm-up at the conclusion of the AM session; Meet 1 hour later)

AM Session	AM Session	AM Session		PM Session	PM Session	PM Session
Girls Event #	Event Description	Boys Event #		Girls Event #	Event Description	Boys Event #
43	11 & Over Girls 100 Breast			61	9-10 Girls 100 Breast	
	13 & Over Boys 100 Breast	44			9-12 Boys 100 Breast	62
45	11 & Over Girls 50 Free			63	8 & Under Girls 25 Fly	
	13 & Over Boys 50 Free	46			8 & Under Boys 25 Fly	64
47	11-12 Girls 200 I.M.				11-12 Boys 200 Fly	66
49	11 & Over Girls 200 Fly			67	10 & Under Girls 100 Free	
	13 & Over Boys 200 Fly	50			12 & Under Boys 100 Free	68
51	11-12 Girls 100 Free			69	9 & 10 Girls 200 I.M.	
53	13 & Over Girls 200 Back				9-12 Boys 200 I.M.	70
	13 & Over Boys 200 Back	54			11-12 Boys 200 Back	72
55	11-12 Girls 50 Breast			73	8 & Under Girls 25 Free	
57	11 & Over Girls 200 Free				8 & Under Boys 25 Free	74
	13 & Over Boys 200 Free	58		75	10 & Under Girls 50 Breast	
59	13 & Over Girls 400 I.M.*				12 & Under Boys 50 Breast	76
	13 & Over Boys 400 I.M.*	60			11-12 Boys 200 Free	78
				79	9-10 Girls 500 Free*	
					9-10 Boys 500 Free*	80

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ENTRY VERIFICATION

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed in 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

