

MAC Winter Tri-Meet

Hosted By

Magnolia Aquatic Club

Timed Finals – Short Course Yards

January 13-14, 2018

Sanction # GUSC 18-063



- LOCATION:** Michael D. Holland Natatorium
14350 FM 1488
Magnolia, TX 77354
- DIRECTIONS:** Traveling from I-45 just north of The Woodlands, take FM 1488 West Approx. 15 mile toward Magnolia. The pool is located on the Magnolia High School Campus (On the East Side of the High School). The School is located on the North side of FM 1488 at the corner of FM 1488 & FM 149. Traveling from the West, take Beltway 8 North to Highway 249. Take 249 north approx. 25 miles to FM 149 (Approx. 3 miles north of Tomball). Turn right on FM 149 and go north to FM 1488. The pool is located on the Magnolia High School campus (On the East Side of the High School). The School is located on the North side of FM 1488 at the corner of FM 1488 & FM 149.
- COACHES:** Terry Jones and Mike Nordmann
- POOL:** Eight lane, 25 yard indoor pool with 5 continuous warm up-down lanes at the far end. Pool has competitor non-turbulent lane lines, an 8 line LED CTS Scoreboard and non-slip touch pads.
- TIME AND DATE:** **Session 1 – Saturday (January 13)**
Warm Up at 7:30 AM, Meet Starts at 9:00 am
Session 2 – Saturday (January 13) 1000 Free Only
Warm Up Immediately following 1st session and Meet Starts at 1:00 hour after 1st session
Session 3 – Sunday (January 14)
Warm Up at 7:30 AM, Meet Starts at 9:00 am
Session 4 – Sunday (January 14) 1650 Free Only
Warm Up Immediately following the 2nd session and Meet Starts at 1:00 hour after 2nd session
- Lane assignments for warm-ups and timing will be designated in the psych sheet, and will also be posted on the Gulf Swimming website by January 18th. www.gulfswimming.org.
- MEET TYPE:** This meet will be run utilizing the “Flyover Starts” procedures unless a waiver is received from the Technical Planning Committee Chair. 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(S):** Todd Johnson
- ADMINISTRATIVE OFFICIAL:** Denise Plant
- MEET DIRECTOR:** Jill Mitchell
- SAFETY MARSHAL:** Kallie Rees

SAFETY GUIDELINES AND WARM-UP PROCEDURES

See attached Safety Guidelines and Warm-up Procedures.

- SEEDING:** This meet will be pre-seeded for all 200 and under events with 400 and over events requiring a positive check in 45 minutes prior to the start of the session. All events will be seeded with heats in the order of fastest to slowest.

MAC Winter Tri-Meet

Hosted By

Magnolia Aquatic Club

Timed Finals – Short Course Yards

January 13-14, 2018

Sanction # GUSC 18-063



CHECK-IN:

All swimmers must positively check in with the Clerk of Course for events 400 and over. Swimmers are required to positively check in **45 minutes prior to the start of that session's events**. After events are officially closed, no one may check in or scratch. 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, for each event in which he/she fails to appear.

ON-DECK ENTRIES:

Late entries will be accepted each day up to 45 minutes before the start of the meet. Those swimmers missing the 6:00 p.m. Tuesday, January 2nd, 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 including the swimmers' best times.
3. Swimmers must enter all events for the day forty-five (45) minutes prior to the start of the day'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. The on-deck entry fees still apply to swimmers who on-deck to change an entry time in an event already entered in. The new time will be used for seeding in deck seeded events only.

ENTRY INFORMATION: Entry Times: Swimmers must enter at their best times. 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: There are no qualifying times for this meet.

Age: As of January 13, 2018.

Number of Events: Swimmers may compete in up to a maximum of 4 (four) individual events per session.

Deadline: Entries must be in the hands of the Meet Entry Chair no later than 6:00 p.m. on Tuesday, January 2nd, 2018. 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 or hand-deliver entries to the Meet Entry Chair at:

Terry Jones
12707 Marshall Court
Magnolia, TX 77354
832-457-1111 cell / 281-356-1106 pool / tjones@magnoliaisd.org

MAC Winter Tri-Meet

Hosted By

Magnolia Aquatic Club

Timed Finals – Short Course Yards

January 13-14, 2018

Sanction # GUSC 18-063



Entries: All teams entering 10 or more swimmers MUST submit their entries on a diskette or electronically via e-mail, using the HY-TEK MEET MANAGER/HY-TEK TEAM MANAGER computer software, along with a hard copy printout of the entries. Teams without HY-TEK should submit their entries on the enclosed Entry Form. A \$25.00 fee must be included with the entry fees for teams that enter 10 or more swimmers using an entry form only (without sending HY-TEK files). Teams may electronically mail their Meet Manager files. Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Announcement.

Eligible Teams: Invitations were sent to specific teams – Aggie Swim Club, South Houston Aquatic Club and Magnolia Aquatic Club. Only swimmers in good standing attached to these USA-S teams or swimmers in the documented process of transferring to these USA-S teams may participate in this meet.

Meet Limits: Entries will be accepted in the order they are received by the host. The meet host reserves the right to stop accepting entries when sessions approach the 4 hour limit, to be in accordance with the 4 hour rule. Once your entries are accepted, you will receive a confirmation email from MAC Entry Coordinator, Terry Jones, confirming your entries have been accepted.

Fees: Five dollars and fifty cents (\$5.75) per Individual Event and a five dollar and fifty cent (\$5.50) swimmer surcharge which includes a free meet program through Meet Mobile. Make checks payable to Magnolia Aquatic Club (MAC). Entry fees must accompany entries, if delivered by any method other than email.

AWARDS: Individual Events: Ribbons 1st – 8th Place

SCORING: Individual Events: 9-7-6-5-4-3-2-1
All events will be swum combined, but scored separately for 10&U, 11-12, 13-14 and 15&O.

RULES AND SANCTIONS: The meet will be 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 three (3) event rule does apply. Swimmers with 3 or more National Motivational "BB" Times may enter any event in the Elite Sessions.

MAC Winter Tri-Meet

Hosted By

Magnolia Aquatic Club

Timed Finals – Short Course Yards

January 13-14, 2018

Sanction # GUSC 18-063



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 13 feet measured from 1 meter to 5 meters on the starting end of the course, and 5 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 psych sheet. Swimmers in the 500 Free must provide two (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 Psych Sheets and for admission to the Hospitality Room.

DECK CHANGING PROHIBITION: Changing in to or out of swimsuits other than in locker rooms or other designated areas is prohibited.

AUDIO/VIDEO RECORDING DEVICES: Use of audio or visual recording devices, including cell phones, is not permitted in the area behind the starting blocks, in changing areas, rest rooms, showers or locker rooms. Violators may be reported to law enforcement or other government 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).

MAC Winter Tri-Meet

Hosted By

Magnolia Aquatic Club

Timed Finals – Short Course Yards

January 13-14, 2018

Sanction # GUSC 18-063



CONCESSIONS: Concessions will be available.

HOSPITALITY: A hospitality room will be available.

MEET RESULTS: Meet results will be posted on the Gulf Swimming website (www.gulfswimming.org) within three (3) days after the conclusion of the meet

ATTACHMENTS: Meet Format
Entry Verification Form
Gulf Safety Guidelines and Warm-up Procedures

Entry Rules:

Type of Meet	Timed Finals
Max # of Individual Events per session	Four (4) per session
Eligible Teams	AGS , SHAC and MAC
Qualifying Times	None
Cut-off Times	None
Enter with No Time?	Yes
Gulf "three event" rule applies?	No
Fees	Individual Events: \$5.75 \$5.50 swimmer surcharge that includes a meet mobile heat sheet.

MAC Winter Tri-Meet

Hosted By

Magnolia Aquatic Club

Timed Finals – Short Course Yards

January 13-14, 2018

Sanction # GUSC 18-063



Session 1: Saturday AM, January 13, 2018

Warm Up at 7:30 am, Meet Starts at 9:00 am

Girls	Event	Boys
1	10&U 200 IM	2
1	11-12 200 IM	2
1	13-14 200 IM	2
1	15 & Over 200 IM	2
3	10&U 100 Backstroke	4
3	11-12 100 Backstroke	4
3	13-14 100 Backstroke	4
3	15 & Over 100 Backstroke	4
5	10&U 50 Freestyle	6
5	11-12 50 Freestyle	6
5	13-14 50 Freestyle	6
5	15 & Over 50 Freestyle	6
7	10&U 100 Breaststroke	8
7	11-12 100 Breaststroke	8
7	13-14 100 Breaststroke	8
7	15 & Over 100 Breaststroke	8
9	10&U 50 Butterfly	10
9	11-12 50 Butterfly	10
11	11-12 200 Butterfly	12
11	13-14 200 Butterfly	12
11	15 & Over 200 Butterfly	12
13	10&U 500 Freestyle	14
13	11-12 500 Freestyle	14
15	13-14 500 Freestyle	16
15	15 & Over 500 Freestyle	16

- All events 200 and under will be pre-seeded. Positive check required for events 400 and over events at least 45 minutes prior to the start of the session.
- All most events will be swum combined, but scored separately for 10&U, 11-12, 13-14 and 15 & Over
- All events will be seeded fastest to slowest.
- Those swimming the 500 Free must provide 2 timers and their own lap counter.
- The 500 Free will be swum fastest to slowest, alternating Girls and Boys heats.

MAC Winter Tri-Meet

Hosted By

Magnolia Aquatic Club

Timed Finals – Short Course Yards

January 13-14, 2018

Sanction # GUSC 18-063



Session 2: Saturday PM, January 13, 2018

Warm Up starts immediately following the morning session

Meet Starts 1 hour after the conclusion of the morning session

Girls	Event	Boys
17	11&O 1000 Free	18

- The 1000 Free will be swum fastest to slowest, alternating Girls and Boys heats.
- Those swimming the 1000 Free must provide 2 timers and their own lap counter.

MAC Winter Tri-Meet

Hosted By

Magnolia Aquatic Club

Timed Finals – Short Course Yards

January 13-14, 2018

Sanction # GUSC 18-063



Session 3: Sunday AM, January 14, 2018

Warm Up at 7:30 am, Meet Starts at 9:00 am

Girls	Event	Boys
19	10&U 200 Freestyle	20
19	11-12 200 Freestyle	20
19	13-14 200 Freestyle	20
19	15 & Over 200 Freestyle	20
21	10&U 100 IM	22
21	11-12 100 IM	22
23	10&U 100 Butterfly	24
23	11-12 100 Butterfly	24
23	13-14 100 Butterfly	24
23	15 & Over 100 Butterfly	24
25	10&U 50 Breaststroke	26
25	11-12 50 Breaststroke	26
27	11-12 200 Breaststroke	28
27	13-14 200 Breaststroke	28
27	15 & Over 200 Breaststroke	28
29	10&U 100 Freestyle	30
29	11-12 100 Freestyle	30
29	13-14 100 Freestyle	30
29	15 & Over 100 Freestyle	30
31	10&U 50 Backstroke	32
31	11-12 50 Backstroke	32
33	11-12 200 Backstroke	34
33	13-14 200 Backstroke	34
33	15 & Over 200 Backstroke	34
35	11-12 400 I.M.	36
37	13-14 400 I.M.	38
37	15&O 400 I.M.	38

- All events 200 and under will be pre-seeded. Positive check required for events 400 and over events at least 45 minutes prior to the start of the session.
- All most events will be swum combined, but scored separately for 10&U, 11-12, 13-14 and 15 & Over
- All events will be seeded fastest to slowest.
- The 400 I.M. will be swum fastest to slowest, alternating Girls and Boys heats.
- Those swimming the 400 I.M. must provide 2 times.

MAC Winter Tri-Meet

Hosted By

Magnolia Aquatic Club

Timed Finals – Short Course Yards

January 13-14, 2018

Sanction # GUSC 18-063



Session 4: Sunday PM, January 14, 2018

Warm Up starts immediately following the morning session

Meet Starts 1 hour after the conclusion of the morning session

Girls	Event	Boys
39	13&O 1650 Free	40

- The 1650 Free will be swum fastest to slowest, alternating Girls and Boys heats.
- Those swimming the 1650 Free must provide 2 timers and their own lap counter.

MAC Winter Tri-Meet

Hosted By

Magnolia Aquatic Club

Timed Finals – Short Course Yards

January 13-14, 2018

Sanction # GUSC 18-063



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

MAC Winter Tri-Meet

Hosted By

Magnolia Aquatic Club

Timed Finals – Short Course Yards

January 13-14, 2018

Sanction # GUSC 18-063



NOVEMBER 1, 2012



GULF SWIMMING HANDBOOK

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 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
- 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.

MAC Winter Tri-Meet

Hosted By

Magnolia Aquatic Club

Timed Finals – Short Course Yards

January 13-14, 2018

Sanction # GUSC 18-063



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.