



2016 Gulf Open Water Swimming Championships

Sunday, September 25, 2016

Hosted by Rice Aquatics Masters and Rice University at Twin Lakes

USA Swimming # GUSC 17-016

Location: Twin Lakes Scuba Park is a 31 acre aquifer fed lake. It is located on Highway 6 just 1.8 miles east of Texas 288 in Manvel, TX. 77578. Please note that Twin Lakes charges \$5 per vehicle into the park.

Directions: Coming from Houston, go south on Texas 288, past the Sam Houston Toll way about 8 miles, exit Highway 6 and go east (left). Twin Lakes Scuba Park is 1.8 miles down on the right side of the road.

Entry into the park and parking is \$5 per vehicle. There are no changing rooms available, but there are portable bathrooms.

Coaches: Seth Huston, Head Coach, Rice University

Eligibility: All participants must be currently registered with USA Swimming to be eligible. Proof of eligibility must be provided with entry.

Warm Up: The race course will be open for warm up at 8:15 am. Warm up will end at 8:45 am. Only registered swimmers may enter the course. There will not be a continuous warm up location.

Event Schedule: USAS event schedule as follows:

1. 9:00 am, 800 meter swim, check in 8:00 am to 8:30 am
2. 10:00 am, 1 mile swim, check in 8:00 am to 9:00 am
3. 11:00 am, 2 mile swim, check in 8:00 am to 10:00 am

All USA swimmers will be started at the scheduled start time. Staggered starts by age or sex may be used at the discretion of the meet referee dependent upon the number of swimmers entered in each event. There will be pre-race instructions given 10 minutes prior to each race.

Check In: All swimmers must check in with the clerk of course. All swimmers will be numbered by clerk of course for identification. Each swimmer must be numbered 30 minutes prior to the start of their race.

Race Info: The race course will be 800meters. The race will start and finish in the water. It will be swum in a clockwise direction with buoys staying on your right shoulder. The finish shall take place at the floating dock. This is a qualifying event for the Gulf Open Water All Star Team. Information attached at the end.

USA Swimmers are not allowed to wear any device that will aid their speed.

Weather: The meet will be swum under all conditions except thunder and lightning. If there is hazardous weather in the area we will delay the meet 30 min per occurrence. We will make every attempt to swim the races.

T Shirts: Each swimmer participating will receive a meet T Shirt. Please include size in individual entry form. **If entering as a team via Hy Tek file please include shirt sizes in entry email.**

Awards: We will have 1st place through 3rd place medals for male and female 9-10, 11-12, 13-14, and 15 & over Gulf Swimmers. Open to all USA Swimming registered athletes only Gulf registered swimmers are eligible for awards.

Scoring: Only Gulf registered teams and swimmers are eligible to score points. Scoring will be 9-7-6-5-4-3-2-1, 1st place through 8th place.

Entry Info: The race entry fee is \$25 for the first race and \$10 for each additional race the swimmer enters. Late entries will be accepted through the end of race check-in for an additional \$25 late fee. There will be a 1-Day USA Swimming Registration available (\$10). This is not a US Masters Swimming sanctioned event.

USA Swimming entries are encouraged to enter using Hy Tek Team Manager. Find meet file on Gulf web page. Send all entries and entry fees to:

Amanda Caldwell – Women’s Swimming
Rice University
6100 S Main Street
Houston, TX 77005

Email entries to Amanda Caldwell (acaldwell@rice.edu)

Make checks to Rice Aquatics Masters and inquiries to Seth Huston, shuston@rice.edu or call at 713-539-3041.

Meet Director: Amanda Caldwell 713-348-8867 acaldwell@rice.edu

Race Referee: Donna Dormiani donnadormiani@hotmail.com / Louis Davis Louis.Davis@Fluor.com

Safety Marshal: Jessica Rodriguez/Hobie Huston

Administrative Official: Gerald Lewis/Paul Mueller

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.

Safety:

Safety is our prime consideration. While there are no qualifying standards for this event, you should previously complete a one mile swim in 40 minutes or faster in order to swim in this event. You should be healthy and in reasonably fit swimming shape. Swimmers will be allotted 20 minutes per .5 mile to complete the course.

Accounting for Swimmers – Each swimmer will be given a race number during the check in phase of the meet. After the pre-race meeting the swimmers will enter the lake from one dock and check in with the volunteers in charge of tracking the swimmers. These volunteers will be taking the total number of swimmers entering the water and their race numbers. During the finish phase of the competition the swimmers will exit from the opposite pier and have the same volunteers record their finish time, race number and order finish.

Location of Safety Marshal – The safety marshal will be located on land at the start and finish location.

Rescue Personnel and Equipment – Rescue personnel will be in kayaks positioned at each turn buoy and at the start and finish of the race. There will also be a motorized platform during the USA Swimming races that will follow the lead pack of the race. All rescue personnel will have lifesaving buoys throughout the race. Water will also be available for emergency situations on the platform.

Location of First Aid and Safety Station- The first aid kit is located at the registration table near the start and finish line. There will be safety stations set up on shore nearest to the turn buoys in the water.

Medical Evacuation Plan- If a swimmer is struggling or needs assistance they should swim to the nearest shoreline and wait for the safety staff to arrive. If unable to make it to the shore the swimmer should wave their hand and stay in the same location, rescue personnel will come to their assistance. Swimmers will then be transported to the nearest shoreline or finish line by kayak or motorized boat. The safety marshal will determine the severity of the situation and take the necessary action. An ambulance will transport any swimmer needing to be driven to a medical facility.

Weather Evacuation Plan – The meet will be swum under all conditions except thunder and lightning. If there is hazardous weather in the area we will delay the meet 30 min. per occurrence. We will make every attempt to swim the races. If there is hazardous weather during a race foghorns will be used to alert swimmers to exit the lake at the nearest point. Swimmers are to meet back at the registration area.

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.



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USA Swimming #

Gulf Swimming Event Information:

Gulf Custom Medals Awarded	
Only Gulf registered swimmers are eligible to receive awards.	
Entry Rules	
Type of Meet	Open Water
Max # of events	1 for 9-10, 2 for 11-12 and 3 for 13 & over
Swimmers Eligible	All Registered USA Swimming athletes
Entry Times	None
Qualifying Times	None
Enter with no time	Yes
Gulf "three event" rule applies?	Does not apply
Gulf "up/down" rule applies?	Does not apply
Fees	1 st event \$25, 2 nd event \$10, 3 rd event \$10

Order of Events:

Event #	Age Group	Event
1-2	9 & over girls and boys	800 meter free *
3-4	11 & over girls and boys	1600 meter free **
5-6	13 & over girls and boys	3200 meter free ***

Please note that events will be swum combined and scored separately for boys and girls by 9-10, 11-12, 13-14 and 15 & over.

* 9-10 year olds are eligible for the 800 meter event only.

** 11-12 year olds are eligible for the 800 meter and the 1600 meter events.

*** 13 years old and over are eligible for 800, 1600 and 3200 meter events



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Please type or print clearly

Today's Date _____

First Name _____ Middle Initial _____ Last Name _____

Mailing Address _____ Phone Number _____

City _____ State _____ Zip _____ Email _____

Birthdate Month ____ Date ____ Year ____ Team _____ Gender (please circle) Male Female

USA Swimming ID _____ T-shirt (please circle) adult sizes small medium large x-large

Please check races to be entered:

800 meter swim (USS) _____
1 mile race (USS) _____
2 mile race (USS) _____

Race	Entry	Fees	
1st race entered		\$25	<input type="text"/>
2nd race entered		\$10	<input type="text"/>
3rd race entered		\$10	<input type="text"/>
Late Fee USA 9/22		\$25	<input type="text"/>
1-Day Event USAS Registration		\$10	<input type="text"/>

Make check payable and mail forms to:
Payable to: Rice Aquatics Masters
Amanda Caldwell – Women's Swimming
Rice University
6100 S Main Street
Houston, TX 77005

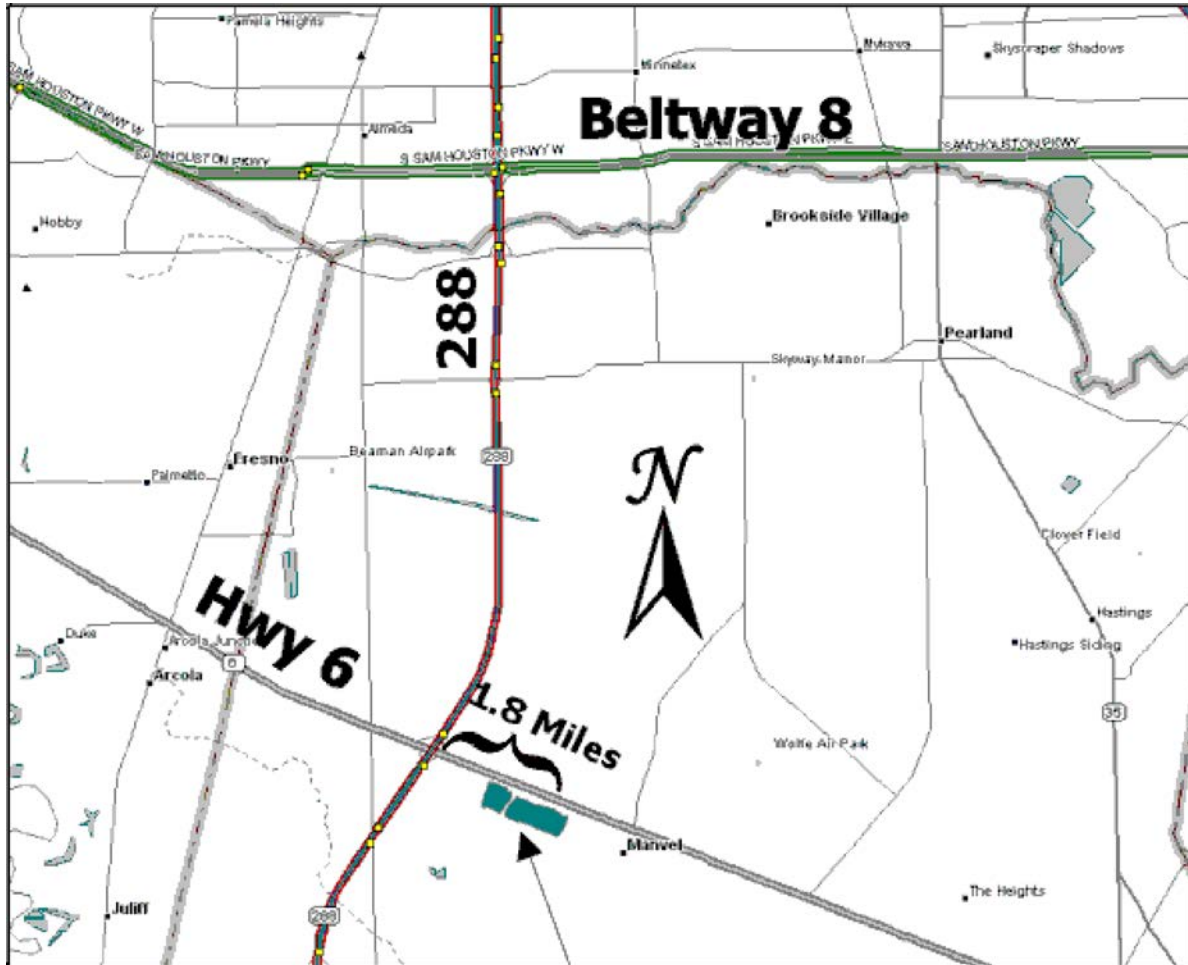
Total _____



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We are located on Hwy 6, just 1.8 miles East of 288 at 19230 Morris Ave.,
Manvel, TX 77578



Scuba Park
At
Twin Lakes



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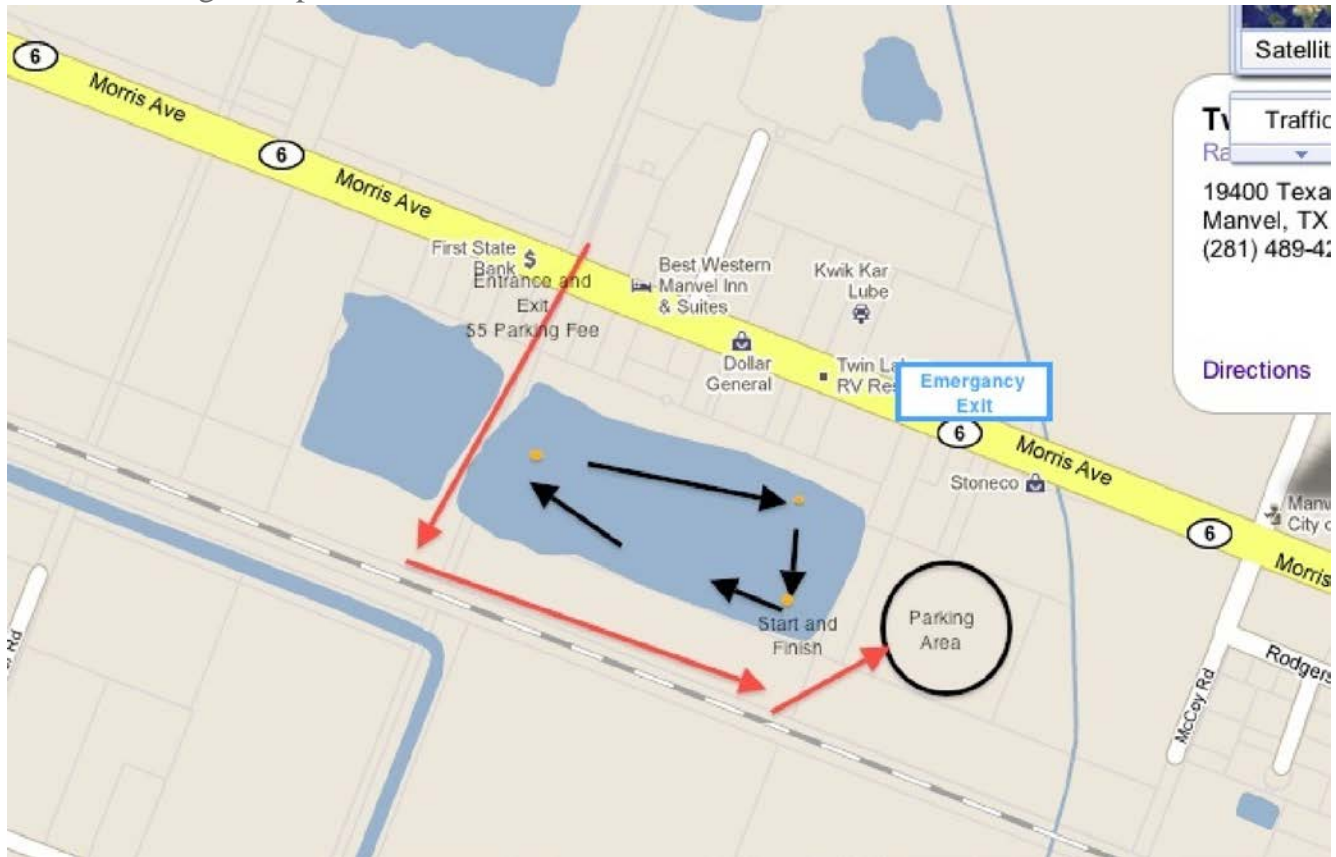
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USA Swimming #

Twin Lakes RV Resort

19400 Texas 6
Manvel, TX 77578
(281) 489-4225

Show on Google Maps





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Get Directions My Maps

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emergency care

Emergency Care Houston Ads
24 Hour Houston **Emergency Center**.
Immediate Physicians Available 24/7
www.elitecareemergency.com

A Alvin Emergency Center - more info >
301 Medic Lane, Alvin, TX
(281) 331-6141
6 reviews
"I took my 5 year old son here because he was screaming in pain saying his ..."

B Dr. Abel R. Longoria, MD - more info >
301 Medic Lane, Alvin, TX
(281) 331-6141
Category: Emergency Medicine
1 review
"Nurse was extremely rude. Did not realize no more than two people could ..."

C Dr. Karla Dressel, MD - more info >
301 Medic Lane, Alvin, TX
(281) 331-6141
Category: Emergency Medicine

D Dr. Tracey A. Antill, DO - more info >
301 Medic Lane, Alvin, TX
(281) 331-6141
Category: Emergency Medicine

Directions to Alvin Emergency Care Center

1. Head east on Tx-6 S/Morris Ave toward Wilson Dr.
2. Turn left at N Gordon St./Loop 409
3. Take the 1st right onto Diling St.
4. Take the 2nd left onto Medic Ln.

301 Medic Ln, Alvin Tx 77511

2016 Gulf Open Water Champs ALL STAR TEAM Announcement

The Gulf Open Water Champs on Sunday, September 25, 2016, will be a qualifying event to represent the Gulf at the Annual Fort Myers Open Water Festival and LSC Challenge at Miromar Lakes (date TBD after USA Swimming Convention which ends on 9/25). An amendment will be sent out with more information on qualifying once a date has been selected for the LSC Challenge competition.