



## FCST-DADS Dual Meet

HOSTED BY  
FIRST COLONY SWIM TEAM  
October 22-23, 2016  
SANCTION # GUSC 17-023R1

### Location:

LCISD NEW Natatorium  
1020 Horace Mann Ave, Rosenberg, TX 77471

### Directions:

From Houston: Take Hwy 59/Southwest Freeway South to Richmond/Rosenberg. Exit Reading Rd. Turn right on Reading Road. Continue on Reading Road approximately 2 miles. Turn left on Avenue I. Pool is on the right at Horace Mann Ave.

### COACHES:

Pete Wright                      Head Coach  
Ben Pulskamp                    Head Age Group Coach

### POOL:

25 yard, 8 lane indoor pool with non-turbulent lane lines, with 5 additional lanes for warm-up/warm-down.

### Warm-Up/Warm-Down:

Once the meet starts, the 4 lanes by the lobby will be used for warm-up/warm-down. Lingering in the warm-up/warm-down lanes will not be permitted. A safety marshal will be assigned to monitor the WU/WD lanes and enforce these rules throughout the meet. The safety marshal has the authority to remove from the WU/WD lane any swimmer who does not comply with these rules. The Meet Referee may exercise additional adjudication authority as necessary.

### TIME AND DATE:

**Saturday & Sunday, October 22-23, 2016**

**Morning Sessions:** warm-up at 7:00 am, meet starts at 8:30 am;

**Afternoon session:** warm-up will begin immediately upon the completion of the morning session and the afternoon competition will begin 1 hour after the start of the warm-up session

A split warm-up will be in effect. Lane assignments for warm ups and timing will be designated in the meet program, and posted on Gulf Swimming website. The Meet host reserves the right to adjust warm-up times, session start times, and event limits based upon entries received.

### Flyover Starts:

This meet will be run using "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.

### SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

### REFEREE:

Joe Stucka                      [joe.stucka@gmail.com](mailto:joe.stucka@gmail.com)

### MEET DIRECTORS:

Karl Schuler                    [karl.schuler@gmail.com](mailto:karl.schuler@gmail.com)  
James Light                    [jlight356@gmail.com](mailto:jlight356@gmail.com)  
Mandy Norris                   [coachmandy@swimfcst.com](mailto:coachmandy@swimfcst.com)

### ADMIN OFFICIAL:

Maryellen Greene            [mbgreene@gmail.com](mailto:mbgreene@gmail.com)

### SAFETY MARSHAL:

Jerry Smith

### SEEDING:



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The meet will be pre-seeded, except the 500 Freestyle and 400 IM events will be deck-seeded. 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.

**500 Free & 400 IM:** All swimmers must positive check in with the Clerk of the Course for the 500 Free and 400 IM 45 minutes prior to the start of the session. After circling 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-Chairman, Jason Wedlick. The 500 Free and 400 IM will be swum alternating girls and boys heats. Swimmers must provide their own timers and lap counters in 400 IM and 500 Free.

**RELAYS:** Relay Cards will be due 15 minutes before the start of each session

### **ON-DECK ENTRIES:**

Late entries will be accepted each day up to 45 minutes before the start of the meet. Those swimmers missing the 6:00 PM, Tuesday, October 11, 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 enter all events for the day forty-five (45) minutes prior to the start of the session's first event.
3. Swimmers must be qualified to swim the event entered.
4. Swimmers must not exceed the allotted number of events allowed each day.
5. The on-deck entry fees still apply to swimmers who on-deck to change an entry time in an event already entered in. The new time will be used for seeding in deck seeded events only.
6. On-deck entries will be put into empty lanes in pre-seeded events.
7. Swimmers must provide their own timers and lap counters in 400 IM and 500 Free
8. A split warm-up will be in effect. Lane assignments for warm-ups and timing will be designated in meet program and posted on Gulf Swimming website Monday Oct 17.

### **Entry Information:**

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 times to yard 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. S,Y, 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.

**Qualifying Times:** None

**Cut-off Times:** None

**Number of Events:** Swimmers may swim four (4) events per day.

**Age:** As of October 22, 2016.

### **Deadline:**

Entries must be in the hands of the Meet Entry Chair no later than 6:00 p.m. on Tuesday, October 11, 2016. No late entries will be accepted.

E-mail completed entry forms to: [fcst.entries@gmail.com](mailto:fcst.entries@gmail.com)

All Teams entering 10 or more swimmers MUST submit their entries electronically via e-mail, 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).



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Payments for the electronic entries and a hard copy print-out of the entries must be submitted to the assigned host after posting of assignments by Gulf Swimming.

### **Eligible Teams: FCST, DADS**

Only swimmers attached to these Gulf Swimming teams or swimmers in the documented process of transferring to one of these teams may participate in this invitational meet.

### **Fees:**

Entry Fees: \$5.75 per Individual event. \$10.00 per Relay

Swimmer surcharge: \$5.50 per swimmer (includes Meet Manager heat and lane assignments)

Make checks payable to:

**First Colony Swim Team**

Mail checks to:

*First Colony Swim Team*

*4501 Cartwright Road # 406*

*Missouri City, TX 77459*

### **AWARDS:**

Individual events: Ribbons 1st - 8th place. Relays: Ribbons 1<sup>st</sup> – 3<sup>rd</sup> place.

### **SCORING:**

13&Over 500FR and 400IM will be swum combined but scored separately as 13&14 and 15&Over

All 10 & Under events will be swum combined but scored separately as 9&10, 7&8 and 6&Under.

Individual Events: 9-7-6-5-4-3-2-1 Relay Events: 18-14-12-10-8-6-4-2

### **Heat Sheets:**

Printed heat sheets will not be available for sale. Meet Mobile access to heat and lane assignments will be included in the swimmer surcharge.

### **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.

### **RULES AND SANCTIONS**

The current USA Swimming and Gulf rules will apply. The meet will be held under 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 is compliant, but not certified, in accordance with USA Swimming Rule 104.2.2(C). Course measurements will be verified prior to the first session in accordance with Gulf Swimming Rules. The water depths **of the competition course measured from 1 meter to 5 meters on the lobby end and diving board end of the course are** as follows:

Lobby End - 7'

Diving Board End - 13'

### **UNACCOMPANIED SWIMMERS**



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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. Any swimmer entered in the meet unaccompanied by their coach must contact the Meet Director to arrange for a member coach in attendance to be responsible for the swimmer during the meet.

### **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)

### **TIMING SYSTEM:**

A Daktronics electronic timing system 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 swimmers at the meet. Timing assignments will be published in the heat sheet. Swimmers competing in the 500 Free/400 IM events must provide their own timers. Swimmers competing in the 500 Free must provide their own timers and lap counters.

### **SPECTATOR SEATING**

The spectator seating area is limited. No coolers or portable seating is allowed in the spectator seating area. No reserved seating is allowed. Children of spectators must be supervised at all times. Wet swimmers are not allowed in the spectator seating area. Swimmers are required to remain with their team on the pool deck during sessions. Tents and portable seating are permitted in the grassy areas beside the facility.

### **POOL DECK**

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.

### **DECK CHANGING PROHIBITION:**

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

### **MEET RESULTS:**

Meet results will be posted on the Gulf Swimming Web page within three days after the conclusion of the meet.

### **FOOD & SWIM SHOP:**

Concessions will be selling food and drinks to meet attendees.

Lane 4 will be at the meet selling swim items.

There will be a Hospitality Room for coaches and officials.

Coaches and officials must present their registration cards in order to receive complimentary psych sheets and for admission to the hospitality room.

**OFFICIALS:** USA Certified Officials and Trainees are welcome to come and help officiate the meet. Official attire will be white golf shirt over navy slacks/skirt/shorts (no blue jeans) with white shoes.

### **ATTACHMENTS:**

Safety Guidelines & Warm-up Procedures

Meet Format and Entry Rules

Order of Events

Official Entry Form



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### 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

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. A swimmer will not step upon the blocks when a swimmer 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.
4. **ABSOLUTELY, NO FOOD ALLOWED ON POOL DECK! ANY PERSON FOUND WITH FOOD ON THE POOL DECK WILL HAVE IT IMMEDIATELY CONFISCATED AND WILL BE REQUIRED TO LEAVE THE POOL DECK!**
5. No Taping on Facility walls or painted surfaces. Team Banners must not exceed 5' x 8'.



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<b>Entry Rules</b>	
<b>Type of Meet</b>	<b>Timed Finals</b>
<b># Individual events per day</b>	<b>Four (4) Maximum*</b>
<b>Swimmers eligible</b>	<b>FCST, DADS</b>
<b>Entry times in</b>	<b>SCY/SCM/LCM</b>
<b>Qualifying times</b>	<b>None</b>
<b>Cut-off times</b>	<b>None</b>
<b>Enter with no time?</b>	<b>Yes</b>
<b>Gulf "three event" rule applies</b>	<b>Does Not Apply</b>
<b>Gulf "up/down" rule applies</b>	<b>Does Not Apply</b>
<b>Fees</b>	<b>Individual - \$5.75 Relay - \$10.00</b>
<b>Facility Surcharge</b>	<b>\$5.50 per Swimmer, Includes Meet Mobile Heat Sheets</b>

\*The Meet host reserves the right to adjust warm-up times, session start times, and event limits based upon entries received.



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**Saturday, October 22**

**(AM Session Warm-up 7:00 am. Meet at 8:30 am)**

Girls Event Number		Boys Event Number
1	13-14 200FR RELAY	2
3	15/O 200FR RELAY	4
5	13-14 200IM	6
7	15/O 200IM	8
9	13-14 100FR	10
11	15/O 100FR	12
13	13-14 200BK	14
15	15/O 200BK	16
17	13-14 100FLY	18
19	15/O 100FLY	20
21	13-14 200BR	22
23	15/O 200BR	24
25	13 & Over 500FR*	26

**(PM Session Warm-up at the conclusion of the AM session, Meet 1 hour later)**

Girls Event Number		Boys Event Number
27	10/U 200FR RELAY	28
29	11-12 200FR RELAY	30
31	10/U 100IM	32
33	11-12 100IM	34
35	10/U 50FR	36
37	11-12 50FR	38
39	10/U 100BK	40
41	11-12 100BK	42
43	10/U 50FLY	44
45	11-12 50FLY	46
47	10/U 100BR	48
49	11-12 100BR	50
51	10/U 500FR*	52

All events will be seeded fastest to slowest.

\* The 500 Freestyle will be swum alternating girls and boys heats. Swimmers will need to provide their own timers and counters



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**Sunday, October 23**

**(AM Session Warm-up 7:00 am. Meet at 8:30 am)**

Girls Event Number		Boys Event Number
53	13-14 200MED RELAY	54
55	15/O 200MED RELAY	56
57	13-14 200FR	58
59	15/O 200FR	60
61	13-14 100BK	62
63	15/O 100BK	64
65	13-14 200FLY	66
67	15/O 200FLY	68
69	13-14 100BR	70
71	15/O 100BR	72
73	13-14 50FR	74
75	15/O 50FR	76
77	13 & Over 400IM*	78

**(PM Session Warm-up at the conclusion of the AM session; Meet 1 hour later)**

Girls Event Number		Boys Event Number
79	10/U 200MED RELAY	80
81	11-12 200MED RELAY	82
83	10/U 200FR	84
85	11/12 200FR	86
87	10/U 50BR	88
89	11-12 50BR	90
91	10/U 100FLY	92
93	11-12 100FLY	94
95	10/U 50BK	96
97	11-12 50BK	98
99	10/U 100FR	100
101	11-12 100FR	102
103	10/U 200IM	104
105	11-12 200IM	106

All events will be seeded fastest to slowest.

\* The 400 I.M. will be swum alternating girls and boys heats. Swimmers will need to provide their own timers and counters





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**ENTRY VERIFICATION**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed in 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

