



**RICE Summer Sizzler
June 23rd-24th, 2017**

HOSTED BY

RICE Aquatics

Sanction#: GULC 17-019

LOCATION:

RICE University Pool @ RICE University
6100 Main Street
Houston, TX 77005-1827

Directions: RICE University is located just across from the Texas Medical Center. From US 59 exit Shepherd/Greenbriar. Turn south on Greenbriar (one way) and proceed to Rice Blvd. Make a right turn onto the Rice campus at entrance 17, one block east of the Shepherd traffic light. Parents will need to park in "Visitor Lot 1." This is a pay lot that uses credit card for entry.

COACHES:

Seth Huston	Program Director
Jason Wedlick	Head Coach
Beau Caldwell	Head Age Group Coach

POOL:

Eight (8) lane, 50 meter, outdoor pool with non-turbulent lane lines. 6-lanes will be used for competition. 1 lane will be made available for continuous warm-up/warm-down, with 1 lane serving as a "buffer" lane between the competition course and warm-down lane.

TIME AND DATE:

Friday, June 23 rd	warm up:	4:00-4:50pm	start 5:00pm
Saturday, June 24 th	warm up:	8:00-8:50am	start 9:00 AM

Lane assignments for warm up and timing will be designated in the psych sheet and posted on the GULF Swimming website by Wednesday, June 21st

MEET TYPE:

This is a timed final long course meet. This meet will be run utilizing the "Flyover Starts" procedures, unless it is determined by the meet director and meet referee that they are not necessary. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the "Flyover Start" procedures.

This meet will close when entries surpass 200 athletes

MEET REFEREE:

Louis Davis - louis.davis@fluor.com

**ADMINISTRATIVE
OFFICIAL:**

Gerald Lewis

MEET DIRECTOR:

Amanda Caldwell – arc4@rice.edu 713-348-8867

SAFETY MARSHAL:

Hobie Huston

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

See attached Safety Guidelines and Warm-up Procedures.

SEEDING:

The meet will be a pre seeded meet. All late entries after the production of the heat sheet and/or deck entries will be added to open lanes if space is available with a NT.



Additional heats may be added at the discretion of meet referee and meet management. Seeding shall be in time order, fastest to slowest.

There will be check in for all races of a 400 meter or above distance.

ON-DECK ENTRIES: Late entries will be accepted each day up to 45 minutes before the start of the meet for empty lanes only. Adding additional heats is up to the discretion of meet referee and meet management.

1. Swimmers must pay double the entry fee at the time of entry.
2. Swimmers must supply completed entry forms. Swimmers will be entered with a NT.
3. Swimmers must enter all events for the day forty-five (45) minutes prior to the start of the day'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.

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best USAS LCM/SCM/SCY time. Do not convert times. If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested.

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

Number of Events: Limited to three (3) events a day.

Deadline: Entries must be in the inbox of the Meet Entry Chair no later than 6:00 p.m. on Tuesday, June 13th. Entries must be sent electronically to the meet entry chair. Checks must be brought to the meet and in the hands of the entry chair prior to the start of warm-up.

Entry Chair: Beau Caldwell
coachbeau@riceaquatics.com

Eligibility: All USA Swimming registered teams; athletes must be ages 13 or older.

Qualifying Times: 13-14 A time standard for respective gender applies to 400 free & 400 IM. This applies to each age group.

Entries: All teams entering 10 or more swimmers MUST submit their entries on a diskette or electronically via e-mail, using the HY-TEK MEET MANAGER/HY-TEK TEAM MANAGER computer software, along with a hard copy printout of the entries. Teams without HY-TEK should submit their entries on the enclosed Entry Form. A \$25.00 fee must be included with the entry fees for teams that enter 10 or more swimmers using an entry form only (without sending HY-TEK files).

Teams may electronically mail their Meet Manager files. Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Announcement.



Fees: \$6.00 per individual event; \$8.00 facility surcharge. Make checks payable to **RICE Aquatics**. Entry fees must accompany entries, if delivered by any method other than email.

Mail Checks or hand deliver to entry chair during warm up of Friday Session.

Rice University
MS 548
PO Box 1892
Houston, TX 77251-1892

SCORING: No Scoring will be kept at this meet.

AWARDS: There will be no awards given at this meet.

**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 6.7 feet measured from 1 meter to 5 meters on the starting end of the course, and 6.7 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM: A Colorado 6 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.

**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.

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.

DECK CHANGING: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**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.

**UNACCOMPANIED
SWIMMERS:**

Any swimmer entered in the meet, must be certified by a USA swimming member coach as proficient in performing a racing start or must start each race from in 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 for volunteers, coaches and meet officials.

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.





RICE Summer Sizzler
June 23rd-24th, 2017
HOSTED BY
RICE Aquatics
GULC

Deadline for Entries: Tuesday, June 13, 2017, 6:00pm.

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





**RICE Summer Sizzler
June 23rd-24th, 2017**

**HOSTED BY
RICE Aquatics
GULC**

Deadline for Entries: Tuesday, June 13, 2017, 6:00pm.

**MEET ENTRY FORM
RICE Aquatics
RICE Summer Sizzler
June 23-24, 2017**

A Long Course Timed Final Meet

TEAM _____ ABBREV. _____

ENTRY CHAIRMAN _____

PHONE _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS _____

ENTRIES FOR: BOYS: _____ GIRLS: _____

Swimmers Name	USS #	Birthdate	Event # Description	Time





RICE IMX Meet June 23-24, 2017

HOSTED BY
RICE Aquatics

GULC

Deadline for Entries: Tuesday, June 13, 2017, 6:00pm.

*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.
- 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. 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.





**RICE IMX Meet
June 23-24, 2017**

**HOSTED BY
RICE Aquatics
GULC**

Deadline for Entries: Tuesday, June 13, 2017, 6:00pm.

Type of meet	Timed Finals
Max # of individual events/day	Three (3)
Swimmers eligible	All USA Swimming registered teams & athletes age 13 and older
Entry times in	LCM/SCM/SCY
Qualifying times	400 Free & 400 IM must have 13-14 A time for respective gender
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 events- \$6.00/event Facility Surcharge - \$8.00/athlete

**Friday, June 23rd
Meet Starts at 5:00pm**

Girls #	Event Name	Boys#
1	13&O 200 Meter Freestyle	2
3	13&O 100 Meter Butterfly	4
5	13&O 100 Meter Breaststroke	6
7	13&O 200 Meter Backstroke	8
9#	13&O 400 IM	10#

**Saturday, June 24th,
Meet Starts at 9AM**

Girls #	Event Name	Boys#
11	13&O 200 Meter Ind. Medley	12
13	13&O 100 Meter Backstroke	16
15	13&O 200 Meter Butterfly	16
17	13&O 100 Meter Freestyle	18
19	13&O 200 Meter Breaststroke	20
21#	13&O 400 Meter Freestyle	22#

*All events will be seeded Fastest to Slowest

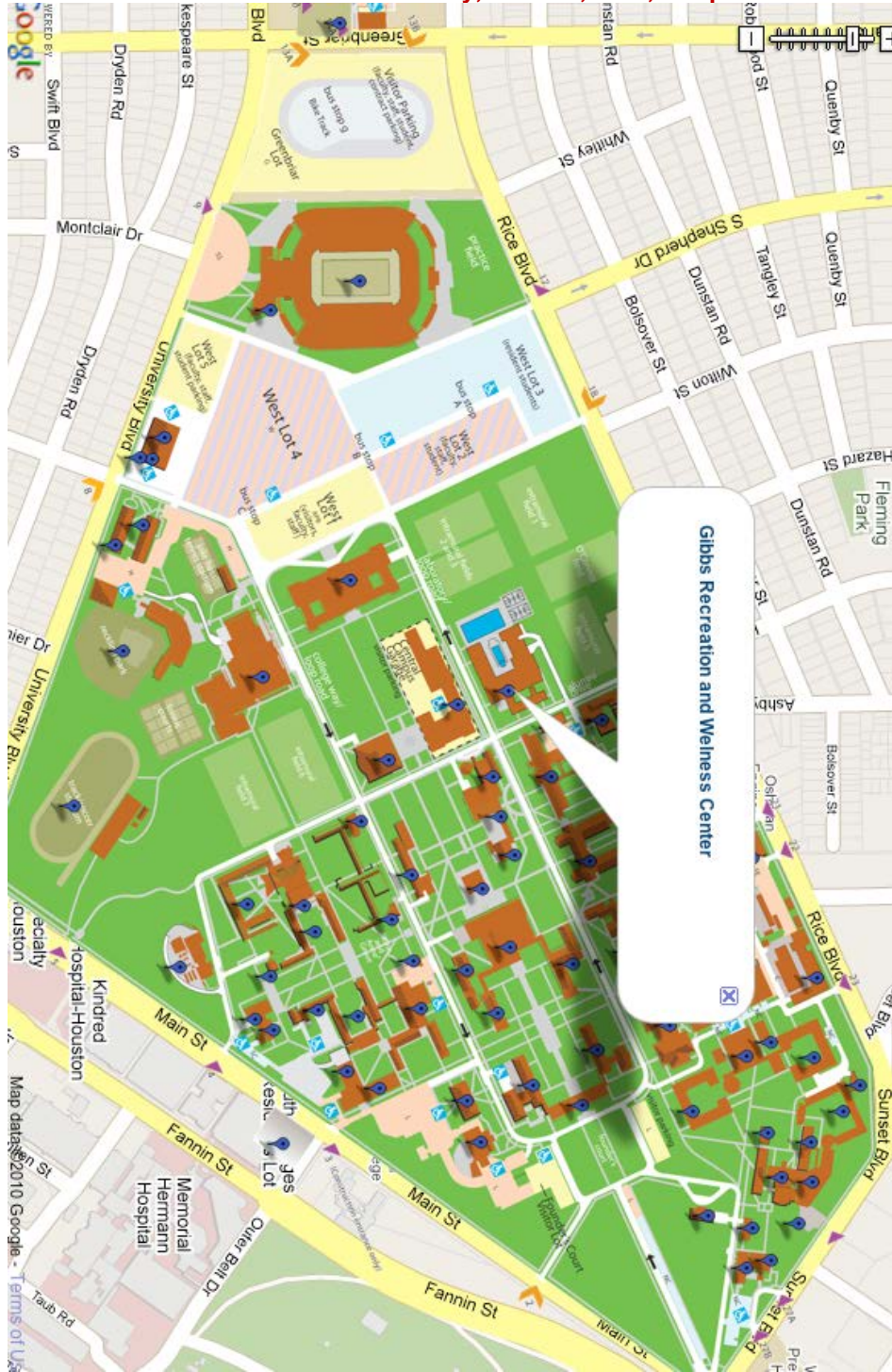
#Must have 13-14 A time standard for respective gender; applies to each age group. Circle-in required by start of meet.





RICE Summer Sizzler
June 23-24, 2017
HOSTED BY
RICE Aquatics
GULC

Deadline for Entries: Tuesday, June 13, 2017, 6:00pm.





RICE Summer Sizzler
June 23-24, 2017
HOSTED BY
RICE Aquatics
GULC



Swimmers and Family will need to park in the West Lot 1 visitor parking lot. This is a pay lot that requires a credit card or ATM card for entry. Parking will not be allowed on Laboratory/ Loop Road. Campus police will ticket cars left here for extended periods of time. One dollar parking is available on the other side of RICE Stadium in the Green briar lot.

A map of RICE Campus can be found at <http://www.rice.edu/maps/maps.html>





RICE Summer Sizzler
June 23-24, 2017
HOSTED BY
RICE Aquatics
GULC

Deadline for Entries: Tuesday, June 13, 2017, 6:00pm.

Parking Facilities & Rates

Greenbriar Lot	\$1 per entry per day
West Lot 1 (Alice Pratt Brown)	\$1 per 20 min, \$11 daily maximum
North Lot	\$1 per 12 minutes, \$11 daily maximum

BY CREDIT CARD (All Surface Lots)

Machines at the entrance gates will instruct the driver to insert a credit card (American Express, VISA, MasterCard or Discover). When the gate opens and the vehicle enters, the computer's "parking meter" begins. Upon leaving, the visitor drives to the exit gate and inserts the same credit card. It is very important to use the same credit card used at entry while exiting, otherwise the computer will not recognize the card. The gate will open within a few seconds, at which time the meter stops. The computer calculates the time, checks for fee approval and automatically bills the credit card. **IMPORTANT** - if you are issued a validation, please insert it **FIRST** into the machine, it will keep the validation. Then, insert the credit card used at the entry and the gate will open. <https://www.advocare.com/110110904/default.asp>

