

# GULF May Open

May 19-21, 2017

A Long Course Meters Timed Finals Meet

HOSTED BY

## Pearland Aquatics



Sanction Number # GULC 17-010R3

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

- LOCATION:** Pearland Recreation Center and Natatorium  
4141 Bailey Road  
Pearland, TX 77584
- DIRECTIONS:** Take south Sam Houston Tollway to Pearland Parkway. Go south on Pearland Parkway. Turn right on Oiler Drive (Pearland High School stadium on your right), which turns into Bailey Road at next intersection (Highway 35). Continue straight on Bailey Road and cross bridge; Natatorium will be on your right at the corner of Bailey Road and Veterans Road. Parking is available in front of Natatorium and behind the facility off of Veterans Road.
- SPECIAL INSTRUCTIONS:** Parking is available in front of Natatorium and behind the facility off of Veterans Road. **There is no meet parking in front of the Recreation Center, as this is reserved for Pearland Recreation Center members only.** Overflow parking is available at the neighboring high school on Bailey Rd.
- MEET STAFF:**
- MEET REFEREE:** Keith Rudy [klrudy1957@gmail.com](mailto:klrudy1957@gmail.com)
- ADMIN OFFICIAL:** Paul Kosinski [kosinski.paul1727@gmail.com](mailto:kosinski.paul1727@gmail.com)  
Francis Sanes [fisanes@gmail.com](mailto:fisanes@gmail.com)
- MEET DIRECTOR(S):** Anitra Frederick [anitrafrederick@gmail.com](mailto:anitrafrederick@gmail.com)  
Karen Gapsiewicz [tagurit1975@yahoo.com](mailto:tagurit1975@yahoo.com)  
Charles Hoffman [kirkhoffman14@gmail.com](mailto:kirkhoffman14@gmail.com)
- SAFETY MARSHAL:** Howard (Joey) Trahan [joey.trahan@oilstates.com](mailto:joey.trahan@oilstates.com)  
Sherri Ruhl [sherri\\_ruhl@hotmail.com](mailto:sherri_ruhl@hotmail.com)
- COACH(ES):** John Burke, Head Coach  
Natalie Melenric, Assistant Coach  
Maksims Pimenovs, Assistant Coach  
Caitlin Cunningham, Assistant Coach  
Charyl Teal, Assistant Coach  
Ann Burke, Assistant Coach  
Breanna Whitbeck, Assistant Coach



**GULF SWIMMING**

**POOL:** One eight lane, 50 meter indoor pool with non-turbulent lane lines will be used for warm-up and competition. An additional 3 lanes/25 yard pool adjacent to the competition pool will be available during the meet for warm-up/down. Facility will open to swimmers and spectators 15 minutes prior to the start of each warm-up session.

**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

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 activity pool end of the pool and even heats will start at the diving board 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 activity pool end of the pool and the boys' heats will start at the diving board end of the pool.

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



**GULF SWIMMING**

**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 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.

**Beyond IMX Rule:** Does not apply.

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

**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



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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 29, 2017**. No late entries will be accepted.  
Email entries to the Technical Planning Chairperson (Beau Caldwell) at:

**[tpc@gulfswimming.org](mailto:tpc@gulfswimming.org)**

**Eligible Teams:** ..... 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:** Pearland Aquatics

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

Karen Gapsiewicz, PEAK Treasurer  
Pearland Aquatics  
P.O. Box 1957  
Pearland, TX 77588

(713) 598-5246  
tagurit1975@yahoo.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 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 gender and ages as stated above.

**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.

**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



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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 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 13 feet measured from 1 meter to 5 meters on the diving well end of the course, and 6 feet 7 inches measured from 1 meter to 5 meters on the warm-up/down pool end of the course.

**TIMING SYSTEM:** A 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 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.

Swimmers are required to remain with their team on pool deck during each session; bleachers are available on deck for team seating. Coaches must supervise their swimmers. Swimmers may bring portable seating on the pool deck, if space permits, but may not block walkways. Swimmers may also have small portable coolers (no rolling coolers) on deck with drinks. Teams are not allowed to setup on the computer room side of the pool. Food and drinks from concession stand are not allowed on deck; shaded patio seating is available behind the natatorium. Timing volunteer will be permitted to access the deck and help for that specific purpose. See complete facility rules attached to this invitation.

**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”.



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**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 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:**

A concession stand will be available during all warm-ups and sessions.

**MERCHANDISE:**

Swim Shops of the Southwest will be at the meet selling swim apparel and swim gear. Celebrate Design will be at the meet selling t-shirts.

**ATTACHMENTS:**

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



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**FACILITY RULES:**

**Pearland Recreation Center & Natatorium**

**Rules, Regulation, Prohibitions, and Deck Access**

- All participants must follow the CDC “Healthy Swimming Policy” and shower before warm-up, no exception.
- Event personnel are empowered to enforce any and all regulations that have been established by the City of Pearland.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the viewing stands.
- Participants are not allowed to climb over banisters or railings, or pass any posted barriers.
- Participants and spectators are not allowed to use other areas of the Pearland Recreation Center & Natatorium complex during this event without purchasing a Day Pass at the Services Kiosk located within the Recreation Center.
- Absolutely no tobacco, alcohol products, or glass containers are allowed anywhere within the Pearland Natatorium. This also applies to the parking lot.
- Portable coolers only (no rolling coolers) are allowed on the pool deck, provided they do not contain glass items; no coolers allowed in the spectator bleacher area.
  - No flash photography is allowed at the start of any race. Video or photo capable devices are prohibited in the men’s and women’s locker rooms.
- Teams are expected to clean up their respective areas at the conclusion of the competition.
- Running or any other sort of activity that might be interpreted or described as “horseplay” is prohibited.
- Folding/portable chairs are not allowed in the spectator area. The walkways must stay clear at all times, as per Fire Marshall regulations. Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited.
- Face-painting or body painting of any kind is not permitted at the Natatorium.

Access to the deck of the PEARLAND Natatorium is restricted by pass to the following:

Athletes • Administrative support personnel • Coaches • Facility/District Staff • Officials • Marshals • Service and supply vendors • Credentialed media personnel • Hospitality personnel • Medical support personnel • Other personnel on a case-by-case basis at the discretion of the Meet Director or the Meet Referee.



**GULF SWIMMING**

# Pearland Recreation Center & Natatorium

## Healthy Swimming Policy

The City of Pearland is committed to the health and safety of all patrons. The Pearland Parks and Recreation Center & Natatorium utilizes advanced training and technology and has adopted the Centers for Disease Control's "Healthy Swimming Policy." The policy protects our patrons and spectators from poor air or water quality hazards typical with indoor swimming pools caused by microorganisms and chloramines. The cornerstone of this policy is based on guidelines which mandate safe practices such as requiring all participants to shower before entering either pool located within the Pearland Recreation Center & Natatorium.

"Healthy Swimming Policy"  
Acknowledgement Form

Organization: \_\_\_\_\_

Representative Name and Title: \_\_\_\_\_

By my signature below I agree, on behalf of my organization that:

- I have received a copy of the "Healthy Swimming Policy" and understand the Pearland Recreation Center & Natatorium's "Healthy Swimming Policy" Procedure; as coach or sponsor I understand the responsibility for ensuring that all members of the organization and their guests comply with these rules. I understand that additional copies are available upon request.
- I affirm that all required staff members of my organization have current CPR/First Aid certifications and specific training or liability certification requirements needed by the organization's national governing body.
- I understand that the City of Pearland may from time to time modify its policies and I agree to abide by those changes.

\_\_\_\_\_  
Team Official/Head Coach

\_\_\_\_\_  
Date



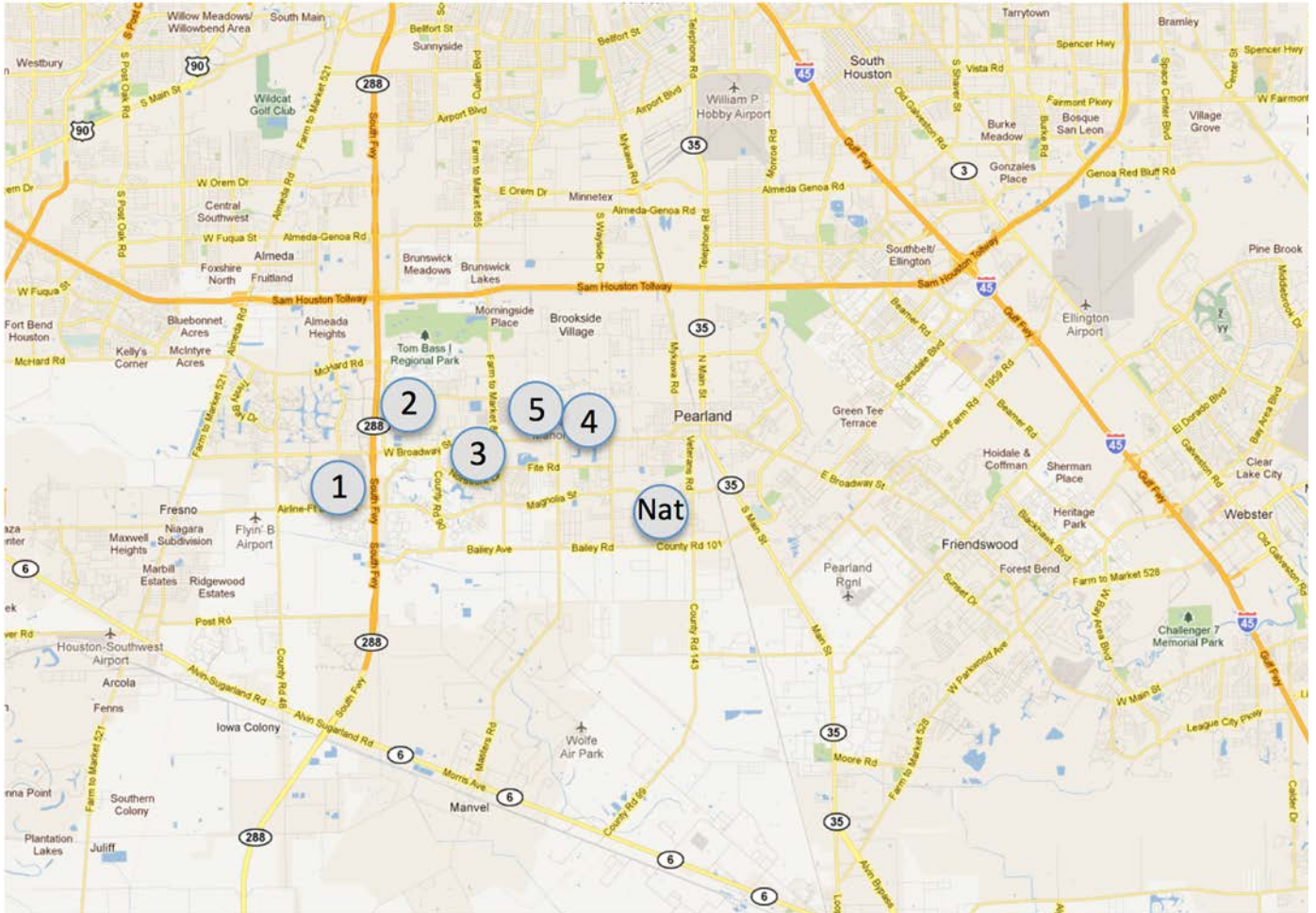
**GULF SWIMMING**





## Gulf Swimming May Open Meet

### Hotel Information



1. Courtyard Marriott Pearland - 11200 Broadway, Pearland, TX 77584
  2. Comfort Suites Pearland - 2806 Miller Ranch Rd. CR 94, Pearland, TX 77584
  3. La Quinta Inn & Suites Pearland - 9002 Broadway, Pearland, TX 77584
  4. Hampton Inn Houston-Pearland - 6515 Broadway Street, Pearland, TX 77581
  5. Candlewood Suites Pearland - 9015 Broadway, Pearland, TX 77584
- Nat: Pearland Recreation Center and Natatorium



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# GULF May Open

May 19-21, 2017

A Long Course Meters Timed Finals Meet

HOSTED BY



## 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<br>Facility surcharge - \$6.50 per swimmer |

| Girls<br>Event# | Friday PM—May 19, 2017 |     |       | Boys<br>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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| <b>Girls<br/>Event#</b> | <b>Saturday AM – May 20, 2017</b> |      |        | <b>Boys<br/>Event#</b> |
|-------------------------|-----------------------------------|------|--------|------------------------|
|                         | <b>Event Name</b>                 |      |        |                        |
| 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** | --                     |

| <b>Girls<br/>Event#</b> | <b>Saturday PM – May 20, 2017</b> |     |        | <b>Boys<br/>Event#</b> |
|-------------------------|-----------------------------------|-----|--------|------------------------|
|                         | <b>Event Name</b>                 |     |        |                        |
| 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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| <b>Girls<br/>Event#</b> | <b>Sunday AM – May 21, 2017</b> |      |        | <b>Boys<br/>Event#</b> |
|-------------------------|---------------------------------|------|--------|------------------------|
|                         | <b>Event Name</b>               |      |        |                        |
| 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                     |

| <b>Girls<br/>Event#</b> | <b>Sunday PM – May 21, 2017</b> |     |           | <b>Boys<br/>Event#</b> |
|-------------------------|---------------------------------|-----|-----------|------------------------|
|                         | <b>Event Name</b>               |     |           |                        |
| 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      | 58                     |
| 59                      | 12 & Under                      | 100 | Free      | 60                     |
| 61                      | 11-12 Mixed                     | 800 | Free****  | 62                     |
| 63                      | 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.

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Signature

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Title

---

Date



**GULF SWIMMING**

## 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.
  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.



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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.



**GULF SWIMMING**