



# GULF SWIMMING SENIOR MEET

Hosted By

Montgomery Aquatic Race Club (MARC)

Timed Finals – Short Course Yards

OCTOBER 17-18, 2015

Sanction No. GUSC 16-012R1

- LOCATION:** Montgomery Aquatic Center  
22628 Highway 105 West  
Montgomery, Texas 77356
- DIRECTIONS:** Located in the Montgomery ISD Athletic Complex across HWY 105 from Montgomery High School.
- COACHES:** Head Coach: Dusti See [coachdusti@marcswimming.org](mailto:coachdusti@marcswimming.org)  
Assistant Coaches: Sherri White
- POOL:** Eight (8) lane, 25 yard indoor pool with non-turbulent lane lines. Five lanes in 6 foot water will be available prior to each session for warm-ups. Four of the five lanes in the 6 foot water will be available for warm-up and warm-down during the meet.
- TIME & DATE:** This is a timed-finals meet.  
Session 1: Saturday, October 17, 2015  
Warm-up: 7:30 am - 8:45 am; Meet Starts: 9:00 am  
  
Session 2: Saturday, October 17, 2015  
Warm-up: 12:30 pm - 1:15 pm; Meet Starts: 1:30 pm  
  
Session 3: Sunday, October 18, 2015  
Warm-up: 7:30 am - 8:45 am; Meet Starts: 9:00 am  
  
Warm up for Saturday PM Session will not start earlier than 2 hours after the conclusion of the Saturday AM Session. Saturday PM Competition will begin 1 hour after the start of the warm up.  
  
Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website. Lane assignments for warm-ups and timing will be designated in the heat sheet, and posted on the Gulf Swimming website by Monday, October 12th.
- MEET TYPE:** This meet will be using 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 OFFICIALS:**
- |                           |              |                                                                      |
|---------------------------|--------------|----------------------------------------------------------------------|
| Meet Referee –            | Keith Rudy   | <a href="mailto:klrudy1957@gmail.com">klrudy1957@gmail.com</a>       |
| Administrative Official – | Grant Newman | <a href="mailto:grant.newman3@gmail.com">grant.newman3@gmail.com</a> |
| Meet Director –           | Karen Nelson | <a href="mailto:nelson.karen@yahoo.com">nelson.karen@yahoo.com</a>   |
| Safety Marshal –          | Lou Spencer  | <a href="mailto:lspencer@misd.org">lspencer@misd.org</a>             |

## SAFETY GUIDELINES AND WARM-UP PROCEDURES

*See attached Safety Guidelines and Warm-up Procedures*

**SEEDING:**

This meet will be pre-seeded meet, for events 200 yards or shorter. 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 meet. Empty lanes will be used to fill on-deck entries.

**CHECK-IN**

All swimmers must positive check in with the Clerk of the Course for events 400 yards or longer. Check-in for all positive check-in events will be available at the start of the warm up for the session, and are due one (1) hour before the event is scheduled to swim. After the events are officially closed, no one may check in or scratch. After checking 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-Chair for each event in which he/she fails to appear. These events shall be swum alternating girls and boys heats. Swimmers in these events must provide their own timers and lap counters.

**ON DECK ENTRIES:** Late entries will be accepted each day up to **45 minutes** before the start of each session. Those swimmers missing the 6:00 p.m. 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 supply completed entry forms entered at the swimmers' best times. The swimmers will be seeded into open lanes.
3. Swimmers must enter all events for the day **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 will be added, if necessary and 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. Entry times should not be converted by the entrant – they will be converted to the proper course by the host team using the default conversions in Hy-Tek. If entries are made by paper (not using Hy-Tek) then 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. Entry times must be from USA Swimming Meets.

**Qualifying Times:** 14 & Under swimmers must be qualified to swim the events entered. Qualifying times are 15-16 USAS Motivational "AA" times. 15 & Over swimmers do not have qualifying times. All 10 & Under swimmers entering senior events must provide proof of time with their entries.

**Age:** As of October 17, 2015

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

**Deadline:** Entries must be in the hands of the Meet Entry Chair no later than 6:00 p.m., Tuesday, October 6, 2015. 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. Mail completed entry forms to the Meet Entry Chair at:

Maria Smith, Meet Entry Chair  
**MARC**  
**P. O. Box 1420**  
**Montgomery, TX 77356**  
936-223-5955  
**maria@marcswimming.org**

**Entries:** All teams with 10 or more swimmers entered in this meet **MUST** submit their entries by email, using the Hy-Tek-Meet Manager/Team Manager computer software, **along with a hard copy print out of the entries.** Teams without Hy-Tek should submit their entries on the enclosed Entry Form. Teams with 10 or more swimmers entered in this meet using only an entry form (without using Hy-Tek files) must pay a \$25 surcharge payable to MARC with their entries. Individual entries may be submitted on the enclosed entry form.

Teams may electronically mail their Meet Manager files. **Payments for electronic entries and a hard copy of the team's entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Announcement.**

**Eligible Teams:** All Gulf and USA teams are encouraged to enter.

**Fees:** \$5.75 per individual event and \$3.50 per swimmer surcharge. Make checks payable to **MARC, Inc.** and mail to meet entry chair address. Entry fees must accompany entries if delivered by any other method than email.

**AWARDS:** There will be no awards presented at this meet.

**SCORING:** This meet is not scored.

**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 or 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 attached entry verification form shall be properly filled out, signed and sent in with the entries.

**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.

Water depth 202.3.6 "The water depth of the competition course is 13' feet measured by 1 meter to 5 meters on the starting end of the course, and 6.5' measured from 1 meter to 5 meters on the turning end of the course."

**TIMING SYSTEM:** The Daktronics Omni Sport 2000 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. Swimmers in the 500/1000 Free must provide two timers and a lap counter. Swimmers in the 400 IM must provide two timers.

**POOL DECK RESTRICTIONS:** Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf 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.

**CHANGING SUITS ON DECK:** Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**AUDIO/VISUAL RECORDING DEVICES:** Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, changing areas, rest rooms or locker rooms. Violators may be reported to law enforcement or other governmental officials 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 Gulf Administrative Vice-Chairman.

**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:** A concession stand will be open during the meet in the lobby.

**HOSPITALITY:** A hospitality room will be available for coaches, officials, and meet personnel.

**MERCHANDISE:** **D&J's Swim Shop** will be onsite during the meet selling swim apparel and swim gear both Saturday and Sunday.

**MEET RESULTS:** Meet results will be posted at: <http://www.gulfswimming.org> within 3 days after the conclusion of the meet.

**ATTACHMENTS:** Meet Format  
Entry Verification Form  
Gulf Safety Guidelines and Warm-Up Procedures  
Official Meet Entry Form



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## Entry Rules:

Type of Meet	Timed Finals
Max # of Events per day	Five (5)
Swimmers Eligible	ALL USA Swimming
Entry times in	LCM/SCM/SCY
Qualifying Times (15 & Over)	None
Qualifying Times (14 & Under)	15-16 USAS Motivational "AA" times
Enter with no time?	Yes
Gulf "three event" rule applies?	Yes
Gulf "up/down" rule applies?	Yes
Fees	Individual - \$5.75 Facility surcharge - \$3.50 /swimmer

## Saturday, October 17, 2015 (Morning)

GIRLS	SCY	SCM	LCM	Event	LCM	SCM	SCY	BOYS
1	2:18.69	2:33.29	2:39.49	14&U 200 IM	2:26.39	2:20.09	2:06.79	2
1				15&O 200 IM				2
3	26.59	29.29	30.39	14&U 50 Free	26.79	26.29	23.79	4
3				15&O 50 Free				4
5	1:02.59	1:09.09	1:10.79	14&U 100 Fly	1:04.29	1:02.39	56.49	6
5				15&O 100 Fly				6
7	5:29.69	4:48.49	4:55.99	14&U 500 Free*	4:36.69	4:29.39	5:07.79	8
7				15&O 500 Free*				8

## Saturday, October 17, 2015 (Afternoon)

GIRLS	SCY	SCM	LCM	Event	LCM	SCM	SCY	BOYS
9	2:03.89	2:16.89	2:21.09	14&U 200 Free	2:10.79	2:05.49	1:53.59	10
9				15&O 200 Free				10
11	1:02.69	1:09.19	1:12.79	14&U 100 Back	1:06.79	1:03.29	57.29	12
11				15&O 100 Back				12
13	1:12.49	1:20.09	1:23.09	14&U 100 Breast	1:15.99	1:11.89	1:05.09	14
13				15&O 100 Breast				14
15	4:54.49	5:25.39	5:35.09	14&U 400 IM*	5:10.99	5:00.79	4:32.19	16
15				15&O 400 IM*				16

All events will be seeded fastest to slowest.

\* The 400 I.M. and 500/1000 Free will be swum fastest to slowest, alternating women's and men's heats.

\*\*Warm-up for Saturday PM session will not start earlier than 2 hours after the conclusion of the Saturday AM session. The Saturday PM competition will begin 1 hour after the start of warm-up.



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Sunday, October 18, 2015 (Morning)

GIRLS	SCY	SCM	LCM	Event	LCM	SCM	SCY	BOYS
17	2:15.29	2:29.39	2:35.49	14&U 200 Back	2:22.69	2:17.59	2:04.49	18
17				15&O 200 Back				18
19	57.49	1:03.49	1:05.49	14&U 100 Free	59.59	57.39	51.99	20
19				15&O 100 Free				20
21	2:35.99	2:32.39	2:35.49	14&U 200 Breast	2:42.89	2:36.89	2:21.99	22
21				15&O 200 Breast				22
23	2:16.99	2:31.39	2:35.59	14&U 200 Fly	2:22.89	2:19.09	2:05.89	24
23				15&O 200 Fly				24
25	11:22.69	9:57.49	10:10.59	14&U 1000 Free*	9:35.69	9:18.59	10:38.29	26
25				15&O 1000 Free*				26

All events will be seeded fastest to slowest.

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### **ENTRY VERIFICATION FORM**

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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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.



