



2017 Red White and Blue Challenge

HOSTED BY: First Colony Swim Team
Short Course Yards – Timed Finals – Intrasquad Meet
September 23-24, 2017

SANCTION: GUSC 18-020

LOCATION:
LCISD NEW Natatorium
1020 Horace Mann Ave, Rosenberg, TX 77471

SANCTION:
Sanctioned by the Gulf LSC for USA Swimming, Inc..

ELIGIBILITY:
Only swimmers who are members in good standing with FCST are eligible to compete.

COACHES:
Peter Wright, Head Coach
Ben Pulskamp, Head Age Group Coach
Dana Skelton, Head Developmental Coach

POOL:
25 yard, 8 lane indoor pool with non-turbulent lane lines, with 4 additional lanes for warm-up/warm-down.

Warm-Up/Warm-Down: Once the meet starts, the 4 lanes by the diving boards will be used for warm-up/warm-down. Lingering in the warm-up/warm-down lanes will not be permitted. A safety marshal will be assigned to monitor the WU/WD lanes and enforce these rules throughout the meet. The safety marshal has the authority to remove from the WU/WD lane any swimmer who does not comply with these rules. The Meet Referee may exercise additional adjudication authority as necessary.

TIME AND DATE:
This is a timed final intrasquad meet September 23-24, 2017.
Saturday, September 23, 2017 9:00 A.M.– 9:45 A.M. warm-up, meet starts at 10:00 A.M.
Sunday, September 24, 2017 9:00 A.M.– 9:45 A.M. warm-up, meet starts at 10:00 A.M.

MEET TYPE:
This meet will be run utilizing the “Flyover Starts” procedures unless a waiver is received from the Technical Planning Committee Chairman. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the “Flyover Start” procedures.

MEET REFEREE: Kyle Stewart kyle.stewart63@gmail.com

ADMIN OFFICIAL: Sarah Kumar sarah.e.kumar@gmail.com

MEET DIRECTOR: Karl Schuler karl.schuler@gmail.com
James Light jligh356@gmail.com

SAFETY MARSHAL: Shirley Connell

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures.

SEEDING: The meet will be a pre-seeded meet with the heats swum fastest to slowest. Deck entries will be available, and swimmers will be put into an empty lane, or if an empty lane is unavailable, a heat will be added.

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.

Qualifying Times: None

Cut-off Times: None

Age: 18 and under and Masters

Number of Event:

Swimmers may compete in 3 individual events per day and 1 relay per day.

Deadline:

Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Thursday, September 14, 2017. No late entries will be accepted. Do not send entries via Federal Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required. Mail entries to the Meet Entry Chairman at:

Ben Pulskamp
First Colony Swim Team
P.O. Box 16220
Sugar Land, TX 77496
281-869-8759
coachben@swimfcst.com

Fees:

\$12 Swimmer Surcharge, \$6.50 per event. Make checks payable to **FCST**.

AWARDS: None

SCORING: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

18 and under and open events will be swum combined but scored separately for 6 and under, 7-8, 9-10, 11-12, 13-14, and 15 and over. Masters events will not be scored.

RULES & 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.

MASTERS SWIMMERS:

Entrants must be currently registered USMS Swimmers, aged 18 and over as of September 23, 2017. Sanctioned by Gulf Masters Swim Committee for USMS, Inc.

USMS Sanction: 256-S011

Current United States Masters Swimming Rules will apply.

This is an intrasquad meet, open to FCST swimmers only, who are in good standing with FCST

POOL MEASUREMENT:

The competition course is compliant, but not certified, in accordance with USA Swimming Rule 104.2.2(C). Course measurements will be verified prior to the first session in accordance with Gulf Swimming Rules. The water depths **of the competition course measured from 1 meter to 5 meters on the lobby end and diving board end of the course** are as follows:

Lobby End - 7'

Diving Board End - 13'

USMS POOL MEASUREMENT:

The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet (USMS articles 105.1.7 and 107.2.1)

TIMING SYSTEM:

A Daktronics electronic timing system will be used. Two watches per lane will be used as a back-up.

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. The pool deck will be marked. 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.

AUDIO/VIDEO RECORDING DEVICES:

Use of audio or visual recording devices, including 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 meet.

DECK CHANGING PROHIBITION:

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

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.

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).

Attachments:

Safety Guidelines & Warm-up Procedures

Order of events

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.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks or 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 backstroke 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 all other 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.
 - 4. **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!**
 - 5. No Taping on Natatorium walls or painted surfaces. Team Banners must not exceed 5'X 8'.

Entry Rules

Type of Meet	Timed Finals
Max # of Events	Five (5)
Max # of individual events per day	Three (3)
Max # of relay events per day	One (1)
Swimmers eligible	FCST swimmers in good standing
Entry times in	SCY/LCM/SCM
Qualifying times	None
Cut off times	None
Gulf "three event" rule applies	Does Not Apply
Gulf "up/down" rule applies	Does Not Apply
Fees	\$6.50 per event
Fees	\$12 swimmer surcharge

ORDER OF EVENTS
Saturday, September 23, 2017

Girls Events	Description	Boys Events
1	8 & Under 100 Freestyle Relay	2
3	Open 200 Freestyle Relay	4
5	10 & Under 25 Breaststroke	6
7	18 & Under 50 Breaststroke	8
9	18 & Under 100 Breaststroke	10
11	Combined Masters 50 Breaststroke	
13	10 & Under 25 Backstroke	14
15	18 & Under 50 Backstroke	16
17	18 & Under 100 Backstroke	18
19	Combined Masters 50 Backstroke	

Sunday, September 24, 2017

Girls Events	Description	Boys Events
21	8 & Under 100 Medley Relay	22
23	Open 200 Medley Relay	24
25-28	Combined Masters Open(Choice) 100	
29	10 & Under 25 Butterfly	30
31	18 & Under 50 Butterfly	28
33	18 & Under 100 Butterfly	30
35	Combined Masters 50 Butterfly	
37	10 & Under 25 Freestyle	38
39	18 & Under 50 Freestyle	40
41	18 & Under 100 Freestyle	42
43	Combined Masters 50 Freestyle	



ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Attach a Copy of your Current USMS Card Here