



RICE Pentathlon October 31st, 2015

HOSTED BY
RICE Aquatics

USA Swimming # **GUSC 16-020**

LOCATION: RICE University Pool @ RICE University
6100 Main Street
Houston, TX 77005-1827

Directions: RICE University is located just across from the Texas Medical Center. From US 59 exit Shepherd/Greenbriar. Turn south on Greenbriar (one way) and proceed to Rice Blvd. Make a right turn onto the Rice campus at entrance 17, one block east of the Shepherd traffic light. Parents will need to park in "Visitor Lot 1." This is a pay lot that uses credit card for entry.

COACHES: Seth Huston Program Director

POOL: Eight (8) lane, 25 yard, outdoor pool with non-turbulent lane lines. There will be lanes available for warm up/down.

TIME AND DATE: *This is a timed final meet.*

Session #1 8:00 AM Warm Up, Meet Starts at 9:00 AM.
Girls

Session #2 1:00 PM Warm Up, Meet Starts at 2:00 PM
Boys

Lane assignments for warm up and timing will be designated in the psych sheet and posted on the GULF Swimming website by Monday, October 26th.

**Session #2 warm ups and meet start times will be no sooner than these times listed. In the instance of Session #1 running past these start times, warm ups will begin immediately after the completion of Session #1, with the meet start time of Session #2 one (1) hour after the completion of Session #1.

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: Louis Davis E: Louis.Davis@fluor.com

MEET DIRECTOR: Amanda Caldwell E: acaldwell@rice.edu

ADMINISTRATIVE OFFICIAL: Gerald Lewis

SAFETY MARSHAL: Michael Peron

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

SEEDING: The meet will be a pre seeded meet. 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. Seeding shall be in time order.

ON-DECK ENTRIES: Late entries will be accepted each day up to 30 minutes before the start of the meet for empty lanes only. Adding additional heats is up to the discretion of meet management.

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 be qualified to swim the event entered.
4. Swimmers must not exceed the allotted number of events allowed each day.
5. 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 at a USAS meet– 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). If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested.

Age: As of **October 31, 2015**.

Number of Events: Swimmers may compete in up to 5 individual events; one of each stroke and one individual medley race.

Deadline: Entries must be in the hands of the Meet Entry Chair no later than 6:00 p.m. on Tuesday, October 20th. 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:

Amanda Caldwell
Rice Swimming/Tudor Fieldhouse
6100 South Main Street
Houston, TX 77005

Eligible Teams: All USA Swimming registered teams.

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).

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.

Fees: Thirty dollars (\$30.00) per individual swimmer for up to five (5) events. There is also a two dollars (\$2.00) facility splash fee per swimmer. Make checks payable to **RICE Aquatics**. Entry fees must accompany entries, if delivered by any method other than email.

SCORING & AWARDS:	Each swimmer will be eligible to swim a total of five (5) events (Butterfly, Backstroke, Breaststroke, Freestyle, and IM). The add up time of the 5 events will be used to award shirts to the top five (5) swimmers in each age group.
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
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 6.7 feet measured from 1 meter to 5 meters on the starting end of the course, and 6.7 feet measured from 1 meter to 5 meters on the turning end of the course.
TIMING SYSTEM:	A Colorado 5 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.
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 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.
UNACCOMPANIED SWIMMERS:	Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. 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 a 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).
HOSPITALITY:	A hospitality room will be available for coaches and meet officials.
MEET RESULTS:	Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org), within three days after the conclusion of the meet.

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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



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SAFETY GUIDELINES AND WARM-UP PROCEDURES APPENDIX G

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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Type of Meet	Timed Finals
Max # of individual events per day	Five (5) individual events: one of each stroke and an individual medley.
Entry times in	SCY/SCM/LCM from a USAS meet.
Qualifying times	None
Enter with no time? (NT)	Yes
Fees	\$30 per individual
Facility Surcharge	\$2
Special Rule	None
Swimmers Eligible	USA Swimming registered teams and GULF swimmers attached to Gulf Swimming teams or swimmers in the documented process of transferring to a Gulf Swimming team may participate in this meet.

Girls AM
Saturday AM Session 1
Meet Starts at 9:00 AM

#	Event Name
1	10 & Under 100 Y IM
2	11 & Over 200 Y IM
3	8 & Under 25 Y Butterfly
4	9-12 50 Y Butterfly
5	13 & Over 100 Y Butterfly
6	8 & Under 25 Y Backstroke
7	9-12 50 Y Backstroke
8	13 & Over 100 Y Backstroke
9	8 & Under 25 Y Breaststroke
10	9-12 50 Y Breaststroke
11	13 & Over 100 Y Breaststroke
12	8 & Under 25 Y Freestyle
13	9-12 50 Y Freestyle
14	13 & Over 100 Y Freestyle

*All events will be seeded Fastest to Slowest

Boys PM
Saturday Afternoon Session 2
Meet Starts at 2:00 PM

#	Event Name
15	10 & Under 100 Y IM
16	11 & Over 200 Y IM
17	8 & Under 25 Y Butterfly
18	9-12 50 Y Butterfly
19	13 & Over 100 Y Butterfly
20	8 & Under 25 Y Backstroke
21	9-12 50 Y Backstroke
22	13 & Over 100 Y Backstroke
23	8 & Under 25 Y Breaststroke
24	9-12 50 Y Breaststroke
25	13 & Over 100 Y Breaststroke
26	8 & Under 25 Y Freestyle
27	9-12 50 Y Freestyle
28	13 & Over 100 Y Freestyle

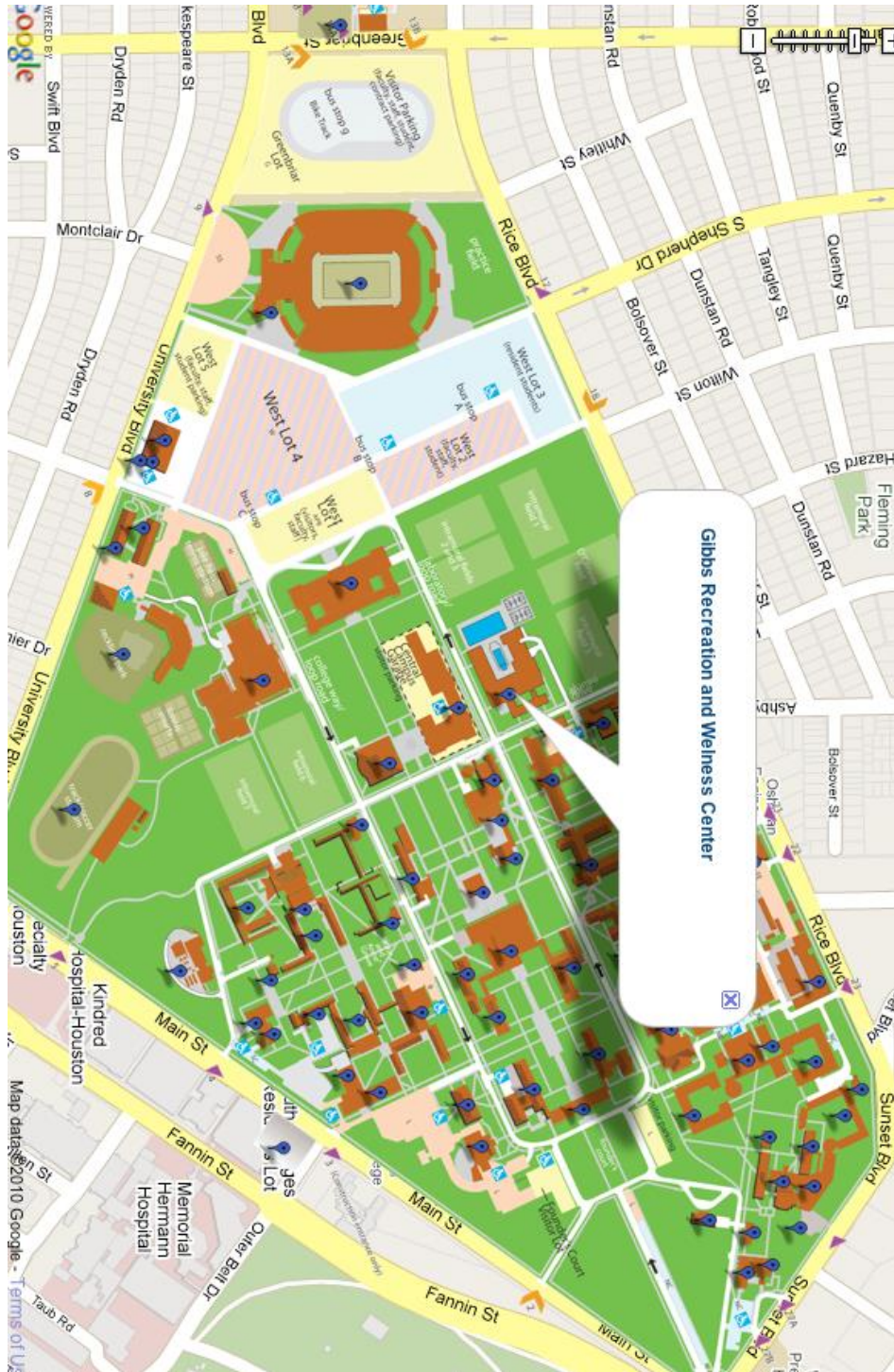
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Swimmers and Family will need to park in the West Lot 1 visitor parking lot. This is a pay lot that requires a credit card or ATM card for entry. Parking will not be allowed on Laboratory/ Loop Road. Campus police will ticket cars left here for extended periods of time. One dollar parking is available on the other side of RICE Stadium in the Green briar lot. Parking rates and locations will be listed on the Warm up PDF.

A map of RICE Campus can be found at <http://www.rice.edu/maps/maps.html>



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Parking Facilities & Rates

Greenbriar Lot	\$1 per entry per day
West Lot 1 (Alice Pratt Brown)	\$1 per 20 min, \$11 daily maximum
North Lot	\$1 per 15 minutes, \$11 daily maximum

BY CREDIT CARD (All Surface Lots)

Machines at the entrance gates will instruct the driver to insert a credit card (American Express, VISA, MasterCard or Discover). When the gate opens and the vehicle enters, the computer's "parking meter" begins. Upon leaving, the visitor drives to the exit gate and inserts the same credit card. It is very important to use the same credit card used at entry while exiting, otherwise the computer will not recognize the card. The gate will open within a few seconds, at which time the meter stops. The computer calculates the time, checks for fee approval and automatically bills the credit card. **IMPORTANT** - if you are issued a validation, please insert it **FIRST** into the machine, it will keep the validation. Then, insert the credit card used at the entry and the gate will open.
<https://www.advocare.com/110110904/default.asp>