

GULF SWIMMING SUMMER CHAMPS

July 14-16, 2017

A Long Course Meters Prelims / Finals Meet

HOSTED BY

First Colony Swim Team



Sanction Number # GULC 17-050R1

ENTRIES DUE TO THE TPC CHAIR (tpc@gulfswimming.org) BY 6:00 PM, TUESDAY, JUNE 27, 2017

- LOCATION:** Don Cook Natatorium 16255 Lexington Blvd, Sugar Land, TX 77479
- DIRECTIONS:** From Houston take Highway 59 towards Victoria, exit Highway 6 south, turn right on Lexington, drive four blocks and turn left at the first entrance to Mercer Stadium. Parking is available in the lot between the football stadium and the Natatorium.
- 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.
- MEET STAFF:**
- | | | |
|-------------------------|---|--|
| MEET REFEREES: | Joe Stucka
Tom O'Brien | joe.stucka@kbr.com
tomob930@gmail.com |
| ADMIN OFFICIALS: | Jim Achuff
Sarah Kumar
Jane Welborn | jim.achuff@gmail.com
sarah.e.kumar@gmail.com
jjwelborn@gmail.com |
| MEET DIRECTORS: | Karl Schuler
James Light
Mandy Norris | karl.schuler@gmail.com
jlight356@gmail.com
coachmandy@swimfcst.com |
| SAFETY MARSHAL: | Dwight Fruge | |
| COACHES: | Pete Wright
Ben Pulskamp
Dana Skelton | Head Coach
Head Age Group Coach
Head Developmental Coach |



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- POOL:** One eight lane, 50 meter Indoor 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 day.
- Session 1:** Friday AM prelims—July 14, 2017
Age Groups: 13 & Over girls and boys
Warm-up*: 7:00 am-8:15 am / Meet Start: 8:30 am
- Session 2:** Friday PM prelims— July 14, 2017
Age Groups: 12 & U 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 3:** Friday finals – July 14, 2017
Age Groups: All ages girls and boys
Warm-up: 4:30-5:15 pm/Meet Start: 5:30 pm
- Session 4:** Saturday AM prelims—July 15, 2017
Age Groups: 13 & Over girls and boys
Warm-up*: 7:00 am-8:15 am / Meet Start: 8:30 am
- Session 5:** Saturday PM prelims— July 15, 2017
Age Groups: 12 & U 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 6:** Saturday finals – July 15, 2017
Age Groups: All ages girls and boys
Warm-up: 4:30-5:15 pm/Meet Start: 5:30 pm
- Session 7:** Sunday AM prelims—July 16, 2017
Age Groups: 13 & Over girls and boys
Warm-up*: 7:00 am-8:15 am / Meet Start: 8:30am
- Session 8:** Sunday PM prelims— July 16, 2017
Age Groups: 12 & U 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 9:** Sunday finals – July 16, 2017
Age Groups: All ages girls and boys
Warm-up: 4:30-5:15 pm/Meet Start: 5:30 pm



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MEET TYPE: This is a prelims/finals meet with the exception of relays, 400 I.M., 400 and the 800 freestyle events, which will be timed finals events. Finals will consist of an A and B final for the 11 & over swimmers and an A final for the 10 & Under swimmers. All relays will swim in prelims.

The prelim sessions will be run utilizing chase starts, alternating odd and even heats for individual events of 100 and 200 meters. Odd heats will start at the Lobby end of the pool and even heats will start at the Scoreboard end of the pool. All prelim heats will be swum fastest to slowest. All girls' heats will be swum first, followed by all men's heats.

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

All relay events will start from the Scoreboard end of the pool.

All heats in finals session will start at the Scoreboard end of the pool with the exception of all 50 meter events which will start at the Lobby 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. After the events are officially closed, no one may check-in or scratch. After checking-in, failure to appear at the starting blocks will result in the swimmer being assessed a \$5.00 fine, payable to Gulf Swimming Administrative Vice-Chair, Jason Wedlick, for each event in which he/she fails to appear. All events will be seeded with heats in the order of fastest to slowest. As a courtesy to the host, coaches should inform the clerk of course of swimmers not attending the meet. Empty lanes will be used for deck entries.

Seeding for all events shall be in the following order: Conforming course entries in time order, followed by non-conforming long course entries in time order, followed by nonconforming short course entries in time order (YLS).

ORDER OF HEATS:

At Prelims, events will be swum with heats in the order of fastest to slowest, including distance events. At Finals, events will be swum with heats in the order of slowest to fastest.

RELAY CARDS:

Relay cards must be turned in to the Clerk of Course 45 minutes before the start of the 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 rule 207.11.6D and 207.11.6E, as modified below.



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Any finalist who fails to compete in finals or 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 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 the Gulf LSC 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 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 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.

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.

RELAY EVENTS: Relays will be swum as timed finals event. All relays will be swum in Prelims.

400 FREE/400 IM EVENTS: The 400 free and 400 IM events will be swum as timed final event. The fastest 8 girls and the fastest 8 boys who check-in and do not elect to swim in prelims, will swim during finals sessions. All other heats will be swum in the prelims sessions, running all girls heats first then all boys heats. Swimmers must provide their own timers during the prelim session heats and also for finals.

800 FREE: The 800 free will be swum as a timed final event. The fastest 8 girls and the fastest 8 boys who check in and do not elect to swim in prelims, will swim during finals. All other heats will be swum in the prelims session, alternating girls and boys by heat. Swimmers must provide their own timers and lap counters during the prelims session and also for finals.

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 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.
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.



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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 yard (meter) times to meter (yard) 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: Yes

Swimmers 14 & U may not enter an event if they have a Gulf Age Group time standard in that event.

15 & O must have 2 or LESS USAS AA Motivational time standards.

Qualifying Times: Yes (12 & under only)

Swimmers 12 & U must have a USAS BB Motivational time standard to enter that event.

Number of Events: Swimmers may compete in up to three (3) individual events per day and one (1) relay event per day.

Eligible Swimmers: Venues will be balanced by team numbers. The team lists will be posted on the Gulf website. 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.

Deadline: Entries must be in the hands of the Technical Planning Chair no later than **6:00 pm, Tuesday, June 27, 2017**. No late entries will be accepted. Email entries to the TPC at:

tpc@gulfswimming.org

Entries: All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.

First Colony Swim Team
4501 Cartwright Road # 406
Missouri City, TX 77459
281-969-8759
fcst.entries@gmail.com



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Individual Event Entry Fee (per event): \$9.00
Relay Entry Fee (per relay event): \$16.50
Swimmer Surcharge Fee (per swimmer): \$8.50
Make entry fee checks payable to: First Colony Swim Team

FINALISTS: All finalists should report directly to the starting blocks. Names of the top 8 finalists will be announced before the start the heat.

AWARDS: Individual events: Custom Gulf Medals for 1st - 3rd places & Ribbons for 4th - 8th places
Relay events: Custom Gulf Medals for 1st place & Ribbons for 2nd-3rd places
Combined team: Custom Gulf Trophies for 1st -3rd places
Individual high point: 1st place and Runner-up Girls / Boys (highest individual points earned)

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

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.

The Gulf Swimming three (3) event rule does not apply. The up/down rule applies for 12 & Under swimmers only.

Swimmers may compete in relays as long as they are eligible to compete in individual events.

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 starting end of the course, and 13'-6" 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 meet program. Swimmers in the 500 Free must provide their own lap counter. 1000/1650 Free swimmers must provide their own timers and lap counters during the



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prelim session heats and lap counters for finals.

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 is 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.

PROOF OF TIME:

Any swimmer that cannot prove that he/she was eligible to swim an event will be fined \$20.00 for each event he/she fails to prove. The fine or proof of time is sent to the Administrative Vice-Chair, Jason Wedlick.

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).



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- 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. Heat and Lane assignments and unofficial results will be posted on Meet Mobile
- CONCESSIONS:** Concessions will be available
- MERCHANDISE:** D-J Sports will be at the meet selling swim apparel and swim gear
- FACILITY RULES:** 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!
No Taping on Natatorium walls or painted surfaces. Team Banners must not exceed 5'X 8'.
- ATTACHMENTS:** Meet Format, Time Standards, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form, Individual and Relay Entry Forms



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GULF SWIMMING SUMMER CHAMPS

July 14-16, 2017

A Long Course Meters Prelims/Finals Meet

HOSTED BY

First Colony Swim Team

Entry Rules:

Type of meet (11 & Over)	Prelim/Final A, B
(10 & Under)	Prelim/Final A
Max # individual events per day	Three (3)
Swimmers eligible	Group X, Gulf Swimmers Only
Entry times in	LCM/SCM/SCY
Qualifying Times	12 & U-- BB times by event 13 & O--none
Cut-off times	14 & U—Gulf Age Group Champs times 15 & O—2 AA times or fewer
Enter with no time?	Yes
Gulf “three event rule” applies?	No
Gulf “up/down rule” applies?	Yes, for 12 & Under
Gulf “beyond IMX rule” applies?	No
Fees	Individual – \$9.00, Relay - \$16.50 Facility Surcharge – \$8.50



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Friday AM Prelims, July 14, 2017

Girls Event#	Event	Boys Event#
5	15 & Over 200 I.M.	6
7	13-14 200 I.M.	8
13	15 & Over 100 Back	14
15	13-14 100 Back	16
21	15 & Over 200 Fly	22
23	13-14 200 Fly	24
27	13 & Over 400 Free*	28

Friday PM Prelims, July 14, 2017

Girls Event#	Event	Boys Event#
1	11-12 50 Fly	2
3	10 & Under 50 Fly	4
9	11-12 200 I.M.	10
11	10 & Under 200 I.M.	12
17	11-12 100 Back	18
19	10 & Under 100 Back	20
25	11-12 200 Breast	26

Friday Finals, July 14, 2017

Girls Event#	Event	Boys Event#
1	11-12 50 Fly	2
3	10 & U 50 Fly	4
5	15 & Over 200 I.M.	6
7	13-14 200 I.M.	8
9	11-12 200 I.M.	10
11	10 & Under 200 I.M.	12
13	15 & Over 100 Back	14
15	13-14 100 Back	16
17	11-12 100 Back	18
19	10 & Under 100 Back	20
21	15 & Over 200 Fly	22
23	13-14 200 Fly	24
25	11-12 200 Breast	26



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27

13 & Over 400 Free*

28

Saturday AM Prelims, July 15, 2017

Women Event#	Event	Men Event#
33	13-14 100 Fly	34
35	15 & Over 100 Fly	36
41	13-14 200 Free	42
43	15 & Over 200 Free	44
49	13-14 100 Breast	50
51	15 & Over 100 Breast	52
57	13-14 50 Free	58
59	15 & Over 50 Free	60
63	13-14 200 Medley Relay	64
65	15 & Over 200 Medley Relay	66
	5 min. break	
71	13 & Over 400 I.M. **	72

Saturday PM Prelims, July 15, 2017

Women Event#	Event	Men Event#
29	10 & Under 100 Fly	30
31	11-12 100 Fly	32
37	10 & Under 200 Free	38
39	11-12 200 Free	40
45	10 & Under 100 Breast	46
47	11-12 100 Breast	48
53	10 & Under 50 Free	54
55	11-12 50 Free	56
61	11-12 200 Back	62
67	10 & Under 200 Medley Relay	68
69	11-12 200 Medley Relay	70



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Saturday Finals, July 15, 2017

Women Event#	Event	Men Event#
29	10 & Under 100 Fly	30
31	11-12 100 Fly	32
33	13-14 100 Fly	34
35	15 & Over 100 Fly	36
37	10 & Under 200 Free	38
39	11-12 200 Free	40
41	13-14 200 Free	42
43	15 & Over 200 Free	44
45	10 & Under 100 Breast	46
47	11-12 100 Breast	48
49	13-14 100 Breast	50
51	15 & Over 100 Breast	52
53	10 & Under 50 Free	54
55	11-12 50 Free	56
57	13-14 50 Free	58
59	15 & Over 50 Free	60
61	11-12 200 Back	62
71	13 & Over 400 I.M.**	72



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Sunday AM Prelims, July 16, 2017

Women		Men
Event#	Event	Event#
77	13-14 200 Back	78
79	15 & Over 200 Back	80
85	13-14 100 Free	86
87	15 & Over 100 Free	88
91	13-14 200 Breast	92
93	15 & Over 200 Breast	94
99	13-14 200 Free Relay	100
101	15 & Over 200 Free Relay	102
	5 min. break	
107	13 & Over 800 Free***	108

Sunday PM Prelims, July 16, 2017

Women		Men
Event#	Event	Event#
73	10 & U 50 Back	74
75	11-12 50 Back	76
81	10 & U 100 Free	82
83	11-12 100 Free	84
89	11-12 200 Fly	90
95	10 & Under 50 Breast	96
97	11-12 50 Breast	98
103	11-12 200 Free Relay	104
105	10 & Under 200 Free Relay	106
109	12 & Under 400 Free****	110



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Sunday Finals, July 16, 2017

Women Event#	Event	Men Event#
73	10 & Under 50 Back	74
75	11-12 50 Back	76
77	13-14 200 Back	78
79	15 & Over 200 Back	80
81	10 & Under 100 Free	82
83	11-12 100 Free	84
85	13-14 100 Free	86
87	15 & Over 100 Free	88
89	11-12 200 Fly	90
91	13-14 200 Breast	92
93	15 & Over 200 Breast	94
95	10 & Under 50 Breast	96
97	11-12 50 Breast	98
107	13 & Over 800 Free	108
109	12 & Under 400 Free	110

All preliminary events 200 and shorter will be seeded fastest to slowest.

All relays will swim as timed finals in prelims.

*13 & Over 400 Free—The fastest 8 in each gender choosing the PM option will swim in finals. All other heats will swim in prelims, running all girls heats first then all boys heats. This event will be swum combined but scored separately as 13-14 and 15 & Over.

**13 & Over 400 I.M.—The fastest 8 in each gender choosing the PM option will swim in finals. All other heats will swim in prelims, running all girls heats first then all boys heats. This event will be swum combined but scored separately as 13-14 and 15 & Over.

***13 & Over 800 Free—The fastest 8 in each gender choosing the PM option will swim in finals. All other heats will swim in prelims, alternating girls and boys heats. This event will be swum combined but scored separately as 13-14 and 15 & Over.

****12 & Under 400 free—The fastest 8 in each gender choosing the PM option will swim in finals. All other heats will swim in prelims, running all girls heats first then all boys heats. This event will be swum combined but scored separately as 10 & U and 11-12.



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GULF 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
 - 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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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

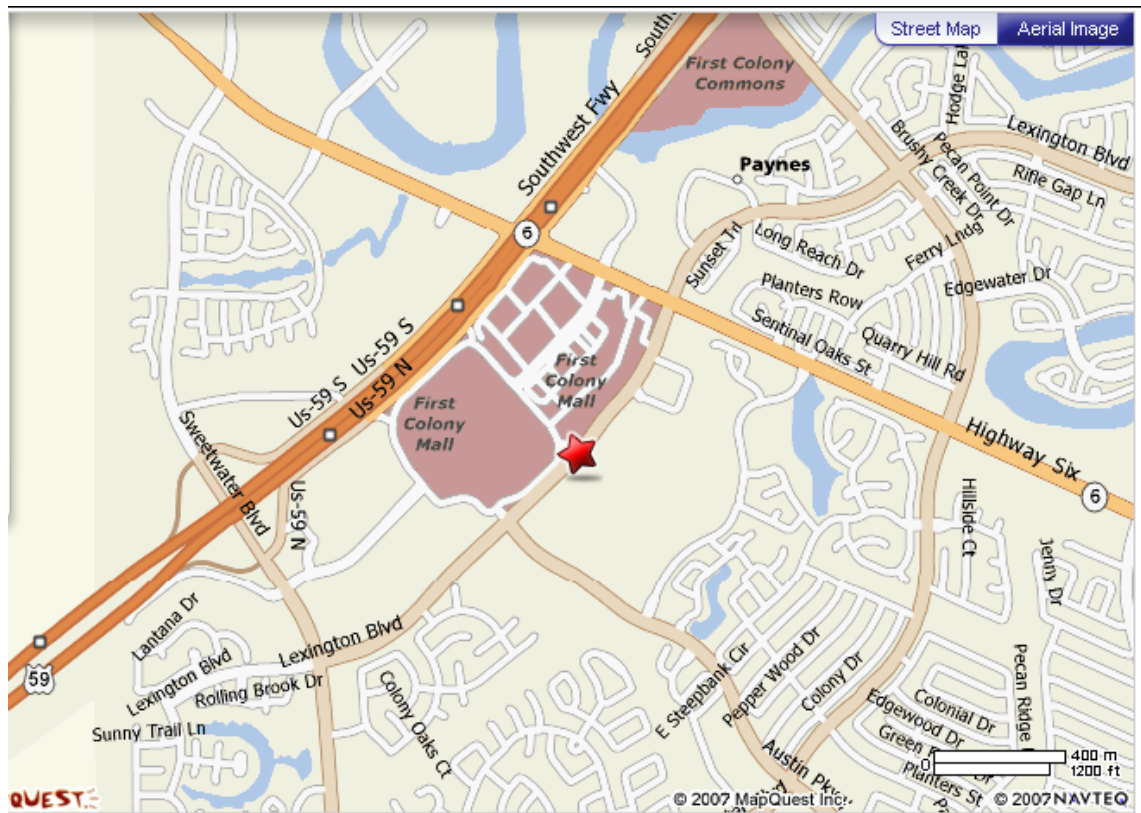


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Directions: Don Cook Natatorium is located 4 blocks west of the intersection of Lexington Blvd and Highway 6. It is behind the First Colony Mall and the Aerodrome skating rink.

Don Cook Natatorium
16255 Lexington Blvd
Sugar Land, Texas 7747



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