



2017 CFSC GULF May Open

May 19-21, 2017

A Long Course Meters Timed Finals Meet

HOSTED BY

Cy-Fair Swim Club – Fleet Swimming

Sanction Number # GULC 17-015R2

ENTRIES DUE TO TPC Chair (tpc@gulfswimming.org) BY 6:00 PM, SATURDAY, APRIL 29, 2017

- LOCATION:** Fleet Aquatic Center
14654 Spring Cypress Rd.
Cypress, Texas 77429
- DIRECTIONS:** See Attached Map
- SPECIAL INSTRUCTIONS:** Parking will be onsite. In the instance of inclement weather only, we will be utilizing offsite parking at the local elementary for all swimmers.
- MEET STAFF:**
- | | |
|--------------------------|--|
| MEET REFEREE: | Tom Jones, twjones@earthlink.net |
| ADMIN OFFICIAL: | Holger Luebsen, holger@luebsen.com |
| MEET DIRECTOR(S): | Carolyn Reed, creed@porterhedges.com , 713-725-4604
Huong Le, lehuongc@yahoo.com , 832-606-4897
Miki Tran, atvltt@gmail.com , 281-221-8398 |
| SAFETY MARSHAL: | Paula Mulvihill |
| COACH(ES): | Jim Bocci, Head Coach
Colin Kennedy, Head Age Group Coach |
- POOL:** Ten lane, 50 meter pool with non-turbulent lane lines. There is a separate warm-up/warmdown area.
- TIME AND DATE:** This is five session, 2 ½ day, timed-finals meet with a PM session on Friday, AM/PM sessions on Saturday and Sunday.

Session 1: Friday PM—May 19, 2017



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Age Groups: 11 & Over girls and boys
Warm-up*: 5:00-6:15 pm / Meet Start: 6:30 pm

Session 2: Saturday AM – May 20, 2017
Age Groups: 13 & Over girls and boys
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 3: Saturday PM – May 20, 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 – May 21, 2017
Age Groups: 13 & Over girls and boys
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 5: Sunday PM – May 21, 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.

*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, May 15, 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 field end of the pool and even heats will start at the locker room end of the pool.

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

All 50's will start at the locker room 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



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swimmers missing the 6:00 pm, Saturday, April 29, 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, 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 – long course meters (L), short course meters (S), or short course yards (Y). 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., L, S, or Y). 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: None

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

Beyond IMX Rule: Does not apply

Age: As of May 19, 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 TPC Chair no later than **6:00 PM, SATURDAY, APRIL 29, 2017**. No late entries will be accepted. Email entries to the TPC Chair (Beau



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Caldwell) at:

tpc@gulfswimming.org

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
Swimmer Surcharge Fee (per swimmer): \$6.50
Make entry fee checks payable to: CFSC

Mail entry fees (**POSTMARKED BY FRIDAY, MAY 12, 2017**) to the address below:

CFSC
Attn: Huong Le
11659 Jones Rd. PMB #351 Houston, TX 77070

832-606-4897
lehuongc@yahoo.com

AWARDS: Individual events: Ribbons 1st-10th place

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

800/1500 FREE: The 800/1500 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 the 800 free.

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.



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POOL MEASUREMENT:

The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming.

The water depth of the competition course is 5.5 feet measured from 1 meter to 5 meters on the starting end of the course, and 5.5 feet measured from 1 meter to 5 meters on the turning 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 400/1500 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.

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



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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 under 2017 CFSC GULF May Open.

CONCESSIONS:

Concessions will be available for breakfast and lunch

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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2017 CFSC GULF May Open

May 19-21, 2017

A Long Course Meters Timed Finals Meet

HOSTED BY

Cy-Fair Swim Club – Fleet Swimming

Entry Rules:

Type of meet	Timed Finals
Max # individual events per day	Three (3)
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	LCM, SCM, SCY
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 Facility Surcharge – \$6.50 per swimmer

Girls Event#	Friday PM—May 19, 2017			Boys Event#
	Event Name			
1	13 & Over	400	I.M.*	2
3	11 -12	400	Free*	4
5	13 & Over	400	Free*	6
7	11-12 Mixed	400	I.M.*	8

All events will be seeded fastest to slowest.

*The 13 & Over 400 I.M. will be swum alternating girls and boys heats. Heats will be swum fastest to slowest. Swimmers must provide their own timers.

*The 11-12 400 free will be swum alternating girls and boys heats. Heats will be swum fastest to slowest. Swimmers must provide their own timers.

*The 13 & Over 400 free will be swum alternating girls and boys heats. Heats will be swum fastest to slowest. Swimmers must provide their own timers.

*The 11-12 Mixed 400 I.M. will be swum fastest to slowest.

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

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



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Girls Event#	Saturday AM – May 20, 2017			Boys Event#
	Event Name			
9	13 & Over	200	Fly	10
11	13 & Over	50	Free	12
13	13 & Over	200	Back	14
15	13 & Over	100	Breast	16
17	13 & Over	200	Free	18
19	13 & Over	1500	Free**	--

Girls Event#	Saturday PM – May 20, 2017			Boys Event#
	Event Name			
21	12 & Under	100	Breast	22
23	12 & Under	50	Free	24
25	12 & Under	50	Back	26
27	12 & Under	200	Free	28
29	12 & Under	100	Fly	30
31	11-12	200	Breast	32
33	10 & Under	200	I.M.	34
35	11-12	200	I.M.	36

All events will be seeded fastest to slowest.

**The 1500 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. Heats will be swum fastest to slowest. Swimmers must provide their own timers and lap counters.

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.



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Girls Event#	Sunday AM – May 21, 2017			Boys Event#
	Event Name			
37	13 & Over	100	Fly	38
39	13 & Over	200	Breast	40
41	13 & Over	100	Free	42
43	13 & Over	200	I.M.	44
45	13 & Over	100	Back	46
	10 minute break			
--	13 & Over	1500	Free***	48

Girls Event#	Sunday PM – May 21, 2017			Boys Event#
	Event Name			
49	11-12	200	Fly	50
51	12 & Under	100	Back	52
53	12&Under	50	Breast	54
55	12&Under	50	Fly	56
57	11-12	200	Back	59
59	12 & Under	100	Free	60
61	11-12 Mixed	800	Free****	62
--	10 & Under Mixed	400	Free*****	64

All events will be seeded fastest to slowest.

***The 1500 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, if they are swimming two swimmers per lane. Heats will be swum fastest to slowest. Swimmers must provide their own timers and lap counters.

****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, if they are swimming two swimmers per lane. Heats will be swum fastest to slowest. Swimmers must provide their own timers and lap counters.

*****The 400 meter free will be swum fastest to slowest. Swimmers must provide their own timers.

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.

Signature

Title

Date



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SAFETY GUIDELINES AND WARM-UP PROCEDURES

APPENDIX G

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.



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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

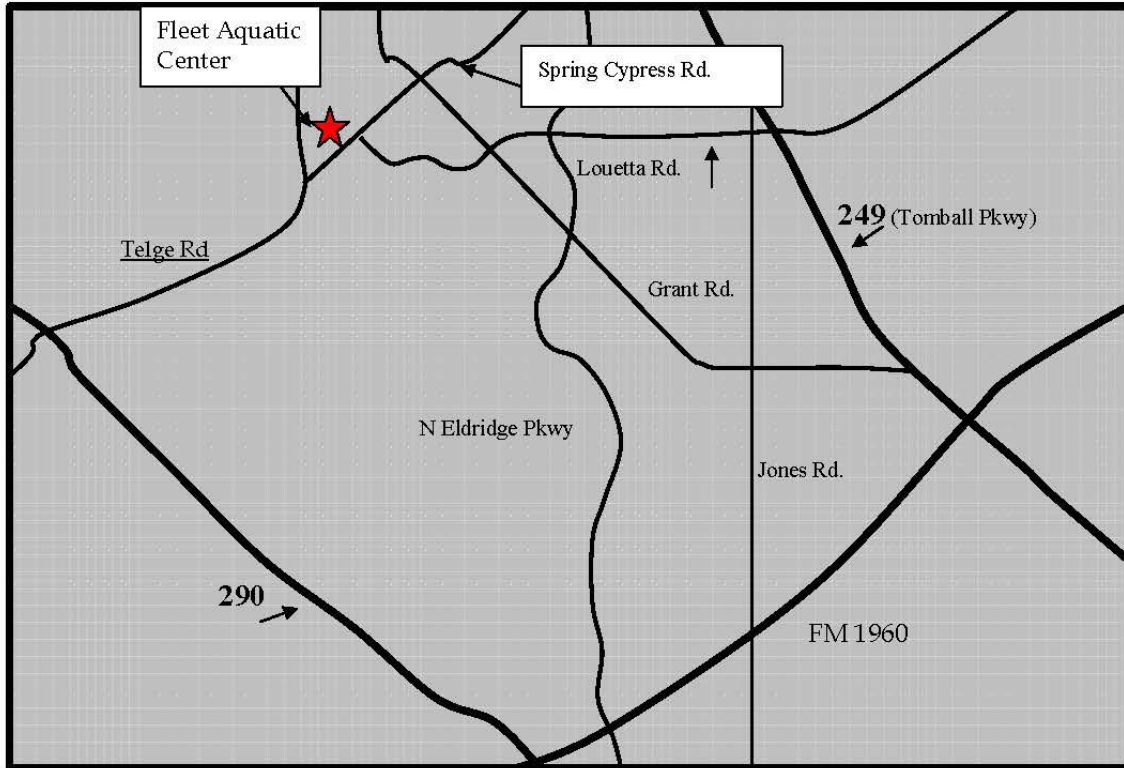
1. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers.
2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting 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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Fleet Aquatic Center
14654 Spring Cypress Rd.

From 290, come to the Telge Rd. exit. Head north on Telge past several lights and stop signs. When you come to the first Telge and Spring Cypress stop sign, take the right and cross over Little Cypress Creek to another Spring Cypress stop sign. Take a right and head 0.3 miles down Spring Cypress to drive on left with Fleet sign.

From 249 either take Louetta exit, head west, go past Grant Rd. to where Louetta dead ends at Spring Cypress and take a left. Go down and pool will soon be on your right. Or take Spring Cypress, past Grant and look for Fleet sign on your right.

From 1960, go west to 249 & take a right to head north. Get off Grant Rd. Take a left and go west. Go past Jones, Eldridge Pkwy and Louetta. Take a left at Spring Cypress stop sign. Pool will be shortly on right. Look for sign.

