



Quad College Format

Hosted by

Katy Aquatics

A SHORT COURSE TIMED FINALS MEET

Friday, December 30, 2016

SANCTION #GUSC 17-057

- LOCATION:** Katy High School
6331 Highway Blvd.
Katy, TX 77494
- COACHES:** Coaches: Travis Sandifer, Andrew Korda, Valerie Martin, Bill Bailly
- 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. All warm-up will be assigned, see below.
- Friday, December 30th 2016:**
Warm-ups at 12:30pm ending at 1:50pm; meet starts at 2:00pm.
- Timing and warm ups will be designated in the psych sheet, and posted on the Katy Aquatics website.
- 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:** David Brown david-a-brown@comcast.net 713-294-8863
- MEET DIRECTOR:** Manisha Kapoor kapoor.manisha@gmail.com 832-877-0505
- SAFETY MARSHAL:** Norma Kingery
- ADMIN OFFICIAL:** Lindsey Chase chaseplacefamily@gmail.com 832-689-6362
- SAFETY GUIDELINES & WARM-UP PROCEDURES:** See attached Safety Guidelines and Warm-up Procedures.
- SEEDING:** **This will be a pre-seeded meet. NO on Deck entries will be allowed.** It is important that everyone sign up online in a timely basis to insure that their swimmers have a chance to swim. All events will be seeded fastest to slowest.
Lane assignments:
KATY1 and 5
DADS 2 and 6
RICE 3 and 7
PEAK 4 and 8
- 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: Age as of December 30th 2016.

Number of Events: Swimmers may compete in up to three (3) individual events per day and one (1) relay, or two (2) individual events and two (2) relays.

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than Tuesday, December 20^h 2016. No late entries will be accepted. Do not send entries via Federal Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required. Teams are asked to zip the commlink file before attaching to the email.

Eligible Teams: Only Katy Aquatics, Pearland Aquatics, DADS Club and Rice Aquatics swimmers who are registered with USAS and in good standing with the team may compete in this meet.

Team Size: Each team is allowed to have 30 girls and 30 boys entered into the meet.

Fees:

AWARDS: None.

SCORING: **Only the first heat can score points.** Individual events: 9-7-6-5-4-3-2-1
Relays: 18-14-12-10-8-6-4-2

RULES AND SANCTIONS: The current USA Swimming and Gulf Swimming rules will apply. The three event rule and the up/down rule do not 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. The attached entry verification form shall be properly filled out, signed, and sent in with the entries.

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 and 1000 Free must provide 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.

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

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.

DECK CHANGING PROHIBITION: Changing into or out of swimsuits other than in locker rooms or other designated areas are 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-Chairman.

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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Entry rules	
Type of Meet	Timed Finals
Max # individual events per day	Three (3) Individual + one (1) relay or Two (2) individual + two (2) relays
Swimmers eligible	Only Katy, RICE, PEAK, DADS athletes who are registered With USAS & in good standing with the team
Entry times in	SCY/SCM/LCM
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
Fees	None
Facility Surcharge	None

Order of Events

Friday, December 30th 2016:

Warm-up: 12:30-1:50 pm

Meet Starts: 2:00 pm

Women	Event	Men
1	Open 400 Medley Relay	2
3	Open 1000 Freestyle	4
5	Open 200 Freestyle	6
7	Open 100 Backstroke	8
9	Open 100 Breast-stroke	10
11	Open 200 Butterfly	12
13	Open 50 Freestyle	14
	15 min Break	
15	Open 100 Freestyle	16
17	Open 200 Backstroke	18
19	Open 200 Breast-Stroke	20
21	Open 500 Freestyle	22
23	Open 100 Butterfly	24
25	Open 400 Individual Medley	26
27	Open 400 Freestyle Relay	28

All events will be swum fastest to slowest

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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