

GULF November Open Invitational Meet

November 12-13, 2016

A Short Course Yards Timed Finals Meet

HOSTED BY

Lone Star Swim Team



Sanction Number # GUSC 17-036R1

ENTRIES DUE TO GULF TPC CHAIR (GULFTPC@GMAIL.COM) BY 6:00 PM, SATURDAY, OCTOBER 22, 2016

- LOCATION:** Lamar High School
3325 Westheimer Rd
Houston TX 77098
- DIRECTIONS:** South - Take HWY 59 N and take exit toward Edloe St / Buffalo Speedway and turn left onto Buffalo Speedway. Then turn right onto Westheimer Rd and school is on your right.
West – Take HWY 10 to I-610 S. Take Westheimer Rd exit and turn left onto Westheimer and school will be on your right.
North – Take 45S to exit 47A Allen Parkway. Follow Allen Parkway and turn right on Westheimer Rd, the pool will be on your left.
- SPECIAL INSTRUCTIONS:** No food or glass containers allowed on deck area.
- MEET STAFF:**
- | | |
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| MEET REFEREE: | Rick Tobin – tobinrc@comcast.net |
| ADMIN OFFICIAL: | Saturday – Beth Gonzales bsmithgonzales@yahoo.com
Sunday – Laura Liang fourkidsmom@gmail.com |
| MEET DIRECTOR(S): | Eddie Adams, headcoach@lonestarswimteam.org 281-570-5572 |
| SAFETY MARSHAL: | Amanda Muske |
| COACH(ES): | Judy Siemer |
- 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 four session, 2 day, timed-finals meet with AM/PM sessions on Saturday and Sunday.



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Session 1: Saturday AM – November 12, 2016

Age Groups: 11-12 girls, 13-14 girls, 15&Over girls, 13-14 boys, 15&Over boys

Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 2: Saturday PM – November 12, 2016

Age Groups: 8&Under girls, 9-10 girls, 8&Under boys, 9-10 boys, 11-12 boys

Warm-up/Meet Start: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

Session 3: Sunday AM – November 13, 2016

Age Groups: 11-12 girls, 13-14 girls, 15&Over girls, 13-14 boys, 15&Over boys

Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 4: Sunday PM – November 13, 2016

Age Groups: 8&Under girls, 9-10 girls, 8&Under boys, 9-10 boys, 11-12 boys

Warm-up: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

*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, November 7, 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, with the exception of the 400 IM and the 500/1000 Free, which 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 and 500/1000 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, Saturday, October 22, 2016 deadline may enter



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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 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: Athlete must have a “B” time in the next shortest distance (IMX event) in order to enter the following events:

10 & U – 500 Free

11-12 – 200 Fly/Back/Breast; 400 IM; 800 Free or longer

13-14 – 800 Free or longer

Age: As of November 12, 2016

Number of Events: Swimmers may compete in up to four (4) individual events per day but no more than six (6) for the entire meet.

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, SATURDAY, OCTOBER 22, 2016**. No late entries will be accepted. Email entries to the designee of the Technical Planning Chairman (Joel Beard) at:

EMAIL: GULFTPC@GMAIL.COM

Eligible Teams: Venues will be balanced by team numbers. The team lists will be posted



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on the Gulf website. Only swimmers attached to a registered Gulf Swimming team, swimmers in the documented process of transferring to a Gulf Swimming team may participate in this invitational meet.

Individual Event Entry Fee (per event): \$5.75
Swimmer Surcharge Fee (per swimmer): \$ 3.50
Make entry fee checks payable to: Lone Star Swim Team

Mail entry fees **(POSTMARKED BY FRIDAY, NOVEMBER 4, 2016)** to the address below:

Lone Star Swim Team
9597 Jones Road PMB 197
Houston TX 77065

281-858-7946
headcoach@lonestarswimteam.org

AWARDS: Individual events: Ribbons 1st-8th place

SCORING: Individual Events: 9-7-6-5-4-3-2-1
All 13&Over events will be swum combined but scored separately as 13-14 and 15&Over.
All 11&Over events will be swum combined but scored separately as 11-12, 13-14 and 15&Over.
All 12&Under events will be swum combined but scored separately as 6&Under, 7, 8, 9-10 and 11-12.
All 10&Under events will be swum combined but scored separately as 6&Under, 7, 8, 9-10.
All 8 & Under events will be swum combined but scored separately as 6&Under, 7, 8.
All 9-12 events will be swum combined but scored separately as 9-10 and 11-12.

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.

The Gulf Swimming three (3) event rule and up/down rule 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.



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The water depth of the competition course is 5 feet measured from 1 meter to 5 meters on the starting end of the course, and 5 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM: A Daktronics Model 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 500/1650 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.

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),



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within three days after the conclusion of the meet.
 Unofficial real time results will be available on MEET MOBILE.

- CONCESSIONS:** Concessions will be available
- MERCHANDISE:** D&J Sports will be at the meet selling swim apparel and swim gear.
- ATTACHMENTS:** Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form

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November 12-13, 2016

A Short Course Yards Timed Finals Meet

HOSTED BY

Lone Star Swim Team

Entry Rules:	
Type of meet	Timed Finals
Max # individual events per day	Four (4) per day/six (6) for entire meet
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	SCY, LCM, SCM
Qualifying times	None
Cut-off times	None
Enter with no time?	Yes
Gulf "three event rule" applies?	Does not apply
Gulf "up/down" rule applies?	Does not apply
Gulf "beyond IMX" rule applies?	Yes
Fees	Individual – \$5.75
Facility Surcharge	Facility Surcharge – \$ 3.50 per swimmer

All events will be seeded fastest to slowest.

*500/1000 Free will be swum alternating girls and boys heats. Swimmers must provide their own timers and lap counters.

*400 I.M. will be swum alternating girls and boys heats. Swimmers must provide their own timers.

All 13 & Over events will be swum combined but scored separately as 13-14 and 15 & Over.

All 11 & Over events will be swum combined but scored separately as 11-12, 13-14 and 15 & Over.

All 12 & Under events will be swum combined but scored separately as 6 & Under, 7, 8, 9-10 and 11-12.

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

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

All 9-12 events will be swum combined but scored separately as 9-10 and 11-12.

Girls Event#	Saturday AM – November 12, 2016 Event Name	Boys Event#	Girls Event#	Saturday PM – November 12, 2016 Event Name	Boys Event#
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1	13 & Over Mixed	400	IM*		19	10 & Under Girls	50	Breast	
3	11-12 Girls	50	Breast			12 & Under Boys	50	Breast	20
5	11 & Over Girls	200	Free		21	9-10 Girls	200	Free	
	13&Over Boys	200	Free	6		9-12 Boys	200	Free	22
7	11 & Over Girls	100	Fly		23	8 & Under Girls	25	Back	
	13 & Over Boys	100	Fly	8		8 & Under Boys	25	Back	24
9	11 & Over Girls	50	Free		25	9-10 Girls	100	Fly	
	13 & Over Boys	50	Free	10		9-12 Boys	100	Fly	26
11	11 & Over Girls	200	Breast		27	10 & Under Girls	50	Free	
	13 & Over Boys	200	Breast	12		12 & Under Boys	50	Free	28
13	11&Over Girls	100	Back		29	8 & Under Girls	25	Fly	
	13&Over Boys	100	Back	14		8 & Under Boys	25	Fly	30
15	11-12 Girls	100	IM			11-12 Boys	200	Breast	32
	13 & Over				33	9-10 Girls	100	Back	
17	Mixed	1000	Free*			9-12 Boys	100	Back	34
					35	10 & Under Girls	100	IM	
						12 & Under Boys	100	IM	36

Girls Event#	Sunday AM – November 13, 2016			Boys Event#	Girls Event#	Sunday PM – November 13, 2016			Boys Event#
	Event Name					Event Name			
37	11-12 Girls	50	Back		53	10 & Under Girls	50	Back	
39	11 & Over Girls	200	IM			12 & Under Boys	50	Back	54
	13 & Over Boys	200	IM	40	55	9-10 Girls	200	IM	
41	11 & Over Girls	100	Free			9-12 Boys	200	IM	56
	13 & Over Boys	100	Free	42	57	8 & Under Girls	25	Free	
43	11 & Over Girls	200	Fly			8 & Under Boys	25	Free	58
	13 & Over Boys	200	Fly	44	59	9-10 Girls	100	Breast	
45	11 & Over Girls	100	Breast			9-12 Boys	100	Breast	60
	13 & Over Boys	100	Breast	46		11-12 Boys	200	Fly	62
47	11 & Over Girls	200	Back		63	10&Under Girls	100	Free	
	13 & Over Boys	200	Back	48		12&Under Boys	100	Free	64
49	11-12 Girls	50	Fly		65	8 & Under Girls	25	Breast	
51	11 & Over Girls	500	Free*			8 & Under Boys	25	Breast	66
	13 & Over Boys	500	Free*	52		11-12 Boys	200	Back	68
					69	10 & Under Girls	50	Fly	
						12 & Under Boys	50	Fly	70
					71	9-10 Girls	500	Free*	
						9-12 Boys	500	Free*	72



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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.



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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



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