

# GULF April Open

April 21-23, 2017

A Long Course Meters Timed Finals Meet

HOSTED BY

First Colony Swim Team



Sanction Number # GULC 17-006R2

**ENTRIES DUE TO TPC Chair ([gulftpc@gmail.com](mailto:gulftpc@gmail.com)) BY 6:00 PM, SATURDAY, APRIL 1, 2017**

**LOCATION:** Don Cook Natatorium 16255 Lexington Blvd, Sugar Land, TX 77479

**DIRECTIONS:** From Houston take Highway 59 towards Victoria, exit Highway 6 south, turn right on Lexington, drive four blocks and turn left at the first entrance to Mercer Stadium. Parking is available in the lot between the football stadium and the Natatorium.

**SPECIAL INSTRUCTIONS:** Two sections of the stands will be reserved for temporary spectator viewing. All other sections of the stands will be reserved for swimmers. All spectators should be prepared to set-up outside and come in to watch their swimmers from the temporary spectator viewing area and then return outside. There will be no spectator set-up allowed in the stands or in the lobby.

<b>MEET STAFF:</b>	<b>MEET REFEREE:</b>	Tom O'Brien	<a href="mailto:tomob930@gmail.com">tomob930@gmail.com</a>
		Joe Stucka	<a href="mailto:Joe.Stucka@gmail.com">Joe.Stucka@gmail.com</a>
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	<b>MEET DIRECTOR(S):</b>	Karl Schuler	<a href="mailto:karl.schuler@gmail.com">karl.schuler@gmail.com</a>
		James Light	<a href="mailto:jlight356@gmail.com">jlight356@gmail.com</a>
	<b>SAFETY MARSHAL:</b>	Jerry Smith	
	<b>COACHES:</b>	Pete Wright	Head Coach
		Ben Pulskamp	Head Age Group Coach
		Dana Skelton	Head Developmental Coach

**POOL:** One eight lane, 50 meter indoor pool with non-turbulent lane lines will be used for warm-up and competition. A separate 3 Lane warm-up / warm-down pool will be made available during the competition.

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



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**Session 1:** Friday PM—April 21, 2017  
Age Groups: 11 & Over girls and boys  
Open Warm Up: 4:30-5:20 pm / Meet Start: 5:30 pm

**Session 2:** Saturday AM – April 22, 2017  
Age Groups: 13 & Over girls and boys  
Warm-up\*: 7:30 – 8:45 am / Meet Start: 9:00 am

**Session 3:** Saturday PM – April 22, 2017  
Age Groups: 12 & Under girls and boys  
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 – April 23, 2017  
Age Groups: 13 & Over girls and boys  
Warm-up\*: 7:30 – 8:45 am / Meet Start: 9:00 am

**Session 5:** Sunday PM – April 23, 2016  
Age Groups: 12 & Under girls and 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 meet program, and posted on the Gulf Swimming website by Monday, April 17, 2017.

**MEET TYPE:** This meet will be run utilizing chase start procedures unless a waiver is received from the Technical Planning Committee Chair.

100 and 200 meter events will be run utilizing chase starts alternating odd and even heats. All girls' heats will be swum first utilizing both ends of the pool followed by the boys' heats utilizing both ends of the pool. Odd heats will start at the Lobby end of the pool and even heats will start at the Scoreboard end of the pool.

All 400 meter and over events will be swum fastest to slowest using chase starts, alternating girls and boys heats. Girls' heats will start at the Lobby end of the pool and the boys' heats will start at the Scoreboard end of the pool.

All 50's will start at the Scoreboard end of the pool.

**SAFETY GUIDELINES AND WARM-UP PROCEDURES:**

See attached Safety Guidelines and Warm-up Procedures

**SEEDING:**

The meet will be deck seeded. Coaches, please inform your swimmers of seeding on deck rules. Once the check-in period closes at 45 min. BEFORE the session begins, all events will be seeded. All events will be seeded with heats in the order of fastest to slowest.

**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, April 1, 2017 deadline may enter the meet on-deck in the following manner:



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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 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 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:** 12 & Under swimming 200's and longer must have a time in that event (may not enter at NT). 11-12 must have the 2017-2020 A time standard for the 400/500 free to enter the 800 free. 11-12 must have the 2017-2020 A time standard in the 200 IM to enter the 400 IM.

**Times Eligibility:** Times must be achieved between July 1, 2015 and the entry deadline.

**Beyond IMX Rule:** Athlete must have a "B" time in the next shortest distance (IMX event), unless otherwise noted, in order to enter the following events:

10 & U – 400 Free

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

13-14 – 800 Free or longer

**Age:** As of April 21, 2017

**Number of Events:** Swimmers may compete in up to three (3) individual 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 Technical Planning Chairperson no later than **6:00 PM, SATURDAY, APRIL 1, 2017**. No late entries will be accepted. Email entries to the Technical Planning Chairperson (Beau Caldwell) at:

[gulftpc@gmail.com](mailto:gulftpc@gmail.com)



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**Eligible Teams:** (TBA by TPC) Venues will be balanced by team numbers. The team lists will be posted on the Gulf Swimming 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  
**Swimmer Surcharge Fee (per swimmer):** \$6.50  
**Make entry fee checks payable to:** First Colony Swim Team

Mail entry fees **(POSTMARKED BY FRIDAY, APRIL 14, 2017)** to the address below:

First Colony Swim Team  
4501 Cartwright Road # 406  
Missouri City, TX 77459  
fcstentries@gmail.com

**AWARDS:** Individual events: Ribbons 1<sup>st</sup>-8<sup>th</sup> place

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

**800 FREE:** The 800 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large. Swimmers will swim on the right-hand side of the lane with respect to their start end. 11-12 swimmers must have an A time in the 400/500 free to enter this event.

**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.

The water depth of the competition course is 6'-9" feet measured from 1 meter to 5



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meters on the Lobby end of the course, and 13'-6" feet measured from 1 meter to 5 meters on the Scoreboard end of the course.

**TIMING SYSTEM:** A Colorado Model 6000 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 800 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.

No Food or Drinks other than water are 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.

**DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

**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



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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](http://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:** DJ Sports will be at the meet selling swim apparel and swim gear.

**FACILITY RULES:** 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!  
No Taping on Natatorium walls or painted surfaces. Team Banners must not exceed 5'X 8'.

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

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April 21-23, 2017  
 A Long Course Yards Timed Finals Meet  
 HOSTED BY  
 First Colony Swim Team

<b>Entry Rules:</b>	
Type of meet	Timed Finals
Max # individual events per day	Three (3)
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	SCY, SCM, LCM
Qualifying times	12 & U 200's and longer—BB time standard 11-12 must have A time standard in 400/500 free to enter the 800 free and in the 200 IM to enter the 400 IM
Cut-off times	None
Enter with no time?	Yes Exception: 12 & Unders swimming 200's and longer must have a time in that event (may not enter at NT).
Gulf "three event rule" applies?	Does not apply
Gulf "up/down rule" applies?	Does not apply
Gulf "Beyond IMX rule" applies?	Yes
Fees	Individual – \$6.00 Facility Surcharge – \$6.50 per swimmer

Girls Event#	Friday PM—April 21, 2017 Event Name			Boys Event#
1	11 & Over	200	I.M.	2
3	11 & Over	400	Free*	4

All events will be seeded fastest to slowest.

\*The 400 free will be swum alternating girls and boys heats. Swimmers must provide their own timers.  
 All 11 & Over events will be swum combined but scored separately as 11-12, 13-14 and 15 & Over.



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Girls Event#	Saturday AM – April 22, 2017			Boys Event#
	Event Name			
5	13 & Over	100	Fly	6
7	13 & Over	200	Breast	8
9	13 & Over	100	Back	10
11	13 & Over	100	Free	12
13	13 & Over	400	I.M.**	--
	13 & Over	800	Free***	16

Girls Event#	Saturday PM – April 22, 2017			Boys Event#
	Event Name			
17	12 & Under	100	Back	18
19	12 & Under	50	Fly	20
21	12 & Under	50	Breast	22
23	11-12	200	Fly	24
25	12 & Under	100	Free	26
27	11-12	200	Back	28
29	10 & Under	200	I.M.	30
31	11-12 Mixed	800	Free***	

All events will be seeded fastest to slowest.

\*\*Swimmers must provide their own timers for the 400 IM.

\*\*\*The 800 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large.

Swimmers will swim on the right-hand side of the lane with respect to their start end. Swimmers must provide their own timers and lap counters for the 800 free.

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

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

All Mixed events will be swum mixed but scored separating genders.



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Girls Event#	Sunday AM – April 23, 2017			Boys Event#
	Event Name			
33	13 & Over	200	Free	34
35	13 & Over	100	Breast	36
37	13 & Over	200	Fly	38
39	13 & Over	200	Back	40
41	13 & Over	50	Free	42
	10 minute break			
--	13 & Over	400	I.M.**	44
45	13 & Over	800	Free***	--

Girls Event#	Sunday PM – April 23, 2017			Boys Event#
	Event Name			
47	12 & Under	100	Breast	48
49	12 & Under	50	Free	50
51	12&Under	50	Back	52
53	12&Under	200	Free	54
55	12&Under	100	Fly	56
57	11-12	200	Breast	58
59	10 & Under	400	Free*	60
61	11-12 Mixed	400	IM**	

All events will be seeded fastest to slowest.

\*The 400 free will be swum alternating girls and boys heats. Swimmers must provide their own timers.

\*\*Swimmers must provide their own timers for the 400 IM.

\*\*\*The 800 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large.

Swimmers will swim on the right-hand side of the lane with respect to their start end. Swimmers must provide their own timers and lap counters for the 800 free.

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

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

All Mixed events will be swum mixed but scored separating genders.



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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.

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Signature

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Title

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Date

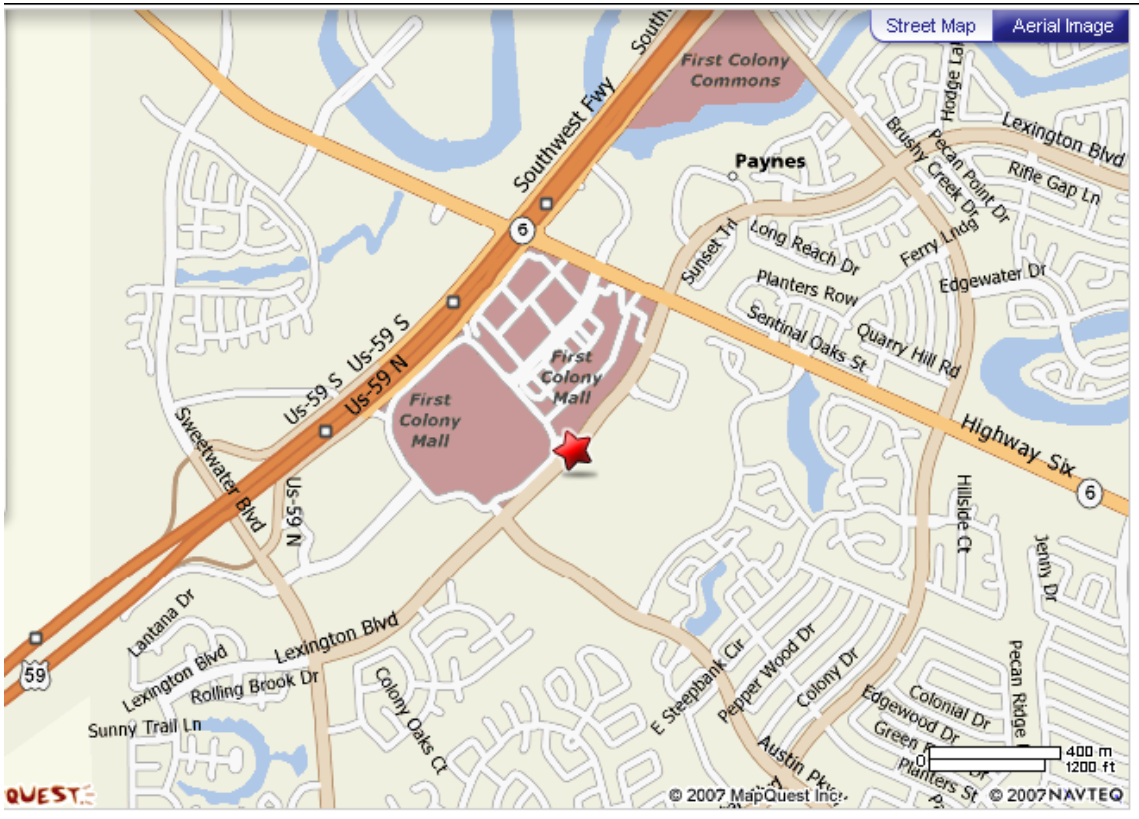


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Directions: Don Cook Natatorium is located 4 blocks west of the intersection of Lexington Blvd and Highway 6. It is behind the First Colony Mall and the Aerodrome skating rink.

**Don Cook Natatorium**  
**16255 Lexington Blvd**  
**Sugar Land, Texas 7747**



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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
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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