

FCST TWST FLEET Tri Meet

November 10-12, 2017

Sanction #GUSC 18-037



LOCATION: FBISD Training Pool 16701 Bissonnet Houston, TX 77083

DIRECTIONS: Take Hwy 59/Southwest Freeway toward Victoria. Exit Grand Parkway (99). Take a right on Grand Parkway. Continue on Grand Parkway approximately 3 miles. Make a right on FM 1464. Make a right on Denver Miller Road. Make a Left on Clodine Rd. Make a right on Bissonnet. Facility will be on the right.

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. Tent stakes are not permitted at the facility, buckets for water to secure tents will be available for use.

MEET STAFF:	MEET REFEREE:	Matt Sale	matt.j.sale@gmail.com
	ADMIN OFFICIAL:	Sarah Kumar	sarah.e.kumar@gmail.com
	MEET DIRECTOR(S):	Karl Schuler	karl.schuler@gmail.com
		James Light	jlight356@gmail.com
		Mandy Norris	coachmandy@swimfcst.com
	SAFETY MARSHAL:	Shirley Connell	
	COACHES:	Pete Wright	Head Coach
		Ben Pulskamp	Head Age Group Coach
		Dana Skelton	Head Developmental Coach

POOL: Two eight lane 25 Yard indoor pools with non-turbulent lane lines will be used for warm-up and competition. A 5 Lane 25 Yard warm-up / warm-down pool will be made available during the competition.

TIME AND DATE: This is three day, five session timed finals meet.

Friday November 10th	Warm Up	Meet Start
All Ages 200IM & 500Free	5:00 PM	6:00 PM
Saturday November 11 th /Sunday November 12th		
13 & Over	7:00 AM	8:30 AM
12 & Under	11:30 AM	12:30 PM

Split warm ups will be used. Lane assignments for warm-ups and timing assignments for each session will be designated in the psych sheet and posted by Wednesday, November 9, 2016

- MEET TYPE:**
- All events 200 Yards and under will be run utilizing flyover starts with odd heats in the Lobby End and even heats in the Diving End. All girls' heats will be swum first utilizing both ends of the pool followed by the boys' heats utilizing both ends of the pool.
 - The 1000 FR, 400IM and 12 & Over 500 FR events will be swum fastest to slowest. Girls heats will swim in the lobby end of the pool and the boys heats will swim in the diving end of the pool.
 - The 10 & Under 500FR events will be swum fastest to slowest. Odd heats will swim in the lobby end and even heats will swim in the diving end.

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- All Swimmers in the 500 and 1000 freestyle must provide their own timers and lap counters.
- FCST reserves the right to adjust warm-up times, session start times, and event limits based upon entries received, to combine events by age and/or gender, or move events from one pool to another in order to more efficiently run the meet and to maintain reasonable timelines. Any of these changes will be communicated to attendees either in the warm-up/timeline report posted on the Gulf website or onsite via announcement of the changes.

RELAYS: Relay entries will be due 15 Minutes prior to session start times each day.

- SEEDING/CHECK_IN:**
- All Events 200 Yards and under will be pre-seeded.
 - The 400IM, 500FR, and 1000FR are positive check-in events and will be deck seeded. The check-in for these events will close 30 minutes prior to the scheduled start of that session. Athletes who do not perform positive check-in for these events will be scratched from the events. After circling 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-Chairman, Charlie Fry.

- 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, November 1st, 2016 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.
 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 – short course yards (Y), short course meters (S), or long course meters (L). 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., Y, S, or L). 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: 1000 Free Swimmers must have an A time in their age group to swim 1000 Free. 10 & Under 500FR entrants must have 10 & Under 200FR B Time

Age: As of November 10th, 2017

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Number of Events: 11 & Over Swimmers may compete in up to four (4) individual events per day with a maximum of ten (10) for the meet. 10 & Under swimmers may compete in up to 4 individual events per day with a maximum of ten (10) 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, TUESDAY, October 31st, 2017**. No late entries will be accepted.

ELIGIBLE TEAMS: By Invite Only

Individual Event Entry Fee:	\$6.00
Relay Event Entry Fee:	\$10.00
Facility Surcharge Fee (per swimmer):	\$8.00 (Includes access to Meet Manager Heat Sheets)
Make entry fee checks payable to:	First Colony Swim Team

Mail entry fees (**POSTMARKED BY FRIDAY, November 3, 2017**) to the address below:

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

AWARDS: Individual events: Ribbons 1st-8th place
Relay Events: Ribbons 1st through 3rd place for 12 & Under Swimmers

SCORING: **Individual Events:**
1st – 8th place: 9-7-6-5-4-3-2-1
Relay Events:
1st – 8th place: 18-14-12-10-8-6-4-2
Some age groups are combined for competition but all events will be scored separately by age groups:
6&Under, 7-8, 9-10, 11-12, 13-14, 15 & Over

OFFICIALS: USA Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire will be white golf shirts over navy slacks/shirts/shorts (no blue jeans) and white shoes. There will be an officials' briefing one (1) hour before the start of each session.

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.

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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 Lobby end of the course, and 13'-6" feet measured from 1 meter to 5 meters on the Scoreboard 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 500 Free 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 Food or Drinks other than water are 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".

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.

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 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:

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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 for coaches and officials 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.

CONCESSIONS: Concessions will be available

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

ATTACHMENTS Entry Rules, Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Map
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Entry Rules:	
Type of meet	Timed Finals.
Max # individual events per day	Four (4)
Swimmers eligible	FCST, TWST
Entry times in	LCM, SCM , SCY,
Qualifying times	Senior 1000FR entrants must have an A time 10&U 500FR entrants must have 200FR B Time
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 IMX+ Rule Applies	Does not apply
Fees	Individual - \$6.00 Relay - \$10.00 Facility Surcharge -\$8.00 per swimmer (includes Meet Mobile Heat/Lane assignments)

Meet Format

Friday, November 10th Evening Session
Warm Up-5:00 PM
Meet Start-6:00 PM

Girls Event #	Event Description	Boys Event #
1	13-14 200 IM	2
3	15 & Over 200 IM	4
5	10 & Under 200 IM	6
7	11-12 200 IM	8
9	11 & Over 500 Freestyle	10

Notes for Friday PM Session

- All Swimmers in the 500FR event need to provide their own timers and counters

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Saturday, November 11th AM Session

Warm Up: 7:00 am

Meet Start: 8:30 am

Girls Event #	Event Description	Boys Event #
11	13-14 200 Free Relay	12
13	15 & Over 200 Free relay	14
15	13-14 100 Breaststroke	16
17	15 & Over 100 Breaststroke	18
19	13-14 200 Butterfly	20
21	15 & Over 200 Butterfly	22
23	13-14 200 Backstroke	24
25	15 & Over 200 Backstroke	26
27	13-14 100 Freestyle	28
29	15 & Over 100 Freestyle	30
31	13-14 400 IM	32
33	15 & Over 400 IM	34

Notes for Saturday AM Session

- Swimmers in the 400 IM must provide their own timers

Saturday, November 11th PM Session

Warm Up Start: 11:30 AM

Meet Start: 12:30 PM

Girls Event #	Event Description	Boys Event #
35	10 & Under 200 Free Relay	36
37	11-12 200 Free Relay	38
39	11-12 200 Breaststroke	40
41	10 & Under 100 IM	42
43	11-12 100 IM	44
45	10 & Under 100 Backstroke	46
47	11-12 100 Backstroke	48
49	10 & Under 50 Butterfly	50
51	11-12 50 Butterfly	52
53	10 & Under 100 Freestyle	54
55	11-12 100 Freestyle	56
57	10 & Under 50 Breaststroke	58
59	11-12 50 Breaststroke	60
61	11-12 200 Butterfly	62
63	10 & Under 500 Freestyle	

Notes for Saturday AM Session

- Swimmers in the 500 Freestyle must provide their own timers and lap counters

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Sunday, November 12th AM Session

Warm Up: 7:00 am

Meet Start: 8:30 am

Girls Event #	Event Description	Boys Event #
65	13-14 200 Medley Relay	66
67	15 & Over 200 Medley Relay	68
69	13-14 200 Freestyle	70
71	15 & Over 200 Freestyle	72
73	13-14 100 Backstroke	74
75	15 & Over 100 Backstroke	76
77	13-14 200 Breaststroke	78
79	15 & Over 200 Breaststroke	80
81	13-14 50 Freestyle	82
83	15 & Over 50 Freestyle	84
85	13-14 100 Butterfly	86
87	15- Over 100 Butterfly	88
89	Senior 1000 Freestyle	90

Notes for Sunday AM Session

- All Swimmers in the 1000FR event need to provide their own timers and counters

Sunday, November 12th PM Session

Warm Up Start: 11:30 AM

Meet Start: 12:30 PM

Girls Event #	Event Description	Boys Event #
91	10 & Under 200 Medley Relay	92
93	11-12 200 Medley Relay	94
95	10 & Under 200 Freestyle	96
97	11-12 200 Freestyle	98
99	10 & Under 100 Breaststroke	100
101	11-12 100 Breaststroke	102
103	10 & Under 50 Backstroke	104
105	11-12 50 Backstroke	106
107	10 & Under 100 Butterfly	108
109	11-12 100 Butterfly	110
111	10 & Under 50 Freestyle	112
113	11-12 50 Freestyle	114
115	11-12 200 Backstroke	116
	10 & Under 500 Freestyle	118

Notes for Sunday PM Session

- All Swimmers in the 500FR event need to provide their own timers and counters

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Fort Bend ISD Training Pool Map

16701 Bissonnet St

Houston, TX 77083

