

GULF Swimming Senior Meet

October 15-16, 2016

A Short Course Yards Timed Finals Meet

HOSTED BY

Montgomery Aquatic Race Club(MARC)



Sanction Number # GUSC 17-009

ENTRIES DUE TO MEET HOST (maria@marcswimming.org) BY 6:00 PM, TUESDAY, OCTOBER 4, 2016

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.

SPECIAL INSTRUCTIONS: Parking will be in the football stadium lot. Tents may be put up outside the facility in designated areas. Parents will not be allowed on the swimmer/locker room side of the deck.

MEET STAFF:	MEET REFEREE:	Ron Lusk	rdl8930@att.net
	ADMIN OFFICIAL:	Grant Newman	grant.newman3@gmail.com
	MEET DIRECTOR(S):	Karen Nelson	nelson.karenl@yahoo.com , phone#
	SAFETY MARSHAL:	Lou Spencer	lspencer@misd.org
	COACH(ES):	Dusti See	coachdusti@gmail.com

POOL: One eight lane, 25 yard indoor pool with non-turbulent lane lines will be used for warm-up and competition. A separate warm-up / warm-down area will be made available during the competition.

TIME AND DATE: This is three session, 2 day, timed-finals meet with AM/PM sessions on Saturday.

Session 1: Saturday AM – October 15, 2016

Warm-up*: 7:30 – 8:45 am

Meet Start: 9:00 am



GULF SWIMMING

Session 2: Saturday PM – October 15, 2016

Warm-up*: not earlier than 2 hours after the conclusion of the AM session

Meet Start: 1 hour after the start of warm up

Session 3: Sunday AM – October 16, 2016

Warm-up*: 7:30 – 8:45 am

Meet Start: 9:00 am

*Host team will publish the PM session warm-up and start times with the warm-up/timing assignments on the Gulf webpage. Warm-up is scheduled to start approximately 2 hours after the conclusion of the AM Session, with the PM Session starting 1 hour after PM Warm-ups begin.

*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 10, 2016.

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.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

SEEDING:

The meet will be pre-seeded for all events 200 yards or shorter. The 400 IM, the 500 and the 1000 Free will be deck seeded events. Coaches please inform your swimmers of pre-seeded and deck seeded rules. 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 for deck entries.

POSITIVE CHECK-IN FOR THE 400 IM, 500 AND 1000 FREE:

All swimmers must circle in on sheets that will be available at the start of warm-up for the session, and due 45 minutes before the start of the session in which 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, Jason Wedlick, for each event in which he/she fails to appear.

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 pm, Tuesday, October 4, 2016 deadline may enter the meet on-deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry. Swimmers not already entered in the meet must also pay the swimmer surcharge fee.
2. Swimmers must supply completed entry forms. The swimmers will be seeded into open



GULF SWIMMING

- lanes in the pre-seeded events and according to their best times in deck seeded events.
3. Swimmers must enter all events for the session 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. Swimmers that on-deck enter to change their entry time in a deck seeded event,
 - a. must circle-in on the posted circle-in sheets,
 - b. the on-deck entry time will be used for seeding, and
 - c. the on-deck entry fees still apply to these swimmers.
 7. Heats 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. 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. Times must be from USA Swimming meets.

Cut-off Times: None

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 15, 2016

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

Entries: All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.

Deadline: Entries must be in the hands of the designee of the Technical Planning Chairman no later than **6:00 PM, TUESDAY, OCTOBER 4, 2016**. No late entries will be accepted. Email entries to the designee of the Technical Planning Chairman (Joel Beard) at:

EMAIL: Maria Smith, maria@marcswimming.org

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

Individual Event Entry Fee (per event): \$5.75

Swimmer Surcharge Fee (per swimmer): \$3.50

Make entry fee checks payable to: Montgomery Aquatic Race Club

Mail entry fees (**POSTMARKED BY FRIDAY, OCTOBER 7, 2016**) to the address below:



GULF SWIMMING

MARC
P. O. Box 1420
Montgomery, TX 77356
936-223-5955
maria@marcswimming.org

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

SCORING: This meet will not be 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 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. Gulf Swimming teams assigned by the Technical Planning Chairman may only participate in this invitational meet.

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.

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 13 feet measured from 1 meter to 5 meters on the starting end of the course, and 6.5 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM: A Daktronics Omni 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 psych sheet. Swimmers in the 500/1000 Free and 400 IM must provide 2 timers and a lap counter where applicable.

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.



GULF SWIMMING

Coaches and Officials must present their membership cards in order to receive complimentary Heat Sheets and for admission to the Hospitality Room. Coaches must supervise their swimmers.

DECK CHANGES: Deck Changes are prohibited. Deck Change definition – “changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes”.

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 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).

HOSPITALITY: A hospitality room will be available.

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. Unofficial real time results will be available on MEET MOBILE.

CONCESSIONS: Concessions will be available during the meet in the lobby

MERCHANDISE: **D&J's Swim Shop** will be at the meet selling swim apparel and swim gear.

ATTACHMENTS: Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form



GULF SWIMMING

GULF Swimming Senior Meet

October 15-16, 2016

A Short Course Yards Timed Finals Meet

HOSTED BY

Montgomery Aquatic Race Club (MARC)

Entry Rules:

Type of meet	Timed Finals
Max # individual events per day	Five (5)
Swimmers eligible	All USA Swimming
Entry times in	SCY, LCM, SCM
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 per swimmer



GULF SWIMMING

Saturday, October 15, 2016 (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 15, 2016 (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	1:15.59	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 girl's and boy's heats. Swimmers must provide their own timers and counters (500/1000 free).

**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.



GULF SWIMMING

Sunday, October 16, 2016 (Morning)

GIRLS	SCY	SCM	LCM	Event	LCM	SCM	SCY	BOYS
17	2:15.29	2:29.59	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	2:16.99	2:31.39	2:35.59	14&U 200 Fly	2:22.89	2:19.09	2:05.89	22
21				15&O 200 Fly				22
23	2:35.99	2:52.39	2:57.99	14&U 200 Breast	2:42.89	2:36.89	2:21.99	24
23				15&O 200 Breast				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.

*The 400 I.M. and 500/1000 free will be swum fastest to slowest, alternating girl's and boy's heats. Swimmers must provide their own timers and counters (500/1000 free).



GULF SWIMMING

GULF 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 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.



GULF SWIMMING

ENTRY VERIFICATION

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



GULF SWIMMING

