

GULF FIRST CHANCE PRELIM/FINAL MEET

February 9-11, 2018

A Short Course Yards Prelims/Finals Meet

HOSTED BY

LONE STAR SWIM TEAM



Sanction Number # GUSC 18-058R1

ENTRIES DUE TO THE MEET HOST (admin@lonestarswimteam.org) BY 11:59 PM, FRIDAY, JANUARY 26, 2018

LOCATION: Cy-Ranch High School
10700 Fry Road
Cypress TX 77433

DIRECTIONS: From US-290 W take exit toward Spring-Cypress Rod/Cypress Rosehill Rd/ Fry Rd. Turn left onto Cypress Rosehill Rd / Fry Road. Continue onto Fry Road 2.9 miles. Destination will be on the left.

SPECIAL INSTRUCTIONS: Please note Cy-Ranch High School will be open for seating. As per CFISD rules no set up (Lawn Chairs, towels on the floor and etc..) will be available in the pool or High School areas. Cafeteria tables will be set up in the Hallway for seating you may also set up Pop up tents on the grass areas outside.

Absolutely NO WET SWIMMERS ALLOWED IN THE SPECTATOR SEATING AREA. All swimmers are to be fully clothed including shoes before entering the spectator viewing area. (Parkas, towels, and/or robes over swim suits do not constitute full clothing. Shirt and shorts/pants and shoes must be worn at all times in the spectator area.) All swimmers that do not comply will not be allowed in the area.

MEET STAFF:

| | |
|--------------------------|---|
| MEET REFEREE: | Rick Tobin, tobinrc@comcast.net |
| ADMIN OFFICIAL: | Judy Siemer, admin@lonestarswimteam.org |
| MEET DIRECTOR(S): | Gena R Docog, grdocog@att.net , 281-858-7946 |
| SAFETY MARSHAL: | MyLan Duong, Paola Viteri, Amanda Muske |
| COACH(ES): | John Siemer, Taylor Adams |

POOL: One eight lane, 25 yard 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 five session, 2 ½ day prelims/finals meet with a timed final session on Friday and AM prelims/PM finals sessions on Saturday and Sunday.

Session 1: Friday PM – February 9, 2018
Age Groups: 11 & Over girls and boys
Warm-up *: 5:00 – 6:15 pm / Meet Start: 6:30 pm

Session 2: Saturday Prelims – February 10, 2018
Age Groups: 11 & Over girls and boys
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 3: Saturday Finals – February 10, 2018
Age Groups: 11 & Over girls and boys
Warm-up**: 4:30 – 5:15 pm/Meet Start: 5:30 pm

Session 4: Sunday prelims—February 11, 2018
Age Groups: 11 & Over girls and boys
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 5: Sunday finals—February 11, 2018
Age Groups: 11 & Over girls and boys
Warm-up***: 4:30-5:15 pm/ Meet Start: 5:30 pm

*Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website. Lane assignments for warm-ups and timing will be designated in the heat sheet, and posted on the Gulf Swimming website by Monday, February 6, 2018.

**Open warm-ups for finals will begin 3 hours after the conclusion of the last relay of the morning session, but not before 4:30 pm.

MEET TYPE: This is a prelims/finals meet with the exception of relays, the 400 I.M. and the 500/1000/1650 freestyle events, which will be timed finals events.

There will be A/B finals for 15 & Overs and A/B/C finals for 11-14.

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.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

SEEDING:

The meet will be pre-seeded, with the exception of relays, the 400 IM, and 500/1000/1650 freestyle events, which will be deck seeded events. Coaches please inform your swimmers of pre-seeded and deck seeded rules. All prelims and timed finals events will be seeded with heats in the order of fastest to slowest. As a courtesy to the



host, coaches should inform the clerk of course of swimmers not attending the meet. Empty lanes will be used for deck entries.

POSITIVE CHECK-IN FOR THE 400IM, 500 FREE, 1000 FREE AND 1650 FREE:

Distance events (greater than 200 yards): Positive check in is required for Friday's events up to 45 minutes prior to the meet start. Positive check in is required for the 1000 and 1650 freestyle events by 10:00 am Saturday and Sunday, respectively. **NOTE:** At check in, swimmers in the 1000 and 1650 freestyle events must elect to swim in prelims (AM) or finals (PM). The fastest 8 girls and fastest 8 boys who check in for each of these events and who **DO NOT** elect to swim in **prelims (AM)**, will swim in finals (PM). All others will swim in prelims as the LAST event, fastest to slowest.

The 1000 and 1650 freestyle events will be swum as timed final events and age groups will be combined into one event for girls and one event for boys for seeding purposes. Each event will be seeded by the entry time (but scored separately by age group).

RELAY CARDS:

Relay cards must be turned in to the Clerk of Course by 10:00 am the session in which the event is scheduled to swim or the entry will be considered scratched.

Relays will be swum as timed finals events in prelims.

FINALS AND SCRATCHING:

The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rules 207.11.6D and 207.11.6E as modified below:

Any finalist who fails to compete in finals or consolation finals, or any other bonus final heat, for which he or she has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations and will be assessed a fine of \$50.00. A club, which has not paid the fine, will not be allowed to register for membership in Gulf Swimming until the fine is paid.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals or consolation finals or any other bonus finals if he or she has successfully complete the event in prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet and a fine of \$50.00. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals. The alternates, after the existing scratches are tabulated, will not be penalized if they are unavailable to compete in finals.

The USA Swimming National Championships Meets "reserve the right to scratch" rule is not applicable to any Gulf Swimming meet.



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, January 30, 2018 deadline may enter the meet on-deck in the following manner:

1. On deck entries are open to those athletes assigned to the meet location by the TPC Chair through the meet entry procedures.
2. Swimmers must pay double the entry fee at the time of entry. Swimmers not already entered in the meet must pay the swimmer surcharge.
3. 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.
4. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
5. Swimmers must be qualified to swim the event entered.
6. Swimmers must not exceed the allotted number of events allowed each day.
7. 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.
8. 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). **Swimmers may not enter with a no time (NT).**

Cut-off Times: None

Qualifying Times: 11-12 Swimmers must have three (3) or more USA-S 11-12 AA time standards to enter this meet, and then may enter any event offered (except 1000/1650, see below).

Qualifying Times for 1000/1650 free: All swimmers must have the 13-14 BB time in either the 1000 or 1650 free to enter the 1000 and/or the 1650 free.

Beyond IMX Rule: Does not apply

Up/Down Rule: Does not apply

Age: As of February 9, 2018

Times Eligibility: Times must be achieved between Feb 1, 2016 and the entry deadline.

Number of Events: Swimmers may compete in up to three (3) individual events per day and one (1) relay event per day.



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 **11:59 PM, FRIDAY, JANUARY 26, 2018**. No late entries will be accepted.

Eligible Teams: Swimmers attached to a registered Gulf Swimming team, swimmers in the documented process of transferring to a Gulf Swimming team may participate in this invitational meet.

An unattached swimmer not affiliated with a USA Swimming Club must follow the same entry procedures as those swimmers affiliated with a team. In order to be seeded in a Gulf meet, an unattached swimmer not affiliated with a USA Swimming Club, must enter by the entry deadline, following the entry procedures in the Meet Announcement, and provide proof of a registered coach responsible for their supervision on deck during the meet. All unattached athletes will be assigned a meet location by the TPC Chair upon assignments being announced.

| | |
|--|---------------------|
| Individual Event Entry Fee (per event): | \$ 5.75 |
| Relay Entry Fee (per relay event): | \$ 9.50 |
| Swimmer Surcharge Fee (per swimmer): | \$ 3.50 |
| Make entry fee checks payable to: | Lone Star Swim Team |

Mail entry fees (**POSTMARKED BY FRIDAY, FEBRUARY 2, 2018**) to the address below:

Lone Star Swim Team
9597 Jones Road PMB 197
Houston TX 77065

281-858-7946
admin@lonestarswimteam.org

AWARDS: Individual events: Custom Ribbons 1st-8th place.
Relay events: Custom Ribbons 1st-3rd place.

SCORING: Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

All 11 & Over timed finals events will be swum combined but will be scored separately as 11-14 and 15 & Over.
All other 11 & Over events will be swum combined in prelims but separated and scored in finals as an A/B final for 15 & Overs and an A/B/C final for 11-14.
All Relays will be scored as 11 & Over

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. Gulf Swimming teams assigned by the Technical Planning Chairman may only participate in this invitational meet.

The Gulf Swimming up/down rule does not apply.

Swimmers may compete in relays as long as they are eligible to compete in individual events.

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 5 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 Daktronics Model 2000 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 500/1650 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.

Please note Cy-Ranch High School will be open for seating. As per CFISD rules no set up (Lawn Chairs, towels on the floor and etc..) will be available in the pool or High School areas. Cafeteria tables will be set up in the Hallway for seating you may also set up Pop up tents on the grass areas outside.

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, Charlie Fry.

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.

OFFICIALS:

USA Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire for all sessions will be white golf shirts over Navy slacks/skirts/shorts and white shoes. There will be an officials' briefing one (1) hour before the start of each session.

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.

FACILITY RULES:

Please note Cy-Ranch High School will be open for seating. As per CFISD rules no set up (Lawn Chairs, towels on the floor and etc..) will be available in the pool or High School



areas. Cafeteria tables will be set up in the Hallway for seating you may also set up Pop up tents on the grass areas outside.

Absolutely NO WET SWIMMERS ALLOWED IN THE SPECTATOR SEATING AREA. All swimmers are to be fully clothed including shoes before entering the spectator viewing area. (Parkas, towels, and/or robes over swim suits do not constitute full clothing. Shirt and shorts/pants and shoes must be worn at all times in the spectator area.) All swimmers that do not comply will not be allowed in the area.

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

11 & Over Prelim/Final Meet

February 9-11, 2018

A Short Course Yards Prelims/Finals Meet

HOSTED BY

LONE STAR SWIM TEAM

| | |
|---------------------------------|---|
| Entry Rules: | |
| Type of meet | 15 & Over Prelim/Final A,B 11-14 Prelim/Final A,B,C |
| Max # individual events per day | Three (3) |
| Swimmers eligible | All USA Swim Teams; Gulf teams given priority |
| Entry times in | SCY, SCM, LCM |
| Qualifying times (13 & Over) | ALL swimmers must have the 13-14 BB time in either the 1000 or 1650 free to enter the 1000 and/or the 1650 free. None in other events. |
| Qualifying times (11-12) | Must have three (3) or more USA-S 11-12 AA time standards to enter this meet, and then may enter any event offered (except, see the 1000/1650 exception above). |
| Cut-off times | None |
| Enter with no time? | Yes |
| Gulf "up/down rule" applies? | Does not apply |
| Times Eligibility | Times must be achieved between Feb 1, 2016 and the entry deadline. |
| Fees | Individual – \$ 5.75, Relay - \$ 9.50 |
| Swimmer Surcharge | \$ 3.50 |

All preliminary events will be seeded fastest to slowest, including relays.

Finals heats will be swum in the event order with heats slowest to fastest.

Positive check in for the 400 I.M./500 free will be 45 min. before the start of the meet.

All events 400 and over are timed finals. Swimmers must provide their own timers and lap counters, as needed.



Positive check in for the 1000/1650 free and relays will be 9:00 am on the day of the event. Swimmers may elect to swim the event during prelims (AM). The fastest 8 girls or the fastest 8 boys who check-in for each event, and who do not elect to swim in prelims, will swim during finals (PM). All other heats of the 1000/1650 free will be swum fastest to slowest after the relay events.

1000/1650 Free will be swum at the end of prelims and the start of finals.

All relays will swim in prelims as timed finals.

Individual events will be swum combined and scored as 14 & Under and 15 & Over.

Relay events will be swum and scored as 11 & Over.

Warm-ups for finals will begin approximately 3 hours after the conclusion of the last relay of the morning session, but not before 4:30 pm. Finals are to start approximately 1 hour after the start of warm-ups.

| Friday | | | | |
|-------------------------|-------------------|-----|------|---------------|
| February 9, 2018 | | | | |
| Girls | Event Name | | | Boys |
| Event# | | | | Event# |
| 1 | 11 & Over | 400 | I.M. | 2 |
| 3 | 11 & Over | 500 | Free | 4 |

| Saturday | | | | |
|--------------------------|-------------------|------|--------------|---------------|
| February 10, 2018 | | | | |
| Girls | Event Name | | | Boys |
| Event# | | | | Event# |
| 5 | 11 & Over | 1000 | Free | 6 |
| 7 | 11 & Over | 200 | Fly | 8 |
| 9 | 11 & Over | 50 | Free | 10 |
| 11 | 11 & Over | 100 | Breast | 12 |
| 13 | 11 & Over | 50 | Fly | 14 |
| 15 | 11 & Over | 100 | Back | 16 |
| 17 | 11 & Over | 200 | Free | 18 |
| 19 | 11 & Over | 400 | Medley Relay | 20 |

| Sunday | | | | |
|--------------------------|-------------------|------|------------|---------------|
| February 11, 2018 | | | | |
| Girls | Event Name | | | Boys |
| Event# | | | | Event# |
| 21 | 11 & Over | 1650 | Free | 22 |
| 23 | 11 & Over | 200 | Back | 24 |
| 25 | 11 & Over | 100 | Free | 26 |
| 27 | 11 & Over | 200 | Breast | 28 |
| 29 | 11 & Over | 100 | Fly | 30 |
| 31 | 11 & Over | 50 | Back | 32 |
| 33 | 11 & Over | 200 | I.M. | 34 |
| 35 | 11 & Over | 50 | Breast | 36 |
| 37 | 11 & Over | 400 | Free Relay | 38 |



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 breaststrokers 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.



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



Relay Entry Form

| | | | |
|---------------|-----------|--------------------|--------|
| Team Name: | | Team Code: | |
| Head Coach: | | | |
| Team Address: | | | |
| Phone: | | | |
| Email: | | | |
| Event # | | Event Description: | |
| Entry Time: | | Relay (A, B, C...) | |
| Swimmer | Last Name | Frist Name | USA ID |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| Event # | | Event Description: | |
| Entry Time: | | Relay (A, B, C...) | |
| Swimmer | Last Name | Frist Name | USA ID |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| Event # | | Event Description: | |
| Entry Time: | | Relay (A, B, C...) | |
| Swimmer | Last Name | Frist Name | USA ID |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| Event # | | Event Description: | |
| Entry Time: | | Relay (A, B, C...) | |
| Swimmer | Last Name | Frist Name | USA ID |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |

