

May Open
May 20-21, 2017
A Long Course Meters Timed Finals Meet
HOSTED BY
Aqua Star and Texas Terrapin Swim Team

Sanction Number # GULC 017-024

LOCATION: Hometown Heroes Pool
2105 Dickson Road
League City, Texas 77573

DIRECTIONS: Travel south on Gulf Freeway to exit 22 (TX 96). Go east past Highway 3. Turn into Hometown Heroes Park, just past Tuscan Village Dr. If you reach FM 270, you have gone too far.

SPECIAL INSTRUCTIONS: Deck space is limited- Coaches can set up on deck. Swimmers can bring chairs to sit with team. Most of the team will have to set up tents/team areas on the west side of the pool outside the fenced area. Pool entrance is behind the building on west side. With limited deck space spectators will have to come in watch their swimmer and exit pool area so that everyone can see their swimmers swim. There will special viewing areas for those with disabilities

MEET STAFF:

MEET REFEREE:	Rick Tobin tobinrc@comcast.net
ADMIN OFFICIAL:	Beth Gonzales bsmithgonzales@yahoo.com Richard Griffin rcgriffin@uss.com
MEET DIRECTOR(S):	Eddie Adams eddiea75@att.net 281-570-5572 Sonja Griffin meetdirector@texasterrapins.com
SAFETY MARSHAL:	Jill Sharma
COACH(ES):	Jeaneen Dale jmjohn0113@yahoo.com

POOL: One eight lane, 50 meter outdoor pool with non-turbulent lane lines will be used for warm-up and competition

TIME AND DATE: This is two session, 2 day, timed-finals meet

Session 1 : Saturday AM – May 20, 2017
Age Groups: All Age Groups girls and boys
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 2 : Sunday AM – May 21, 2017
Age Groups: All Age Groups girls and boys
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Warm-up: Host team will publish session warm-up and start times with warm-up/timing assignments on Gulf webpage.



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*Split warm-ups if needed 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 17, 2017.

MEET TYPE: This meet will not be utilizing chase start procedures.

All 400, 800 and 1500 meter events will be mixed and swum fastest to slowest.

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, May 12, 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



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

Age: As of May 20, 2017

Number of Events: Swimmers may compete in up to Five (5) 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 Meet Entry Chair by 6:00 PM, Friday May 12, 2017. Late entries will be accepted.**

Email entries to Eddie Adams:

eddiea75@att.net

Eligible Teams: Any USA Swimmer registered may attend this meet.

Individual Event Entry Fee (per event): \$6.00

Swimmer Surcharge Fee (per swimmer): \$3.50

Make entry fee checks payable to: **AQUA STAR**

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

Aquastar
15403 Pleasant Valley
Houston, Texas 77062

Entry Chair:
Eddie Adams
eddiea75@att.net
281-570-5572

AWARDS: No Awards for this meet.

SCORING: This Meet will not be Scored

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 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 5.0 feet measured from 1 meter to 5 meters on the starting end of the course, and 4.9 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 500/1650 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 on deck within the actual swim area.

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.



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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.

CONCESSIONS:

Concessions will be available

MERCHANDISE:

Galaxy Sport will be on site for your Equipment needs.

FACILITY RULES:

Swimmers are not allowed in the Hometown Heroes Park building when wet. This is a city rule! During a meet, no one is allowed in any part of the competition pool unless they are participating in an event or using a warm up lane, and supervised. This includes dangling feet in areas not used for competition. Failure to follow this rule could result in your swimmer being removed from the meet.

With City enforcement that both pools require lifeguards, the Baby Pool will NOT be open during practices or meets. No parents, swimmers, or siblings are allowed in the Baby Pool/Splash Pad at any time.

PARKING: Associations, organizations and individuals are entitled to use designated parking areas located at the park and/or facility. "No Parking" areas, as designated by posted signs, will be strictly enforced. Handicapped parking spaces are available at each established parking area.

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

ATTACHMENTS:

Weather info- thunder lightening-

In the event of stormy weather, remember 30-30. We evacuate the pool when lightning to thunder is within 30 seconds and we stay out of the pool until 30 minutes after the last rumble of thunder.



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May 20-21, 2017

A Long Course Meters Timed Finals Meet

HOSTED BY: Aqua Star and Texas Terrapin Swim Team

Entry Rules:

Type of meet	Timed Finals
Max # individual events per day	Five (5)
Swimmers eligible	Any USA Swimming Team and Registered Athlete
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 – \$3.50

Saturday AM – May 20, 2017

Event# Girls	Event Name			Event# Boys
1	Open (All Age)	400	Free	2
3	Open (All Age)	200	IM	4
5	Open (All Age)	50	Back	6
7	Open (All Age)	100	Free	8
9	11 & Over	200	Fly	10
11	Open (All Age)	50	Fly	12
13	11 & Over	200	Back	14
15	Open (All Age)	100	Breast	16
17	11 & Over	1500	Free **	18

Sunday AM – May 21, 2017

Girls Event#	Event Name			Boys Event#
19	11 & Over	400	IM	20
21	Open (All Age)	200	Free	22
23	Open (All Age)	50	Breast	24
25	Open (All Age)	100	Fly	26
27	Open (All Age)	100	Back	28
29	11 & Over	200	Breast	30
31	Open (All Age)	50	Free	32
33	11 & Over	800	Free	34

All events will be seeded fastest to slowest.

**The 400 IM, 400, 800 and 1500 meter free Heats will be swum fastest to slowest, mixed age groups and mixed gender. Swimmers must provide their own timers and lap counters.

All Open events will be swum combined but scored separately as 10 & Under, 11-12, 13-14 and 15 & Over.

All 11 & Over events will be swum combined but scored separately as 11-12, 13-14 and 15 & Over



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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



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 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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