

# FCST Summer Splash Invitational

June 23-25, 2017

Sanction GULC 17-049R1 (time changes in red)



**LOCATION:** FBISD Training Pool 16701 Bissonnet Houston, TX 77083

**DIRECTIONS:** Take Hwy 59/Southwest Freeway toward Victoria. Exit Grand Parkway (99). Take a right on Grand Parkway. Continue on Grand Parkway approximately 3 miles. Make a right on FM 1464. Make a right on Denver Miller Road. Make a Left on Clodine Rd. Make a right on Bissonnet. Facility will be on the right.

**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>	Joe Stucka	<a href="mailto:joe.stucka@gmail.com">joe.stucka@gmail.com</a>
		Tom O'brien	<a href="mailto:tomob930@gmail.com">tomob930@gmail.com</a>
	<b>ADMIN OFFICIALS:</b>	Jim Achuff	<a href="mailto:jim.achuff@gmail.com">jim.achuff@gmail.com</a>
		Sarah Kumar	<a href="mailto:sarah.e.kumar@gmail.com">sarah.e.kumar@gmail.com</a>
		Jane Welborn	<a href="mailto:jjwelborn@gmail.com">jjwelborn@gmail.com</a>
	<b>MEET DIRECTORS:</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>	Mandy Norris	<a href="mailto:coachmandy@swimfcst.com">coachmandy@swimfcst.com</a>
	<b>COACHES:</b>	Dwight Fruge	
		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 5 Lane 25 Yard warm-up / warm-down pool will be made available during the competition.

**TIME AND DATE:** This is three day split session meet. All 10&Under events will be timed finals. Select 11-12 events will have A finals. 13-14 and 15&Over events will have A/B Finals. All relays will be timed finals

<b>Friday/Saturday/Sunday</b>	<b>Warm Up</b>	<b>Meet Start</b>
13 & Over Prelims	7:30 AM	9:00 AM
12 & Under Prelims/Timed Finals	TBA*	TBA*
13 & Over/Select 11-12 Finals	4:30 PM**	5:30 PM**

13 & Over sessions will have open warm-up and 12 & under sessions will have split warm up with lane assignments. As applies, lane assignments for warm-ups and timing assignments for each session will be designated in the Warm Up and Timing Assignment posted on the Gulf Swimming website by Monday, June 20, 2017

\* Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

\*\*Warm-ups for Finals sessions will begin immediately after the 12 & under session ends or 4:30 PM, whichever is later, and the session will begin 1 hour after the warm-ups commence.

# FCST Summer Splash Invitational

June 23-25, 2017

Sanction GULC 17-049R1 (time changes in red)



## MEET TYPE:

- 100 and 200 meter events will be run utilizing chase starts alternating odd and even heats during Prelims sessions only. 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 diving end of the pool. FCST reserves the right to eliminate chase starts depending upon timeline. In the event that chase starts are eliminated all events over 50m will start at the lobby end of the pool
- All events 400 meters and longer are positive check-in events and will be deck seeded. The check-in for these events will close 30 minutes prior to the scheduled start of that session.
- The 11-12 200 butterfly, 200 backstroke, 200 breaststroke, 400 IM, and 400 freestyle will be conducted as timed final events. The top 8 seeded swimmers, after positive check-in in each event will compete during the finals session.
- 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 diving end of the pool.
- All 50's will start at the diving end of the pool.
- All relays will start at the lobby end of the pool.
- The 13 & over 400 freestyle and 400 IM will be timed finals, with the fastest 2 heats of each age-group and each gender swimming in the finals session (13-14 and 15 & over). Heats in the preliminary session will swim mixed ages.
- 13-14 swimmers must have a minimum of a 13-14 "A" time (1500M or 1650Y) and 15 & over swimmers must have a minimum of a 15-16 "A" (1500M or 1650Y) time to enter the 1500 freestyle.
- Swimmers in events 400 meters and over must provide their own timers and lap counters (when applicable).
- 11-12 800 freestyle will be a timed final event with all heats being swum during prelims.
- 800 freestyle will be swum fastest to slowest alternating girls and boys heats.
- The 1500 will be limited to the top 40 swimmers per gender, after positive check in.
- The 1500 Freestyle will be conducted as a timed final event with all heats swum during prelims, swimming fastest to slowest, alternating girls then boys.
- FCST reserves the right to change warm up and start times, limit entries, combine events by age and/or gender, or move events from one pool to another in order to more efficiently run the meet and to maintain reasonable timelines. Any of these changes will be communicated to attendees either in the warm-up/timeline report posted on the Gulf website or onsite via announcement of the changes.

**RELAYS:** All 12 & Under relays will be swum during prelims.

## SAFETY GUIDELINES AND WARM-UP PROCEDURES:

# FCST Summer Splash Invitational

June 23-25, 2017

Sanction GULC 17-049R1 (time changes in red)



See attached Safety Guidelines and Warm-up Procedures

**SEEDING/CHECK\_IN:** This will be a pre-seeded meet for individual events 200 meters or less and all relays. Positive check-in is required for all events 400 yards and over AND 12 & under 200 Butterfly, 200 Breaststroke and 200 Backstroke. Positive check in will close 30 minutes prior to the session start. Athletes who do not perform positive check-in for these events will be scratched from the events. All heats will swim fastest to slowest except finals heats, which will swim slowest to fastest. On-deck entries will be added to empty lanes or a heat will be added if necessary and if the timeline permits.

**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, Tuesday, June 13, 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.

## **FINALS AND SCRATCHING:**

The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rule 207.11.6D and 207.11.6E, as modified below.

Any finalist who fails to compete at finals, consolation finals or any other bonus final heat, for which he has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be scratched from their remaining events in the meet. A swimmer scratched from all remaining events **may** be re-entered only with the approval of the Meet Referee.

On Sunday, any finalist that fails to compete at finals or consolation finals shall be fined \$50.00 and that swimmer's team shall be barred from further competition in any FCST Invitational Meet, until that fine is paid. Fines are payable to First Colony Swim Team.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals or consolation finals or any other bonus finals if he has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet and/or fine of \$50.00. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the

# FCST Summer Splash Invitational

June 23-25, 2017

Sanction GULC 17-049R1 (time changes in red)



finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from the competitions, even though any qualified swimmer may be moved into finals. The alternates, after the existing scratches are tabulated, will not be penalized if they are unavailable to compete in finals.

The USA Swimming National Championships Meets “reserve the right to scratch” rule is not applicable to any Gulf Swimming meet. The “intent to scratch” rule is not applicable to any Gulf Swimming meet.

## 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.

**Cut-off Times:** None

**Qualifying Times:** 13-14 Swimmers must have 13-14 A time to swim 1500 Free. 15 & Over swimmers must have 15 & Over A time to swim 1500 Free.

**Age:** As of June 23, 2017

**Number of Events:** 11 & Over Swimmers may compete in up to three (3) individual events per day with a maximum of eight (8) for the meet. 10 & Under swimmers may compete in up to 4 individual events per day with a maximum of eleven (11) for the meet.

**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 host no later than **6:00 PM, TUESDAY, June 13, 2017**. No late entries will be accepted.

**ELIGIBLE TEAMS:** By Invite Only

<b>Individual Event Entry Fee:</b>	\$6.00
<b>Relay Event Entry Fee:</b>	\$9.00
<b>Facility Surcharge Fee (per swimmer):</b>	\$12.00 (Includes access to Meet Manager Heat Sheets)
<b>Make entry fee checks payable to:</b>	First Colony Swim Team

Mail entry fees (**POSTMARKED BY FRIDAY, June 16, 2017**) to the address below:

*First Colony Swim Team  
4501 Cartwright Road # 406  
Missouri City, TX 77459  
[fcstentries@gmail.com](mailto:fcstentries@gmail.com)*

**AWARDS:**

# FCST Summer Splash Invitational

June 23-25, 2017

Sanction GULC 17-049R1 (time changes in red)



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

Relay Events: Ribbons 1<sup>st</sup> through 3<sup>rd</sup> place for 12 & Under Swimmers

## SCORING:

### Individual Events:

1<sup>st</sup> – 8<sup>th</sup> place: 20-17-16-15-14-13-12-11

9<sup>th</sup> – 16<sup>th</sup> place: 9-7-6-5-4-3-2-1

### Relay Events:

1<sup>st</sup> – 8<sup>th</sup> place: 40-34-32-30-28-26-24-22

9<sup>th</sup> – 16<sup>th</sup> place: 18-14-12-10-8-6-4-2

**Events will be scored by:** 10 & Under, 11-12, 13-14, 15 & Over age groups

## OFFICIALS:

The uniform for all preliminary sessions will be white polo over khaki shorts/pants/skirt. The uniform for all finals sessions will be navy polo over khaki pants/shorts/skirts.

## 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.

## 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
meters on the Lobby end of the course, and	13'-6"	feet measured from 1 meter to 5
meters on the Diving 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 400/800/1500 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.

# FCST Summer Splash Invitational

June 23-25, 2017

Sanction GULC 17-049R1 (time changes in red)



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 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 for coaches and officials 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.

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

### Entry Rules:

Type of meet	10 & Under Timed Finals; 11/12 A Finals; 13-14 and 15 & Over A/B Finals
Max # individual events per day	10 & Under Four (4), 11 Max for meet. 11 & Over Three (3), 8 Max for meet.
Swimmers eligible	Teams by Invitation only
Entry times in	LCM, SCM , SCY,
Qualifying times	1500 Free only
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
Fees	Individual - \$6.00 Relay - \$9.00 Facility Surcharge –\$12.00 per swimmer (includes Meet Mobile Heat/Lane assignments)

# FCST Summer Splash Invitational

June 23-25, 2017

Sanction GULC 17-049R1 (time changes in red)



## Meet Format

### Friday, June 23-Morning Session

**Warm Up-7:30 AM**

**Meet Start-9:00 AM**

Girls Event #	Event Description	Boys Event #
1	13-14 100 Freestyle	2
3	15 & Over 100 Freestyle	4
5	13-14 200 Breaststroke	6
7	15 & Over 200 Breaststroke	8
9	13-14 100 Butterfly	10
11	15 & Over 100 Butterfly	12
13	13 & Over 400 Freestyle	14

#### Notes for Friday AM Session

- The 13 & over 400 freestyle will be timed finals, with the fastest 2 heats of each age-group and each gender swimming in the finals session (13-14 and 15 & over). Heats in the preliminary session will swim mixed ages, alternating girls then boys.

### Friday, June 23-Afternoon Session

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

Girls Event #	Event Description	Boys Event #
15	11-12 100 Freestyle-Prelims	16
17	10 & Under 100 Freestyle-Timed Finals	18
19	11-12 200 Breaststroke-Timed Finals	20
21	11-12 50 Breaststroke-Prelims	22
23	10 & Under 50 Breaststroke -Timed Finals	24
25	11-12 100 Butterfly-Prelims	26
27	10 & Under 100 Butterfly-Timed Finals	28
29	11-12 200 Freestyle Relay-Timed Finals	30
31	10 & Under 200 Freestyle Relay-Timed Finals	32
33	11-12 400 Freestyle-Timed Finals	34
35	10 & Under 400 Freestyle-Timed Finals	36

#### Notes for Friday PM Session

- The 11-12 200 butterfly, 200 backstroke, 200 breaststroke, 400 IM, and 400 freestyle will be conducted as timed final events. The top 8 seeded swimmers in each event will compete during the finals session
- Swimmers in events 400 meters and over must provide their own timers and lap counters(where applicable)

# FCST Summer Splash Invitational

June 23-25, 2017

Sanction GULC 17-049R1 (time changes in red)



## Friday, June 23-Finals

Warm Up will begin immediately upon the completion of the afternoon session or at **4:30 PM** whichever is later. Finals competition will begin 1 hour after the start of the warm-up session.

Girls Event #	Event Description	Boys Event #
15	11-12 100 Freestyle	16
1	13-14 100 Freestyle	2
3	15 & Over 100 Freestyle	4
19	11-12 200 Breaststroke-Top 8	20
5	13-14 200 Breaststroke	6
7	15 & Over 200 Breaststroke	8
21	11-12 50 Breaststroke	22
9	13-14 100 Butterfly	10
11	15 & Over 100 Butterfly	12
25	11-12 100 Butterfly	26
13	13-14 400 Freestyle	14
13	15 & Over 400 Freestyle	14
33	11-12 400 Freestyle-Top 8	34



# FCST Summer Splash Invitational

June 23-25, 2017

Sanction GULC 17-049R1 (time changes in red)



## Saturday, June 24-Morning Session

Warm Ups Start at **7:30 AM**

Meet Starts at **9:00 AM**

Girls Event #	Event Description	Boys Event #
41	13-14 200 Freestyle	42
43	15 & Over 200 Freestyle	44
45	13-14 100 Breaststroke	46
47	15 & Over 100 Breaststroke	48
49	13-14 200 Butterfly	50
51	15 & Over 200 Butterfly	52
53	13-14 100 Backstroke	54
55	15 & Over 100 Backstroke	56
57	13 & Over 400 IM	58

### Notes for Saturday AM Session

- The 13 & over 400 IM will be timed finals, with the fastest 2 heats of each age-group and each gender swimming in the finals session (13-14 and 15 & over). Heats in the preliminary session will swim mixed ages, alternating girls then boys.
- Swimmers in events 400 meters and over must provide their own timers and lap counters(where applicable)

## Saturday, June 24-Afternoon Session

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

Girls Event #	Event Description	Boys Event #
59	11-12 200 Freestyle-Prelims	60
61	10 & Under 200 Freestyle-Timed Finals	62
63	11-12 100 Breaststroke-Prelims	64
65	10 & Under 100 Breaststroke-Timed Finals	66
67	11-12 200 Butterfly-Timed Finals	68
69	11-12 50 Butterfly-Prelims	70
71	10 & Under 50 Butterfly-Timed Finals	72
73	11-12 100 Backstroke-Prelims	74
75	10 & Under 100 Backstroke-Timed Finals	76
77	11-12 400 IM-Timed Finals	78

### Notes for Saturday PM Session

- The 11-12 200 butterfly, 200 backstroke, 200 breaststroke, 400 IM, and 400 freestyle will be conducted as timed final events. The top 8 seeded swimmers in each event will compete during the finals session
- The 400 Freestyle and 400 IM will be swum fastest to slowest alternating girls and boys

# FCST Summer Splash Invitational

June 23-25, 2017

Sanction GULC 17-049R1 (time changes in red)



## Saturday, June 24-Finals

Warm Up will begin immediately upon the completion of the afternoon session or at **4:30 PM** whichever is later. Finals competition will begin 1 hour after the start of the warm-up session.

Girls Event #	Event Description	Boys Event #
41	13-14 200 Freestyle	42
43	15 & Over 200 Freestyle	44
59	11-12 200 Freestyle	60
45	13-14 100 Breaststroke	46
47	15 & Over 100 Breaststroke	48
63	11-12 100 Breaststroke	64
49	13-14 200 Butterfly	50
51	15 & Over 200 Butterfly	52
67	11-12 200 Butterfly-Top 8	68
69	11-12 50 Butterfly	70
53	13-14 100 Backstroke	54
55	15 & Over 100 Backstroke	56
73	11-12 100 Backstroke	74
57	13-14 400 IM	58
57	15 & Over 400 IM	58
77	11-12 400 IM-Top 8	78

# FCST Summer Splash Invitational

June 23-25, 2017

Sanction GULC 17-049R1 (time changes in red)



## Sunday, June 25-Morning Session

Warm Ups Start at **7:30 AM**

Meet Starts at **9:00 AM**

Girls Event #	Event Description	Boys Event #
83	13-14 200 Backstroke	84
85	15 & Over 200 Backstroke	86
87	13-14 50 Freestyle	88
89	15 & Over 50 Freestyle	90
91	13-14 200 IM	92
93	15 & Over 200 IM	94
95	13 & Over 1500 Freestyle-Timed Finals	96

### Notes for Sunday AM Session

- 13-14 swimmers must have a minimum of a 13-14 "A" time (1500M or 1650Y) and 15 & over swimmers must have a minimum of a 15-16 "A" (1500M or 1650Y) time to enter the 1500 freestyle.
- The 1500 will be limited to the top 40 swimmers per gender, after scratches.
- The 1500 Freestyle will be conducted as a Timed Final event.
- Swimmers in the 1500 freestyle must provide their own timers and lap counter.

## Sunday, June 25-Afternoon Session

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

Girls Event #	Event Description	Boys Event #
97	11-12 200 Backstroke-Timed Finals	98
99	11-12 50 Backstroke-Prelims	100
101	10 & Under 50 Backstroke-Timed Finals	102
103	11-12 50 Freestyle-Prelims	104
105	10 & Under 50 Freestyle-Timed Finals	106
107	11-12 200 IM-Prelims	108
109	10 & Under 200 IM-Timed Finals	110
111	11-12 200 Medley Relay-Timed Finals*	112
113	10 & Under 200 Medley Relay-Timed Finals*	114
115	11-12 800 Freestyle-Timed Finals	116

### Notes for Sunday PM session

- 11-12 800 freestyle will be a timed final event with all heats being swum during prelims
- All 12 & Under Relays will be swum during Prelims.
- The 11-12 200 butterfly, 200 backstroke, 200 breaststroke, 400 IM, and 400 freestyle will be conducted as timed final events. The top 8 seeded swimmers in each event will compete during the finals session.
- Swimmers in events 400 meters and over must provide their own timers and lap counters(where applicable)

# FCST Summer Splash Invitational

June 23-25, 2017

Sanction GULC 17-049R1 (time changes in red)



## Sunday, June 25-Finals

Warm Up will begin immediately upon the completion of the afternoon session or at **4:30 PM** whichever is later. Finals competition will begin 1 hour after the start of the warm-up session.

Girls Event #	Event Description	Boys Event #
83	13-14 200 Backstroke	84
85	15 & Over 200 Backstroke	86
97	11-12 200 Backstroke	98
99	11-12 50 Backstroke	100
87	13-14 50 Freestyle	88
89	15 & Over 50 Freestyle	90
103	11-12 50 Freestyle	104
91	13-14 200 IM	92
93	15 & Over 200 IM	94
107	11-12 200 IM	108

# FCST Summer Splash Invitational

June 23-25, 2017

Sanction GULC 17-049R1 (time changes in red)



## 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
- 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. A swimmer will not step upon the blocks when a swimmer 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 prohibits.
  3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.
  4. **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!**
  5. No Taping on Facility walls or painted surfaces. Team Banners must not exceed 5 ' x 8'.

# FCST Summer Splash Invitational

June 23-25, 2017

Sanction GULC 17-049R1 (time changes in red)



## Fort Bend ISD Training Pool Map

16701 Bissonnet St  
Houston, TX 77083

