



GULF Age Group Champs

July 7-9, 2017

A Long Course Meters Prelims/Finals Meet

HOSTED BY

Cy-Fair Swim Club – Fleet Swimming

Sanction Number # GULC 17-046R2

ENTRIES DUE TO CFSC (lehuongc@yahoo.com) BY 6:00 PM, SATURDAY, JUNE 27, 2017

LOCATION: Fleet Aquatic Center
14654 Spring Cypress Rd.
Cypress, TX 77429

DIRECTIONS: See Attached Map

SPECIAL INSTRUCTIONS: Parking will be on site. In the instance of inclement weather only, we will be utilizing offsite parking at the local elementary schools for all swimmers.
Chairs & set-up is not allowed in the Fleet First warm up/ warm down facility. No set up or chairs allowed on deck in front of the dryland facility.
Setup space for popup tents is located on the grass area adjacent to the dryland facility behind the bleachers, as well as to the northeast of the pool.
Please access that area through the gates on the field end side as deck access is not permitted.
The bleachers are for come and go seating only so everybody has a chance to watch their swimmer. No setup is allowed in the bleachers.

MEET STAFF:

MEET REFEREE:	Matt Sale, matt.j.sale@gmail.com
ADMIN OFFICIAL:	Holger Luebsen, holger@luebsen.com Meredith Moore, meredithmtx@gmail.com
MEET DIRECTOR(S):	Carolyn Reed, creed@porterhedges.com , 713-725-4604 Huong Le, lehuongc@yahoo.com , 832-606-4897 Miki Tran, atvltt@gmail.com , 281-221-8398
SAFETY MARSHAL:	Paula Mulvihill
COACH(ES):	Jim Bocci, Head Coach Colin Kennedy, Head Age Group Coach

POOL: One ten lane, 50 meter pool with non-turbulent lane lines will be used for warm-up and competition. A separate warm-up / warm-down area will be made available during the competition.

TIME AND DATE: This is a nine session, 3 day, prelim/final meet with AM, PM prelims and finals sessions each



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day.

Session 1: Friday AM prelims—July 7, 2017

Age Groups: 11-14 girls and boys

Warm-up*: 7:25 am-8:15 am / Meet Start: 8:30 am

Session 2: Friday PM prelims— July 7, 2017

Age Groups: 10 & U girls and boys

Warm-up*: not before 12:00pm-12:25pm / Meet Start: 12:35pm

Session 3: Friday finals – July 7, 2017

Age Groups: 14 & Under girls and boys

Warm-up: 4:30-5:15 pm/Meet Start: 5:30 pm

Session 4: Saturday AM prelims—July 8, 2017

Age Groups: 11-14 girls and boys

Warm-up*: 7:25 am-8:15 am / Meet Start: 8:30 am

Session 5: Saturday PM prelims— July 8, 2017

Age Groups: 10 & U girls and boys

Warm-up*: not before 12:00pm-12:25pm / Meet Start: 12:35pm

Session 6: Saturday finals – July 8, 2017

Age Groups: 14 & Under girls and boys

Warm-up: 4:30-5:15 pm/Meet Start: 5:30 pm

Session 7: Sunday AM prelims—July 9, 2017

Age Groups: 11-14 girls and boys

Warm-up*: 7:25 am-8:15 am / Meet Start: 8:30 am

Session 8: Sunday PM prelims— July 9, 2017

Age Groups: 10 & U girls and boys

Warm-up*: not before 12:00pm-12:25pm / Meet Start: 12:35pm

Session 9: Sunday finals – July 9, 2017

Age Groups: 14 & Under girls and boys

Warm-up: 4:30-5:15 pm/Meet Start: 5:30 pm

MEET TYPE:

This meet will be run utilizing chase start procedures for 11-14 year olds in prelims unless a waiver is received from the Technical Planning Committee Chair. The TPC and the host team will determine starting procedures for the 10 & U prelims.

Flyover starts will be utilized for the 10 & U prelims.

10 & U prelims sessions will run in 8 lanes. There will be 1 warm up/ warm down lane with 1 buffer lane. Separate warm up/ warm down pool will be closed during 10 & U prelims sessions.

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



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utilizing both ends of the pool. Odd heats will start at the field end of the pool and even heats will start at the locker room end of the pool.

All 400/800 meter events will be swum fastest to slowest using chase starts, alternating girls and boys heats, with the exception of the 10 & U 400 free. Girls' heats will start at the field end of the pool and the boys' heats will start at the locker room end of the pool.

All 50's will start at the locker room end of the pool.

All relays will start at the field end of the pool.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

SEEDING:

The meet will be deck seeded. Coaches, please inform your swimmers of seeding on deck rules. Once the check-in period closes at 45 min. BEFORE the session begins, all events will be seeded. All events will be seeded with heats in the order of fastest to slowest.

ON-DECK ENTRIES:

Late entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the 6:00 pm, Saturday, June 27, 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.

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: Gulf Age Group Champs time standards (attached)

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 July 7, 2017

Number of Events: Swimmers may compete in up to three (3) individual events per day, seven (7) events maximum 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, SATURDAY, JUNE 27, 2017**. No late entries will be accepted. Email entries to the meet host at:

lehuongc@yahoo.com

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):	\$9.00
Relay Event Entry Fee (per relay):	\$16.50
Swimmer Surcharge Fee (per swimmer):	\$6.50
Make entry fee checks payable to:	CFSC

Mail entry fees (**POSTMARKED BY FRIDAY, JUNE 30, 2017**) to the address below:

CFSC
Attn: Huong Le
11659 Jones Rd. PMB #351
Houston, TX 77070
832-606-4897
lehuongc@yahoo.com

AWARDS:

Individual events: Custom medals 1st-3rd places and ribbons 4th-10th places.
Relay events: Custom medals 1st place and ribbons 2nd-3rd places.
Combined team: Custom Gulf trophies 1st-3rd places.
Individual High Point: 1st place and runner up girls and boys in each age group 10 & U, 11-12, 13-14 (highest individual points earned).

SCORING:

Individual Events 1st-10th : 24-21-20-19-18-17-16-15-14-13
Individual Events 11th-20th: 11-9-8-7-6-5-4-3-2-1
Relay Events 1st-10th : 48-42-40-38-36-34-32-30-28-26
Relay Events 11th-20th : 22-18-16-14-12-10-8-6-4-2



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All 11-14 events will be swum combined in prelims and scored 11-12 and 13-14.

400 FREE:

The 10 & U 400 Free will be a positive check in and will be swum as timed finals, with all heats being swum in prelims, running all girls heats then all boys heats.

The 11-14 400 Free will be a positive check in and swum as timed finals. At check in, swimmers may elect to swim the event during prelims. The fastest 10 in each age group and gender who do NOT elect to swim during prelims, will swim in finals on Friday night as the FIRST event. All others will swim ages combined at the end of Friday AM prelims, alternating girls and boys by heat.

800 FREE:

This event will be swum as a timed finals event. At check in, swimmers may elect to swim the event during prelims. The fastest 10 of each gender who do NOT elect to swim during prelims, will swim in finals on Sunday night as the FIRST event. All others will swim at the end of Sunday AM prelims, alternating girls and boys by heat.

400 I.M.:

This event will be swum as a timed finals event. At check in, swimmers may elect to swim the event during prelims. The fastest 10 of each gender who do NOT elect to swim during prelims, will swim in finals on Saturday night as the FIRST event. All others will swim at the end of Saturday AM prelims, alternating girls and boys by heat.

RELAYS:

Relay cards must be turned in to the Clerk of Course no later than 45 min. prior to the start of each session in which the event is scheduled to swim or the entry will be considered scratched.

FINALS AND SCRATCHING:

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

Any finalist who fails to compete in finals or consolation finals, or any other bonus final heat, for which he or she has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations and will be assessed a fine of \$50.00. A club, which has not paid the fine, will not be allowed to register for membership in Gulf Swimming until the fine is paid.

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 or she has successfully complete 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 a fine of \$50.00.** Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the 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 competition, 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.



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The USA Swimming National Championships Meets “reserve the right to scratch” rule is not applicable to any Gulf Swimming 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. Gulf Swimming teams assigned by the Technical Planning Chairman may only participate in this invitational meet.

The Gulf Swimming three (3) event rule does not apply and the up/down rule does apply.

POOL MEASUREMENT:

Enter Either Statement:

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

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

TIMING SYSTEM:

A Colorado Model 6000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the psych sheet. Swimmers in the 400/800Free 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 set up or chairs allowed on deck. On deck is allowed only for coaches and officials.

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), within three days after the conclusion of the meet. Unofficial real time results will be available on MEET MOBILE and Meetbop.

CONCESSIONS:

Concessions will be available.

MERCHANDISE:

D&J Sports will be at the meet selling swim apparel and swim gear.

ATTACHMENTS:

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



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GULF Age Group Champs

July 7-9, 2017

A Long Course Meters Timed Finals Meet

HOSTED BY

Cy-Fair Swim Club – Fleet Swimming

Entry Rules:

Type of meet	Prelim/Final A/B finals for each age group
Max # individual events per day	Three (3) per day; seven (7) maximum for meet
Swimmers eligible	Gulf only
Entry times in	LCM, SCM, SCY
Qualifying times	Gulf Age Group Champs times (attached)
Cut-off times	None
Enter with no time?	Yes
Gulf “three event rule” applies?	No
Gulf “up/down rule” applies?	Yes
Gulf “Beyond IMX Rule” applies?	No
Fees	Individual – \$9.00 Relays--\$16.50 Facility Surcharge – \$6.50 per swimmer

Girls Event#	Friday AM prelims—July 7, 2017			Boys Event#
	Event Name			
5	11-12	50	Fly	6
9	11-14	200	I.M	10
13	11-14	100	Back	14
15	11-14	200	Breast	16
	5 minute break			
17	13-14	400	Free Relay	18
19	11-12	400	Free Relay	20
	5 minute break			
1	11-14	400	Free*	2

Girls Event#	Friday PM prelims—July 7, 2017			Boys Event#
	Event Name			
3	10 & U	50	Fly	4
7	10 & U	200	IM	
11	10 & U	100	Back	12



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21	10 & U	5 minute break	200	Free Relay	22
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**Girls
Event#**

**Friday Finals—July 7, 2017
Event Name**

**Boys
Event#**

1	11-14		400	Free*	2
3	10 & U		50	Fly	4
5	11-12		50	Fly	6
		5 minute break			
7	10 & U		200	I.M.	8
9	11-14		200	I.M.	10
11	10 & U		100	Back	12
13	11-14		100	Back	14
15	11-14		200	Breast	16

**Girls
Event#**

**Saturday AM Prelims – July 8, 2017
Event Name**

**Boys
Event#**

23	13-14		200	Free Relay	24
25	11-12		200	Free Relay	26
		5 minute break			
31	11-14		100	Fly	32
35	11-14		200	Free	36
39	11-14		100	Breast	40
43	11-14		50	Free	44
45	11-12		200	Back	46
		5 minute break			
47	13-14		200	Medley Relay	48
49	11-12		200	Medley Relay	50
		5 minute break			
27	13-14		400	I.M.**	28

**Girls
Event#**

**Saturday PM Prelims – July 8, 2017
Event Name**

**Boys
Event#**

29	10 & U		100	Fly	30
33	10 & U		200	Free	34
37	10 & U		100	Breast	38
41	10 & U		50	Free	42
		5 minute break			
51	10 & U		200	Medley Relay	52



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Girls Event#	Saturday Finals—July 8, 2017			Boys Event#
	Event Name			
27	13-14	400	I.M.**	28
29	10 & U	100	Fly	30
31	11-14	100	Fly	32
33	10 & U	200	Free	34
35	11-14	200	Free	36
37	10 & U	100	Breast	39
39	11-14	100	Breast	40
41	10 & U	50	Free	42
43	11-14	50	Free	44
	5 minute break			
45	11-12	200	Back	46

Girls Event#	Sunday AM Prelims— July 9, 2017			Boys Event#
	Event Name			
55	13-14	200	Back	56
59	11-12	50	Back	60
	5 minute break			
63	11-14	100	Free	64
67	11-12	50	Breast	68
	5 minute break			
69	11-14	200	Fly	70
	5 minute break			
71	13-14	400	Medley Relay	72
73	11-12	400	Medley Relay	74
	5 minute break			
53	13-14	800	Free***	54

Girls Event#	Sunday PM Prelims— July 9, 2017			Boys Event#
	Event Name			
57	10 & U	50	Back	58
61	10 & U	100	Free	62
65	10 & U	50	Breast	66
	5 minute break			
75	10 & U	400	Free****	76



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Sunday Finals—July 9, 2017

Event#	Event Name			Event#
53	13-14	800	Free***	54
55	13-14	200	Back	56
57	10 & U	50	Back	58
59	11-12	50	Back	60
	5 minute break			
61	10 & U	100	Free	62
63	11-14	100	Free	64
65	10 & U	50	Breast	66
67	11-12	50	Breast	68
69	11-14	200	Fly	70

All 11-14 preliminary events 200 & shorter will be seeded fastest to slowest, utilizing chase starts, the field end for odd heats, the locker room end for even heats.

All 10 & U preliminary events 200 & shorter will be seeded fastest to slowest.

All 50 meter events will start from the locker room end of the pool.

All 11-14 events will be swum combined in prelims and separated out 11-12 & 13-14 in finals and swum youngest to oldest.

All relays will be swum timed finals during the prelim sessions and will start at the field end of the pool.

*The 11-14 400 Free—top 10 in each age group and gender choosing PM option will swim at the start of Friday finals. All others will swim ages combined at the end of Friday AM prelims, alternating girls & boys by heat.

**The 13-14 400 I.M.—top 10 in each gender choosing PM option will swim at the start of Saturday finals. All others will swim at the end of Saturday AM prelims, alternating girls & boys by heat.

***The 13-14 800 Free—top 10 in each gender choosing PM option will swim at the start of Sunday finals. All others will swim at the end of Sunday AM prelims, alternating girls & boys by heat.

****The 10 & U 400 Free will be swum as timed finals with all heats swum at the end of Sunday PM prelims, running all girls heats then all boys heats.



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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

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.)



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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
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



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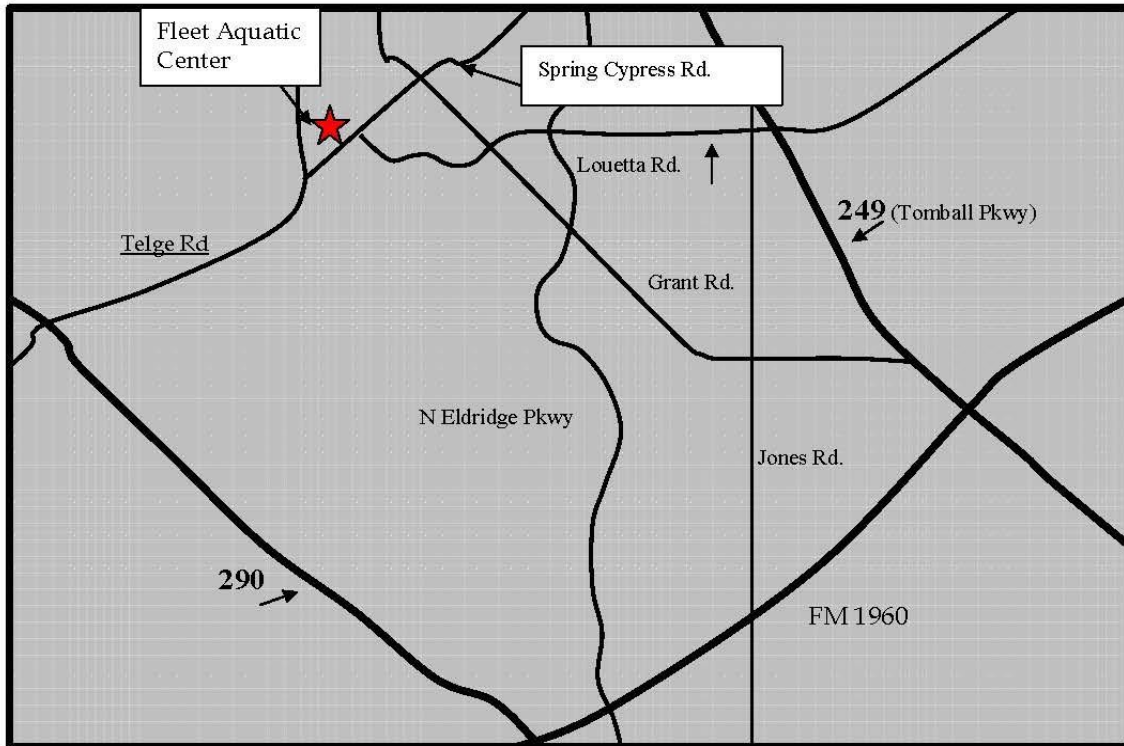
1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting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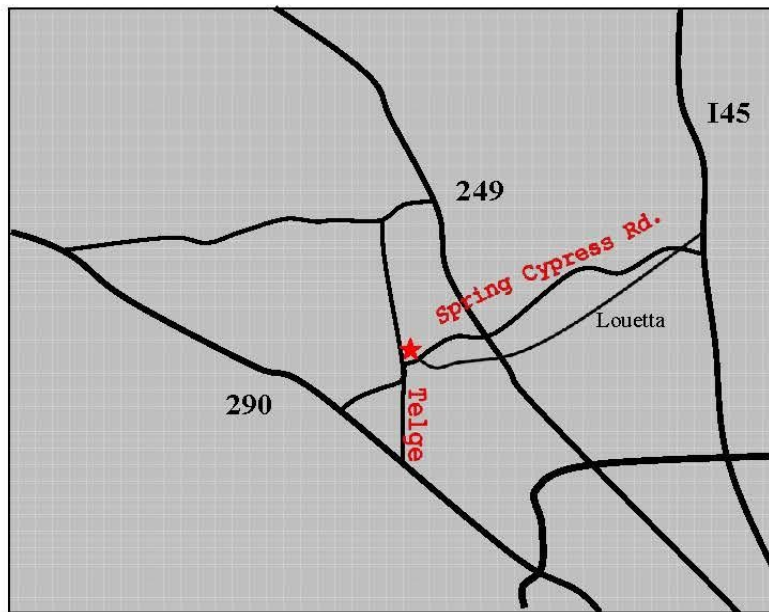


Fleet Aquatic Center
14654 Spring Cypress Rd.

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

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

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



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