



**Gulf Swimming
STA/TWST/CFSC/KATY/SPA QUINCE MEET
A SHORT COURSE TIMED FINALS MEET**

Hosted by

Katy Aquatics

**Friday & Saturday October 21-22nd 2016
SANCTION #GUSC 17-012**

- LOCATION:** Katy High School Aquatics Center
6331 Highway Boulevard
Katy, TX 77494
- COACHES:** Executive Director: Travis Sandifer
- POOL:** Eight lanes, 25 yard indoor pool (4 warm-up-down lanes) with non-turbulent lane lines.
- TIME AND DATE:** This is a timed-finals meet. Split warm-up session will be in effect for this meet.
- Friday October 21st:**
- Session 1: Warm-ups 5:00-5:45pm, Meet Starts at 6:00pm.**
- Saturday October 22nd:**
- Session 2: Warm-ups 7:15-8:45am, Meet Starts at 9:00am.
- Session 3: Warm-ups 3:15-4:45pm, Meet Starts at 5:00pm.
- Meet host reserves the right to add breaks between events in order to allow swimmers ample recovery time between events.**
- Split warm-ups will be in effect for this meet, with assignments posted on the Gulf Swimming website.
- Lane assignments for warm-ups and timing will be designated in the psych sheet, and posted on the Gulf Swimming website by Monday October 17th.
- MEET TYPE:** This meet will be run using the "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.
- MEET REFEREE:** Brian Walls walls.brian@gmail.com 281-467-1617
- ADMIN OFFICIAL:** Lindsey Chase chaseplacefamily@gmail.com 832-689-6362
- MEET DIRECTOR:** Clay Pruitt coachclay@katyaquatics.org 832-348-0577
- SAFETY MARSHAL:** Manisha Kapoor

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

SEEDING: The meet will be a pre-seeded meet for events of 200 yards or shorter. All events will be seeded fastest to slowest, including relays. The 500 Free & 400 IM will be swum fastest to slowest alternating girls and boys heats.

CHECK-IN: All swimmers must positively check-in with the Clerk of the Course for the 500 Freestyle & 400 IM. Swimmers are required to positively check-in by 10:00 am. 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.

RELAYS: Relay cards are due 45 minutes before the start of the session.

ON-DECK ENTRIES: On deck entries will be accepted up to 45 minutes before the start of the meet. Late entries will be accepted each day up to 45 minutes prior to the start of the day's first event. Those swimmers missing the Tuesday October 4th 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
2. Swimmers must supply completed entry forms entered at the swimmers' best times.
3. Swimmers must enter all events for the day forty-five (45) minutes prior to the start of the day'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.

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best time. Times must be from USA Swimming Meets. 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 seedtime is requested.

Qualifying Times: None

Cut-off Times: None

Age: as of October 22nd 2016

Number of Events: Swimmers may compete in up to two(2) individual events per session.

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Tuesday, October 4th 2016. No late entries will be accepted. E-mail entries should be sent to coachclay@katyaquatics.net. Entries sent by email must have a check and hard copy of entries post marked within 24 hours of the meet entry deadline. Make checks payable to Katy Aquatics. Mail, E-mail or hand-deliver entries to the Meet Entry Chairman at:

Clay Pruitt
5506 First Street
Katy, TX 77493
coachclay@katyaquatics.net

Entries: All teams entering 10 or more swimmers MUST submit their entries on a diskette or electronically via email, 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). Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission. 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 Invitation.

Eligible Teams: STA, TWST, CFSC, KATY, SPA. Only swimmers in good standing attached to STA, TWST, CFSC, KATY, SPA or swimmers in the documented process of transferring to , SPA, STA ,TWST or CFSC, KATY may participate in this quad meet.

Fees: \$5.75 per Individual Event. \$9.00 per Relay Event. In addition, there is a \$3.50 per swimmer surcharge. Make checks payable to Katy Aquatics.

AWARDS: None

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

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. No entries can be accepted unless the entrant is either registered or certified by USA Swimming. The attached entry verification form shall be properly filled out, signed, and sent in with the entries. The Gulf Swimming '3 event' or 'up/down' rules do NOT apply.

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 7.0 feet measured from 1 meter to 5 meters on the starting end of the course and 4.25 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM: A Daktronics 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 Free must provide 2 timers and a lap counter where appropriate.

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.

AUDIO/VIDEO RECORDING DEVICES: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms 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.

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

DECK CHANGING: changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

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 Administrative Vice-Chair.

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: Concessions will be available at this meet.

HOSPITALITY: A hospitality room will be available. Coaches and Officials must present their membership cards in order to receive complimentary Psych Sheets and for admission to the Hospitality Room.

MEET RESULTS: Meet results will be posted on the Katy Aquatics Website within three days after the conclusion of the meet.


ATTACHMENTS: **MEET FORMAT**
ENTRY VERIFICATION FORM
GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES
MEET ENTRY FORM

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<p><u>Entry Rules</u></p> <p>Type of Meet: Timed Finals Max # of individual events per session: Two (2) Swimmers eligible: Gulf Teams: STA, TWST, CFSC, KATY</p> <p>Entry times in: SCY/SCM/LCM Qualifying Times: None Cut-off times: None Gulf "three event" rule applies?: No Gulf "up/down" rule applies?: No Enter with no time?: Yes Fees: Individual - \$5.25, Relay - \$9.00 Facility Surcharge: \$3.50/swimmer</p>		 <p>Gulf Swimming Quad Meet October 21-22nd 2016</p>
Friday PM Session October 21st 2016		
Session 3: Warm ups start at 5:00 pm and meet starts at 6:00 pm		
Girls Event #	Event Description	Boys Event #
21	200 Free Relay	22
23	200 Back	24
25	100 Free	26
27	50 Fly	28
29	200 Breast	30
31	50 Back	32
33	200 Fly	34
Saturday AM Session October 22nd 2016		
Session 1: Warm ups start at 7:15 am and meet starts at 9:00 am		
Girls Event #	Event Description	Boys Event #
1	200 IM	2
3	50 Free	4
5	100 Breast	6
7	500 Free *	8
Saturday PM Session October 22nd 2016		
Session 2: Warm ups start at 3:15 pm and meet starts at 5:00 pm		
9	200 Medley Relay	10
11	100 Fly	12
13	200 Free	14
15	50 Breast	16
17	100 Back	18
19	400 IM *	20

* The 400 I.M. will be swum alternating girls and boys heats. Swimmers in the 400 IM must provide 2 timers.

* The 500 Freestyle will be swum alternating girls and boys heats. Swimmers in the 500 Free must provide 2 timers and a lap counter.

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**ENTRY VERIFICATION FORM
MUST BE SUBMITTED WITH MEET ENTRY**

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

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.

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Last Name	First Name	Sex F/M	USA ID#

Event	Time	Event	Time

Last Name	First Name	Sex F/M	USA ID#

Event	Time	Event	Time

Last Name	First Name	Sex F/M	USA ID#

Event	Time	Event	Time

Katy High School Aquatics Center
6331 Highway Boulevard
Katy, TX 77494

