

GULF SWIMMING
“AGE GROUP CHAMPS FINALS”
TIME TRIALS

July 15, 2017

A Long Course Meters Time Trials Meet

HOSTED BY

First Colony Swim Team



Sanction Number # GULC 17-054

ENTRIES FOR THIS MEET ARE OPEN TO ELIGIBLE SWIMMERS ONLY AND DECK ENTRY FORMS MUST BE TURNED IN BY 1:00 PM, SATURDAY, JULY 15, 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	Head Coach



GULF SWIMMING



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 separate warm-up / warm-down area will be made available during the competition.

TIME AND DATE: This is a one session time trials meet.
Session 1: Saturday PM —July 15, 2017
The time trials will begin immediately following the conclusion of the finals for the Summer Champs Meet on Saturday July 15, 2017.

MEET TYPE: This is a time trials meet. It is being provided for the swimmers who missed their FINALS events at Gulf Age Group Champs on Sunday, July 9th due to the weather cancellation. Only those swimmers are eligible to swim this meet. The following events will be offered at this time trials meet for eligible athletes: 11-12 Boys 50 Back A Final, 14&U 100 Free, 12&U 50 Breast, 11-14 200 Fly

SAFETY GUIDELINES AND WARM-UP PROCEDURES:
See attached Safety Guidelines and Warm-up Procedures

ORDER OF HEATS: Time Trials events will be swum in the following order:
11-12 Boys 50 Back **A Final only**
14 & U 100 Free
12 & U 50 Breast
11-14 200 Fly

ON-DECK ENTRIES: Entries are due by 1:00 pm on Saturday, July 15, 2017.

ENTRY INFORMATION:
Entry Times: Swimmers must enter with their prelims times from the Cy-Fair Swim Club Gulf Age Group Champs 2017.

Eligible Swimmers: Swimmers who missed their FINALS events at Gulf Age Group Champs on Sunday, July 9th due to the weather cancellation.

Deadline: On deck entries will be done for this meet. Entries **MUST** be turned in by 1:00 PM on Saturday, July 15, 2017

On-Deck entry fee per event: \$18.00
Swimmer Surcharge Fee (per swimmer): \$6.50

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



GULF SWIMMING



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 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. Swimmers will be required to furnish their own timers.

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.



GULF SWIMMING



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).

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.

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



GULF SWIMMING



GULF SWIMMING

“AGE GROUP CHAMPS FINALS”

TIME TRIALS

July 15, 2017

A Long Course Meters Time Trials Meet

HOSTED BY

First Colony Swim Team

Entry Rules:	
Type of meet	Time Trials Meet
Swimmers eligible	Swimmers who missed their FINALS events at Gulf Age Group Champs on Sunday, July 9th due to the weather cancellation.
Entry times in	LCM
Qualifying Times	Prelims times from the CFSC Gulf Age Group Champs Meet
Enter with no time?	No
Gulf “three event rule” applies?	No
Gulf “up/down rule” applies?	No
Gulf “beyond IMX rule” applies?	No
Fees	Individual – \$18.00 Facility Surcharge – \$6.50 Fees for this meet will be paid to the meet host by Gulf Swimming following the submission of the meet reports to the Treasurer/Staff Comptroller of Gulf Swimming

Saturday Time Trials Finals, July 15, 2017	
Event#	Event
101	11-12 50 Backstroke(A Final)
102	14&U 100 Free
103	12 & U 50 Breast
104	11-14 200 Fly



GULF SWIMMING



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.



GULF SWIMMING



ENTRY VERIFICATION

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

Signature

Title

Date

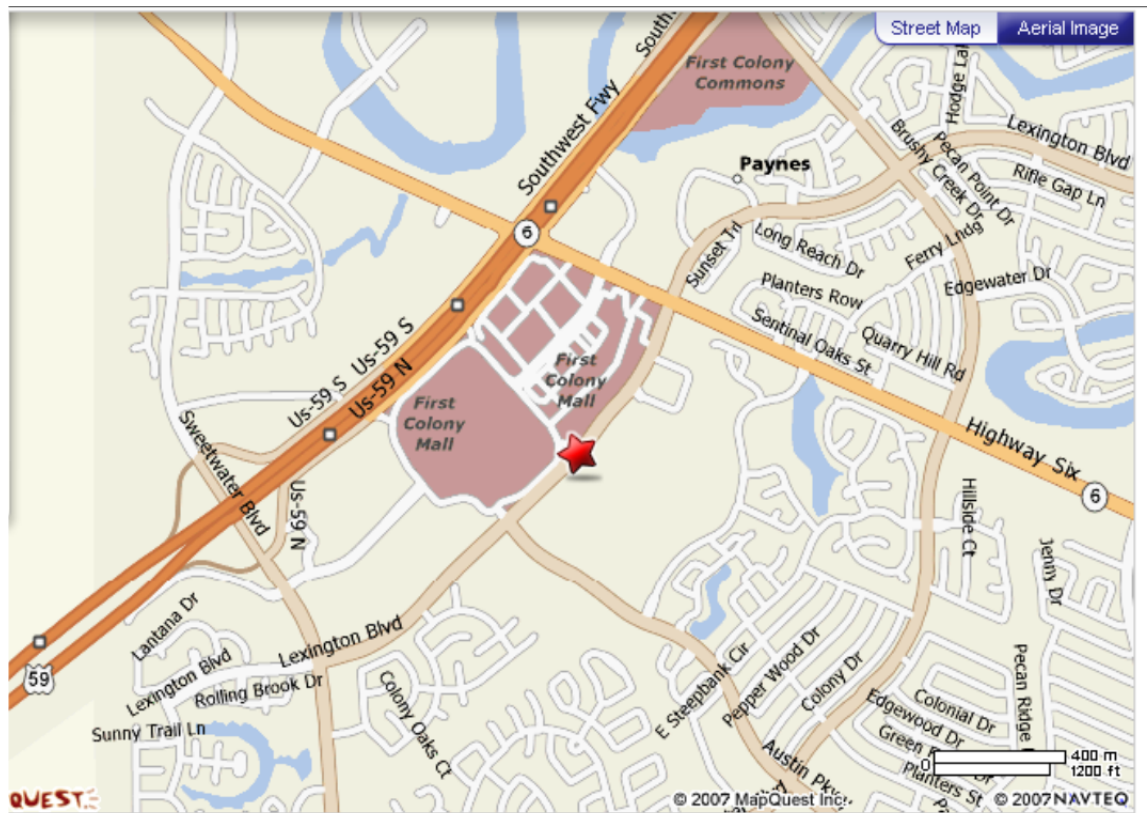


GULF SWIMMING



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



GULF SWIMMING

