

GULF SWIMMING
“AGE GROUP CHAMPS FINALS”
TIME TRIALS

July 15, 2017

A Long Course Meters Time Trials Meet

HOSTED BY

Pearland Aquatics



Sanction Number # GULC 17-053

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: Pearland Recreation Center and Natatorium
4141 Bailey Road
Pearland, TX 77584

DIRECTIONS: Take south Sam Houston Tollway to Pearland Parkway. Go south on Pearland Parkway. Turn right on Oiler Drive (Pearland High School stadium on your right), which turns into Bailey Road at next intersection (Highway 35). Continue straight on Bailey Road and cross bridge; Natatorium will be on your right at the corner of Bailey Road and Veterans Road. Parking is available in front of Natatorium and behind the facility off of Veterans Road

SPECIAL INSTRUCTIONS: Parking is available in front of Natatorium and behind the facility off of Veterans Road. **There is no meet parking in front of the Recreation Center, as this is reserved for Pearland Recreation Center members only.** Overflow parking is available at the neighboring high school on Bailey Rd.

MEET STAFF:

MEET REFEREE:	Herb Schwab herb.schwab@gmail.com (July 14) Todd Johnson toddajohnson15@hotmail.com (July 15-16)
ADMIN OFFICIAL:	Karen Gapsiewicz tagurit1975@yahoo.com (July 14, 15 PM, 16) Paul Kosinski kosinski.paul1727@gmail.com Francis Sanes fjsanes@gmail.com



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MEET DIRECTOR(S): Anitra Frederick anitrafrederick@gmail.com
Karen Gapsiewicz tagurit1975@yahoo.com (July 15 AM)

SAFETY MARSHAL: Jennifer Buchanan 3aggiemom3@gmail.com
Steve Buchanan SBuchanan@slb.com
Sherri Ruhl sherri_ruhl@hotmail.com

COACH(ES): John Burke, Head Coach
Ann Burke, Assistant Coach
Caitlin Cunningham, Assistant Coach
Natalie Melenric, Assistant Coach
Maksims Pimenovs, Assistant Coach
Charyl Teal, Assistant Coach
Breanna Whitbeck, Assistant Coach

POOL: One eight lane, 50 meter indoor pool with non-turbulent lane lines will be used for warm-up and competition. An additional 3 lanes/25 yard pool adjacent to the competition pool will be available during the meet for warm-up/down. Facility will open to swimmers and spectators 15 minutes prior to the start of each warm-up session.

TIME AND DATE: This is a one session time trials meet.
Session 1: Saturday PM prelims—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 p.m. 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.



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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

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

On-Deck Event 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 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 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 13 feet measured from 1 meter to 5 meters on the diving well end of the course, and 6 feet 7 inches measured from 1 meter to 5 meters on the warm-up/down pool end of the course.

TIMING SYSTEM: A Colorado Model 6000 (or Daktronics Model 2000) 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.



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Swimmers are required to remain with their team on pool deck during each session; bleachers are available on deck for team seating. Coaches must supervise their swimmers. Swimmers may bring portable seating on the pool deck, if space permits, but may not block walkways. Swimmers may also have small portable coolers (no rolling coolers) on deck with drinks. Teams are not allowed to setup on the computer room side of the pool. Food and drinks from concession stand are not allowed on deck; shaded patio seating is available behind the natatorium. Timing volunteer will be permitted to access the deck and help for that specific purpose. See complete facility rules attached to this invitation.

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).

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.



GULF SWIMMING

FACILITY RULES:

**Pearland Recreation Center & Natatorium
Rules, Regulation, Prohibitions, and Deck Access**

- All participants must follow the CDC “Healthy Swimming Policy” and shower before warm-up, no exception.
- Event personnel are empowered to enforce any and all regulations that have been established by the City of Pearland.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the viewing stands.
- Participants are not allowed to climb over banisters or railings, or pass any posted barriers.
- Participants and spectators are not allowed to use other areas of the Pearland Recreation Center & Natatorium complex during this event without purchasing a Day Pass at the Services Kiosk located within the Recreation Center.
- Absolutely no tobacco, alcohol products, or glass containers are allowed anywhere within the Pearland Natatorium. This also applies to the parking lot.
- Portable coolers only (no rolling coolers) are allowed on the pool deck, provided they do not contain glass items; no coolers allowed in the spectator bleacher area.
 - No flash photography is allowed at the start of any race. Video or photo capable devices are prohibited in the men’s and women’s locker rooms.
- Teams are expected to clean up their respective areas at the conclusion of the competition.
- Running or any other sort of activity that might be interpreted or described as “horseplay” is prohibited.
- Folding/portable chairs are not allowed in the spectator area. The walkways must stay clear at all times, as per Fire Marshall regulations. Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited.
- Face-painting or body painting of any kind is not permitted at the Natatorium.

Access to the deck of the PEARLAND Natatorium is restricted by pass to the following:

- Athletes • Administrative support personnel • Coaches • Facility/District Staff • Officials • Marshals • Service and supply vendors • Credentialed media personnel • Hospitality personnel • Medical support personnel • Other personnel on a case-by-case basis at the discretion of the Meet Director or the Meet Referee.

**Pearland Recreation Center & Natatorium
Healthy Swimming Policy**

The City of Pearland is committed to the health and safety of all patrons. The Pearland Parks and Recreation Center & Natatorium utilizes advanced training and technology and has adopted the Centers for Disease Control’s “Healthy Swimming Policy.” The policy protects our patrons and spectators from poor air or water quality hazards typical with indoor swimming pools caused by microorganisms and chloramines. The cornerstone of this policy is based on guidelines which mandate safe practices such as requiring all participants to shower before entering either pool located within the Pearland Recreation Center & Natatorium.



GULF SWIMMING

“Healthy Swimming Policy”
Acknowledgement Form

Organization: _____

Representative Name and Title: _____

By my signature below I agree, on behalf of my organization that:

- I have received a copy of the “Healthy Swimming Policy” and understand the Pearland Recreation Center & Natatorium’s “Healthy Swimming Policy” Procedure; as coach or sponsor I understand the responsibility for ensuring that all members of the organization and their guests comply with these rules. I understand that additional copies are available upon request.
- I affirm that all required staff members of my organization have current CPR/First Aid certifications and specific training or liability certification requirements needed by the organization’s national governing body.
- I understand that the City of Pearland may from time to time modify its policies and I agree to abide by those changes.

Team Official/Head Coach

Date



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“AGE GROUP CHAMPS FINALS”

TIME TRIALS

July 15, 2017

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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/SCM/SCY
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.



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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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