



FALL CHAMPIONSHIPS INVITATIONAL

December 9-11, 2016

A Short Course Yards Timed Finals Meet

HOSTED BY

Swim Streamline at Northampton

Sanction Number # GUSC 17-040R1

ENTRIES DUE TO GULF TPC CHAIR (GULFTPC@GMAIL.COM) BY 6:00 PM, SATURDAY, NOVEMBER 19, 2016

- LOCATION:** Klein Oak High School
22603 Northcrest Drive
Spring, TX 77389
- DIRECTIONS:** From I- 45N take F.M 2920/Spring Cypress exit and go 4.8 miles west and turn right on Kuykendahl Rd. Go .6 miles north to Northcrest and turn right. Go 1.2 miles on Northcrest and then turn on Klein Oak Dr. Klein Oak HS is at the corner of Northcrest Drive and Klein Oak Dr. Parking lot for pool is located on Klein Oak Drive.
- SPECIAL INSTRUCTIONS:** Team setup will be located in the smaller gym next to the pool. There is no setup allowed in the upstairs bleachers of the pool area. No wet swimmers are allowed in the upstairs bleachers of the pool area.
- MEET STAFF:**
- | | |
|--------------------------|--|
| MEET REFEREE: | Michael Swaim, mike.t.swaim@gmail.com |
| ADMIN OFFICIAL: | John Irwin, jakhirwin@gmail.com |
| MEET DIRECTOR(S): | Brian Greeney, bgreeney@kleinisd.net , (832) 484-5080
Heather Sullivan, nomad5503@sbcglobal.net |
| SAFETY MARSHAL: | Ross Davis, rdswims@gmail.com |
| COACH(ES): | Laura Davis – Head Coach
Allison Lape – Age Group Coach |
- 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.



GULF SWIMMING

TIME AND DATE: This is five session, 2 ½ day timed-finals meet with a PM session on Friday and AM/PM sessions on Saturday and Sunday.

Session 1: Friday PM – December 9, 2016

Age Groups: 9-10, 11-12, 13-14

Warm-up: 5:00 – 6:15 pm / Meet Start: 6:30 pm

Session 2: Saturday AM – December 10, 2016

Age Groups: 11-12, 13-14 girls and 13-14 boys

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

Session 3: Saturday PM – December 10, 2016

Age Groups: 9-10 girls and 9-10, 11-12 boys

Afternoon sessions will begin 1 1/2 hours after completion of the morning session but no earlier than 1:00 pm each day. Afternoon warm up will begin immediately upon conclusion of the morning session.

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

Session 4: Sunday AM – December 11, 2016

Age Groups: 11-12, 13-14 girls and 13-14 boys

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

Session 5: Sunday PM – December 11, 2016

Age Groups: 9-10 girls and 9-10, 11-12 boys

Afternoon sessions will begin 1 1/2 hours after completion of the morning session but no earlier than 1:00 pm each day. Afternoon warm up will begin immediately upon conclusion of the morning session.

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, December 5, 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 relays, the 400 IM, and 500/1000 Free, which will be deck seeded events. Coaches please inform your swimmers of pre-seeded and deck seeded rules. All events, including relays, 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



GULF SWIMMING

swimmers not attending the meet. Empty lanes will be used for deck entries.

POSITIVE CHECK-IN FOR THE 400IM, 500 FREE 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.

1000 FREE:

The 1000 free will be swum as a mixed event, which means girls and boys seeded together and swum together. It will be scored separately as 13-14 girls and 13-14 boys.

RELAY CARDS:

Relay cards must be turned in to the Clerk of Course 45 minutes before the start of the session in which the event is scheduled to swim or the entry will be considered scratched.

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, Monday, November 14, 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 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: Swimmers must not have equaled or bettered the cut-off times attached. Cut-off times are the current 2016 Gulf Age Group Championship time standards and are included with this announcement.

Qualifying Times: None



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Age: As of December 9, 2016

Number of Events: Swimmers may compete in up to four (4) individual events per day, but no more than (7) individual events for the entire meet, and one (1) relay event 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, SATURDAY, NOVEMBER 19, 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 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):	\$6.00
Relay Entry Fee (per relay event):	\$9.50
Swimmer Surcharge Fee (per swimmer):	\$2.00
Make entry fee checks payable to:	Swim Streamline at Northampton

Mail entry fees (**POSTMARKED BY FRIDAY, DECEMBER 2, 2016**) to the address below:

Swim Streamline at Northampton
3618 El James Drive
Spring, Texas 77388

coachlaura@swimstreamline.com

Entry Chair: Kristi Davis – kristidaviscmc@att.net

AWARDS: Individual events: Custom Gulf Medals for 1st - 3rd places & Ribbons for 4th - 8th places

Relay events: Custom Gulf Medals for 1st place & Ribbons for 2nd - 3rd places

Combined team: Custom Gulf Trophies for 1st -3rd places

Individual high point: Girls / Boys 9-10, 11-12, 13-14 (highest individual points earned)

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

Relay Events: 18-14-12-10-8-6-4-2

All 9-14 events will be swum combined but scored separately as 9-10, 11-12 and 13-14.

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

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



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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.

Swimmers are not eligible to swim an event, if they have times equal to or better than the listed cut-off times for that event. Once swimmers have qualified for a particular division in an event, prior to the entry deadline stated in the meet announcement, they may not swim that event in a slower division. Swimmers entering events in a slower division are subject to disqualification from the meet by the Referee.

Any swimmer is eligible to be a swimmer of a relay team competing at a meet as long as the swimmer is not competing in a stroke and distance in which they have equaled or bettered the cut-off time for the division in which the relay is competing. Further, swimmers aged 13-14 are not eligible to swim the breast, back or fly leg in a 200 yard/meter medley relay if they have equaled or bettered the cut-off time in the 100 yard/meter distance of that stroke for the division in which the relay is competing.

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 12 feet measured from 1 meter to 5 meters on the starting end of the course, and 4 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM:

A Colorado Model 6000 (or 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



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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.

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, Jason Wedlick.

Swimmers are not eligible to swim an event if they have times faster than the cut-off. Once swimmers have qualified for a particular division in a particular event, PRIOR to the entry deadline stated in the meet invitation, they MAY NOT swim that event in a slower division. Swimmers entering events in a slower division are subject to disqualification from the meet by the Meet Director or the Referee. Swimmers shall be fined \$50.00 for each event in which they competed and are over qualified.

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.

MERCHANDISE: Swim Shops of the Southwest will be at the meet selling swim apparel and swim gear.



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

**2016
Gulf Age Group Championships
Time Standards**

"-" indicates the 2016 standard is faster than the 2015 standard

Girls			Boys		
LCM	Yards	10&U	Yards	LCM	
36.09	31.89 -	50 Free	31.99 -	36.79 -	
1:19.59	1:10.29	100 Free	1:10.09 -	1:20.29 -	
2:58.09 -	2:37.39 -	200 Free	2:35.29 -	2:57.49 -	
6:08.69 -	6:49.89 -	500 Free	6:46.99 -	6:05.09 -	
43.49 -	37.79 -	50 Back	37.79 -	44.39 -	
1:34.49	1:22.79	100 Back	1:24.49 -	1:38.89 -	
49.79	43.79	50 Breast	44.19	51.39	
1:45.69 -	1:32.99 -	100 Breast	1:36.19	1:51.09	
40.89 -	35.69 -	50 Fly	36.19 -	41.39 -	
1:40.49	1:29.09	100 Fly	1:31.29	1:45.99	
---	1:22.39 -	100 IM	1:22.99	---	
3:19.19 -	2:54.69 -	200 IM	2:58.69	3:25.99	

Girls			Boys		
LCM	Yards	11-12	Yards	LCM	
31.49 -	27.69 -	50 Free	27.89 -	32.09 -	
1:08.69 -	1:00.69 -	100 Free	1:02.29 -	1:11.39 -	
2:30.29 -	2:12.79 -	200 Free	2:14.29 -	2:33.49 -	
5:14.49 -	5:49.69 -	500 Free	5:49.49 -	5:13.49 -	
37.49 -	32.59 -	50 Back	33.69 -	39.59 -	
1:20.69 -	1:10.39	100 Back	1:12.09	1:24.39	
2:53.39 -	2:31.99 -	200 Back	2:34.69 -	2:58.09 -	
42.59	37.29	50 Breast	37.39 -	43.39 -	
1:31.99	1:21.19	100 Breast	1:20.89 -	1:33.49 -	
3:14.69	2:52.99	200 Breast	2:59.59	3:25.99	
35.19	31.39 -	50 Fly	31.89 -	36.49 -	
1:18.19	1:10.49 -	100 Fly	1:11.69	1:21.69	
3:04.19	2:44.09 -	200 Fly	2:47.69	3:05.99	
---	1:11.59	100 IM	1:12.29	---	
2:52.79	2:31.49	200 IM	2:33.99	2:56.39	

Girls			Boys		
LCM	Yards	13-14	Yards	LCM	
30.19	26.69	50 Free	25.19	28.99	
1:04.99	57.49	100 Free	53.99 -	1:01.89 -	
2:21.49	2:04.59	200 Free	1:59.09 -	2:16.19 -	
4:57.39	5:29.69	500 Free	5:21.59 -	4:48.49 -	
10:20.49	11:42.29	1000 Free	11:04.49 -	9:55.99 -	
20:39.79	19:29.19	1650 Free	18:56.19 -	19:25.39 -	
1:14.99	1:05.39	100 Back	1:02.49	1:13.09	
2:39.99 -	2:20.29 -	200 Back	2:16.89	2:37.59	
1:27.19	1:16.29	100 Breast	1:11.29 -	1:22.39 -	
3:04.79	2:44.59	200 Breast	2:35.89 -	2:59.59 -	
1:12.39	1:04.19	100 Fly	1:01.29	1:09.89	
2:52.59	2:26.29	200 Fly	2:16.49 -	2:35.89 -	
2:40.79	2:20.69	200 IM	2:14.79 -	2:35.49 -	
5:43.59	4:57.19	400 IM	4:45.59 -	5:30.19 -	

Approved 10/12/16



GULF SWIMMING

FALL CHAMPIONSHIPS INVITATIONAL

December 9-11, 2016

A Short Course Yards Timed Finals Meet

HOSTED BY

Swim Streamline of Northampton

Entry Rules:

Type of meet	Timed Finals
Max # individual events per day	Four (4) per day; seven (7) for the entire meet
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	SCY, SCM, LCM
Qualifying times	None
Cut-off times	14 & Under - 2016 Gulf Age Group Champs
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?	Does not apply
Fees	Individual – \$6.00, Relay - \$9.50 Facility Surcharge –\$3.50 per swimmer

All events will be seeded fastest to slowest.

*500 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 9-14 events will be swum combined but scored separately as 9-10, 11-12 and 13-14.

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

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

** The mixed 1000 free will be swum mixed but scored separating genders. Swimmers must provide their own timers and lap counters.

Friday PM
December 9, 2016

Girls Event#	Event Name	Boys Event#
1	9 - 14 500 Free*	2



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**Saturday AM
December 10, 2016**

**Saturday PM
December 10, 2016**

Girls Event#	Event Name		Boys Event#	Girls Event#	Event Name		Boys Event#
3	11-12 Girls	200		23	9-10 Girls	200	
5	13-14 Girls	200			9-10 Boys	200	24
	13-14 Boys	200	6		11-12 Boys	200	26
		5 min. break				5 min. break	
7	11-14 Girls	200		27	9-10 Girls	200	
	13-14 Boys	200	8		9-12 Boys	200	28
9	11-14 Girls	100		29	9-10 Girls	100	
	13-14 Boys	100	10		9-12 Boys	100	30
11	11-14 Girls	50		31	9-10 Girls	50	
	13-14 Boys	50	12		9-12 Boys	50	32
13	11-14 Girls	200		33	9-10 Girls	50	
	13-14 Boys	200	14		9-12 Boys	50	34
15	11-14 Girls	100		35	9-10 Girls	100	
	13-14 Boys	100	16		9-12 Boys	100	36
17	11-12 Girls	50		37	9-10 Girls	200	
19	11-12 Girls	100			9-12 Boys	200	38
21	13-14 Girls	400			11-12 Boys	200	40
	13-14 Boys	400	22				

**Sunday AM
December 11, 2016**

**Sunday PM
December 11, 2016**

Girls Event#	Event Name		Boys Event#	Girls Event#	Event Name		Boys Event#
41	11-12 Girls	200		61	9-10 Girls	200	
43	13-14 Girls	200			9-10 Boys	200	62
	13-14 Boys	200	44		11-12 Boys	200	64
		5 min. break				5 min. break	
45	11-14 Girls	200		65	9-10 Girls	100	
	13-14 Boys	200	46		9-12 Boys	100	66
47	11-14 Girls	200			11-12 Boys	200	68
	13-14 Boys	200	48	69	9-10 Girls	50	
49	11-12 Girls	50			9-12 Boys	50	70
51	11-14 Girls	100		71	9-10 Girls	100	
	13-14 Boys	100	52		9-12 Boys	100	72
53	11-14 Girls	100		73	9-10 Girls	100	
	13-14 Boys	100	54		9-12 Boys	100	74
55	11-14 Girls	200		75	9-10 Girls	50	
	13-14 Boys	200	56		9-12 Boys	50	76



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57	11-12 Girls	50	Breast
59	13-14 Mixed	1000	Free**

11-12 Boys	200	Fly	78
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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



GULF SWIMMING