

Short Course Champs I

Feb 11, 2017

A Short Course Yards Timed Finals Meet

HOSTED BY

COOGS



Sanction Number # GUSC 17-073

**ENTRIES DUE TO GULF TPC CHAIR (GULFTPC@GMAIL.COM) BY 6:00 PM, SATURDAY,
January 22, 2017**

LOCATION: Lamar Consolidated ISD Natatorium **** (NEW NATATORIUM)**
1011 Horace Mann Ave, Rosenberg, TX 77471

DIRECTIONS: **From Houston:** Take Hwy 69/59 South to Richmond/Rosenberg. Exit FM 2218, turn Right and go approximately 1 mile. Turn Left onto Reading Road for approximately 0.8 mile. Turn Left onto Ave I (also known as FM 1640). Sunoco gas station on right corner of this intersection. Go approximately 0.2 mile on Ave I to Horace Mann Ave. Turn right and parking lot and Natatorium will be on the Right

NOTE: Ongoing road construction on 69/59 in the Richmond/Rosenberg area.

SPECIAL

INSTRUCTIONS: **The facility will open to coaches and swimmers at 7:00 A.M.**

Parking: No parking is allowed on either side of Horace Mann Ave. No parking allowed behind the Natatorium in the service/Emergency lane. No parking is allowed on any grassy surface. Vehicles parked in these locations are subject to being towed. Overflow parking is available in the LCISD Football stadium parking lot located adjacent to the Natatorium parking.

Chairs on deck: Only Coaches may have a chair on deck on the meet management/locker room side of the pool. No chairs or swimmer set up on the spectator side of the pool.

Tents may be set up in the grassy sections of the Natatorium parking lot, no tents allowed on the sidewalks or parking spaces.

No use of any type of electronics is allowed in the locker room or restrooms.

No signs may be taped to the glass partition in the spectator area, No apparel or towels may be placed on the glass partition.



GULF SWIMMING

MEET STAFF: **MEET REFEREE:** Tom O'Brien tomob930@gmail.com
713-269-4195

ADMIN OFFICIAL: Mary Spano mekspano@gmail.com

MEET DIRECTOR: Greg Orphanides coogcoach@hotmail.com
832-244-5503

SAFETY MARSHAL: Phil Bich

COACH(ES): Corrie Kristick
Bob Tweedy

POOL: One eight lane, 25 yard indoor pool with non-turbulent lane lines will be used for warm up and competition. **5 warmup/down lanes will also be available during warm ups.**

Warm-Up/Warm-Down: Once the meet starts, there will be 4 lanes used for warm-up/warm-down. The warm up/down lane closest to the start end bulkhead will be closed. 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.

SPECTATOR SEATING **The bleachers on the pool deck will be reserved for swimmer seating.** No wet swimmers allowed in the spectator seating area. All other sections of the stands will be available for spectators The spectator stand capacity is 600. **No set-up** is allowed in the lobby.

TIME AND DATE: This is one session, one day timed-finals meet.

Session 1: Saturday AM February 11, 2017
Age groups: 6 & under, 7, 8
Warm-up: 7:30-8:40 a.m.*/Meet Start: 9:00 a.m.
*there will be a 20 min. break between warm-up and meet start

*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, February 6, 2017

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



GULF SWIMMING

SEEDING: The meet will be pre-seeded, with the exception of relays, 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 swimmers not attending the meet. Empty lanes will be used for deck entries.

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, Saturday, January 22, 2017 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,
 - 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.

Age: As of February 11, 2017

Number of Events: Swimmers may compete in up to five (5) individual events per day and two (2) relay events 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, January 22, 2017**. No late entries will be accepted. Email entries to the designee of the Technical Planning Chairman (Beau Caldwell) at: **EMAIL: GULFTPC@GMAIL.COM**



GULF SWIMMING

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): \$3.50
Make entry fee checks payable to: **COOGS**

Mail entry fees **(POSTMARKED BY SATURDAY, February 4, 2017)** to the address below:

Linda Brenneke
Houston Cougar Aquatic Sports (COOGS)
527 Nottingham Oaks Trail
Houston, TX. 77079-6331
281-589-8913
entries4meets@yahoo.com

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 6 & under, 7, 8 (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

Individual events will be swum combined but scored separately as 6 & under, 7, 8.
Relay events will be scored as 8 & under.

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 and beyond IMX 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.



GULF SWIMMING

The water depth of the competition course is 13.5 feet measured from 1 meter to 5 meters on the starting end of the course and 7 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM: A Daktronics Omnisport 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 meet program.

POOL DECK RESTRICTION:

Coaches and Officials must present their membership cards in order to receive complimentary Meet Programs and for admission to the Hospitality Room. Coaches must supervise their swimmers.

See attached Facility rules.

Chairs on deck: Only Coaches may have a chair on deck on the meet management/locker room side of the pool.

No parents are allowed to set up or stand on deck.

No food is allowed on the pool deck. Any person found with food on the deck will have the food confiscated and will be required to leave the pool deck.

No coolers allowed on deck.

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



GULF SWIMMING

- CONCESSIONS** Concessions will be available
- MERCHANDISE** D & J Sports will be in attendance selling swimming items.
Fine Design will be in attendance selling Championship T shirts
- FACILITY RULES:** **See attached Facility rules.**
No food is allowed on the pool deck. Any person found with food on the deck will have the food confiscated and will be required to leave the pool deck.
- ATTACHMENTS** Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form, Facility Rules, Map

**GULF SWIMMING 8 & UNDER
SHORT COURSE CHAMPS I
February 11, 2017
A Short Course Yards Timed Finals Meet
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COOGS**



Entry Rules:	
Type of meet	Timed Finals
Max # individual events per day	FIVE (5)
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?	Does not apply
Fees	Individual – \$6.00, Relay - \$9.50
	Facility Surcharge –\$3.50 per swimmer

All events will be seeded fastest to slowest.
 Individual events will be swum combined but scored separately as 6 & under, 7, 8.
 Relay events will be scored as 8 & under.
 **The 25 yard events will start at the turn end (bulkhead) of the pool.



GULF SWIMMING

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.

Girls Event#	Event Name	Boys Event#
1	8 & Under 100 Medley Relay	2
3	8 & Under 100 Free	4
5	8 & Under 25 Back	6
7	8 & Under 50 fly	8
9	8 & Under 25 Free	10
11	8 & Under 50 Breast 5 min. break	12
13	8 & Under 100 Free Relay	14
15	8 & Under 50 Back	16
17	8 & Under 25 Fly	18
19	8 & Under 50 Free	20
21	8 & Under 25 Breast	22
23	8 & Under 100 I.M.	24



GULF SWIMMING

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

Team: _____

Title

Date



GULF SWIMMING

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. **See attached Facility rules.**



GULF SWIMMING

GULF SWIMMING 8 & UNDER SHORT COURSE CHAMPS I

February 11, 2017

A Short Course Yards Timed Finals Meet

HOSTED BY
COOGS



MEET ENTRY FORM

TEAM _____ ABREV _____

ENTRY CHAIRPERSON _____

PHONE _____ EMAIL _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____

NAME	DATE OF BIRTH	GENDER	EVENT #	EVENT NAME	ENTRY TIME



GULF SWIMMING

LCISD FACILITY RULES

1. Seating is limited to 600 occupants in the spectator area of the Natatorium. **NO RESERVING OF SEATS IS PERMITTED** as seating will be on a first come basis only. **No Lawn chairs or portable seating** are allowed.
2. No standing on or in front of the glass rail.
3. Children under 15 years of age must be supervised at all times.
4. Flash photography will **not** be permitted at the start of each race.
5. No coolers, glass or other breakable containers, hard plastic toys, tobacco, alcoholic beverages or gum are allowed in the facility.
6. Team banners must not exceed 5" x 8" and will be hung by event staff. No handmade signs.
7. No balloons permitted in the facility.
8. Animals are not allowed in the facility with the exception of service animals that are assisting disabled persons
9. No Heelys (or any style) of skate shoes allowed in facility.
10. No Noise Makers/Coins (Tilt Bleachers) are allowed.
11. No changing clothes on deck.
12. You are encouraged not to bring any valuables with you to the facility
13. No food or non-water beverages are allowed on pool deck. These items must be consumed outside in front of the building.
14. You may be asked to leave the facility if you are caught eating or drinking on the pool deck.
15. All food in the hospitality room must be eaten in the hospitality room.
16. Please respect the facility and clean up after your team and/or family at the conclusion of each session. Throw your trash in trash containers and recycle items where possible.
17. Only participants, coaches, event administrators and event volunteers are allowed on the pool deck.
18. Participants are not allowed to climb over the grandstand railings or pass by posted barriers.
19. Swimming is allowed only when the area is supervised.
20. No swimming under the bulkheads will be permitted.
21. No hanging or sitting on the lane lines.
22. Diving boards and platforms will be closed and off limits.
23. No use of any type of electronics is allowed in the locker rooms. Safety marshals will be monitoring the locker rooms and restrooms to enforce this policy.
24. Unauthorized personnel are not allowed to be on or walk across the bulkheads.
25. You will be asked to leave the pool deck if you do not have proper identification.
26. Swimmers are required to remain with their team on the pool deck during each session. Wet swimmers are not permitted in the spectator seating area or lobby.. Meet participants are not allowed in the spectator seating area.
27. Blocking or restricting fire lanes or emergency exits and the use of emergency exits for non-emergencies is prohibited.
28. All participants and spectators are expected to follow the directions of LCISD staff at all times. Questions about any decision may be directed to the Aquatics Supervisor or his/her representative.
29. The LCISD staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.



GULF SWIMMING