

GULF April LC Meet

April 20-22, 2018

A Long Course Meters Timed Finals Meet

HOSTED BY

Energy Core Swimming



Sanction Number # GULC 18-015

ENTRIES DUE TO TPC Chair (TPC@gulfswimming.org) BY 11:59 PM, FRIDAY, MARCH 30, 2018

- LOCATION:** Fort Bend ISD Practice Aquatic Facility
16701 Bissonnet Street
Houston, Texas 77083
- DIRECTIONS:** From Hwy 6, take Bissonnet to the West. Facility is on the left at Clodine Road Intersection. From Westpark Tollway, take Clodine Road South. Follow Clodine Road to the left at the Orchid Ln/Clodine intersection. Turn left on to Bissonnet. Facility is on the right.
- SPECIAL INSTRUCTIONS:** ***There will be limited parking Friday night due to Bus Driver Parking and School Parking. Please plan to car Pool where at all possible. FBISD Policy: There is absolutely NO FOOD allowed on the pool deck. Violators of this rule will be asked to take their food outside and will be asked to leave the facility if they are asked a second time. FBISD will impose a \$50 fine to the violating team if this occurs.
- MEET STAFF:**
- | | |
|--------------------------|--|
| MEET REFEREE: | Rick Tobin, tobinrc@comcast.net |
| ADMIN OFFICIAL: | Beth Gonzales, bsmithgonzales@yahoo.com |
| MEET DIRECTOR(S): | Eddie Adams, eddiea75@att.net |
| SAFETY MARSHAL: | Alex Plaetzer, coachalex@ecswimming.com |
| COACH(ES): | Douglas Buckalew, coachdoug@ecswimming.com |
- POOL:** One eight lane, 50 meter 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 seven session, 2 ½ day, timed-finals meet with a PM session on Friday, AM/PM sessions on Saturday and Sunday.
- Session 1:** Friday PM—April 20, 2018
Age Groups: 11 & Over girls and boys
Warm-up*: **4:00-5:15 pm / Meet Start: 5:30 pm**



Session 2: Saturday AM – April 21, 2018
Age Groups: 13 & Over girls and boys
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 3: Saturday PM – April 21, 2018
Age Groups: 12 & Under girls and boys
Warm-up: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

Session 4: Sunday AM – April 22, 2018
Age Groups: 13 & Over girls and boys
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 5: Sunday PM – April 22, 2016
Age Groups: 12 & Under girls and boys
Warm-up: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

*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, April 16, 2018.

MEET TYPE: This meet will be run utilizing chase start procedures unless a waiver is received from the Technical Planning Committee Chair.

100 and 200 meter events will be run utilizing chase starts alternating odd and even heats. All girls' heats will be swum first utilizing both ends of the pool followed by the boys' heats utilizing both ends of the pool. Odd heats will start at the Office end of the pool and even heats will start at the Diving Board end of the pool.

All 400 meter and over events will be swum fastest to slowest using chase starts, alternating girls and boys heats. Girls' heats will start at the Office end of the pool and the boys' heats will start at the Diving Board end of the pool.

All 50's will start at the Diving Board end of the pool.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

SEEDING:

The meet will be deck seeded. Coaches, please inform your swimmers of seeding on deck rules. Once the check-in period closes at 45 min. BEFORE the session begins, all events will be seeded. All events will be seeded with heats in the order of fastest to slowest.

ON-DECK ENTRIES:

Late entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the 11:59 pm, Friday, March 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 also pay the swimmer surcharge fee.
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). 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: 12 & Under must have 3 B times or more to enter the meet.
11-12 must have the 2017-2020 A time standard for the 400/500 free to enter the 800 free.
11-12 must have the 2017-2020 A time standard in the 200 IM to enter the 400 IM.

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

Beyond IMX Rule: Athlete must have a “B” time in the next shortest distance (IMX event), unless otherwise noted, in order to enter the following events:

10 & U – 400 Free

11-12 – 200 Fly/Back/Breast; 400 IM; 800 Free or longer

13-14 – 800 Free or longer

Age: As of April 20, 2018

Number of Events: Swimmers may compete in up to three (3) individual events 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, MARCH 30, 2018**. No late entries will be accepted. Email entries to the designee of the Technical Planning Chair (Beau Caldwell) at:

EMAIL: TPC@GULFSWIMMING.ORG

Eligible Teams: Venues will be balanced by team numbers. The team lists will be posted on the Gulf website. 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):	\$6.00
Swimmer Surcharge Fee (per swimmer):	\$8.50
	Heat sheets will be available through Meet Mobile

Make entry fee checks payable to: Energy Core Swimming (ECS)

Mail entry fees (**POSTMARKED BY FRIDAY, APRIL 13, 2018**) to the address below:

Energy Core Swimming
1127 Eldridge Pkwy
PMB 300-158
Houston, Texas 77077
832-986-1939

Entry Chair Person
Eddie Adams (281-570-5572)
eddiea75@att.net

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 as 10 & Under, 11-12, 13-14 and 15&Over as applicable.

All Mixed events will be swum mixed but scored separating genders.

800 FREE:

The 800 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large. Swimmers will swim on the right-hand side of the lane with respect to their start end. 11-12 swimmers must have an A time in the 400/500 free to enter this event.

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.

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 6'9" feet measured from 1 meter to 5 is meters on the starting end of the course, 13'6" feet measured from 1 meter to 5 and 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 800 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.



FBISD Policy: There is absolutely NO FOOD allowed on the pool deck. Violators of this rule will be asked to take their food outside and will be asked to leave the facility if they are asked a second time. FBISD will impose a \$50 fine to the violating team if this occurs.

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.

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.

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.

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. Meet will also be on Meet



Bop

CONCESSIONS: Concessions will be available

MERCHANDISE: D&J will be at the Meet.

FACILITY RULES: ***There will be limited parking Friday night due to Bus Driver Parking and School Parking. Please plan to car Pool where at all possible. FBISD Policy: There is absolutely NO FOOD allowed on the pool deck. Violators of this rule will be asked to take their food outside and will be asked to leave the facility if they are asked a second time. FBISD will impose a \$50 fine to the violating team if this occurs.

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

GULF April LC Meet

April 20-22, 2018

A Long Course Yards Timed Finals Meet

HOSTED BY

Energy Core Swimming

Entry Rules:	
Type of meet	Timed Finals
Max # individual events per day	Three (3)
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	LCM, SCM, SCY
Qualifying times	12 & Unders must have 3 B times to enter the meet. 11-12 must have A time standard in 400/500 free to enter the 800 free and in the 200 IM to enter the 400 IM
Cut-off times	None
Enter with no time?	Yes
Gulf "three event rule" applies?	Yes
Gulf "up/down rule" applies?	Does not apply
Gulf "Beyond IMX rule" applies?	Yes
Times Eligibility	Times must be achieved between July 1, 2016 and the entry deadline.
Fees	Individual – \$6.00 Facility Surcharge –\$8.50 Heat sheets will be available through Meet Mobile



Girls Event#	Friday PM—April 20, 2018			Boys Event#
	Event Name			
1	11 & Over	200	I.M.	2
3	11 & Over	400	Free*	4

All events will be seeded fastest to slowest.

*The 400 free will be swum alternating girls and boys heats. Swimmers must provide their own timers.
All 11 & Over events will be swum combined but scored separately as 11-12, 13-14 and 15 & Over.



Girls Event#	Saturday AM – April 21, 2018			Boys Event#
	Event Name			
5	13 & Over	100	Fly	6
7	13 & Over	200	Breast	8
9	13 & Over	100	Back	10
11	13 & Over	100	Free	12
13	13 & Over	400	I.M.**	--
	13 & Over	800	Free***	16

Girls Event#	Saturday PM – April 21, 2018			Boys Event#
	Event Name			
17	12 & Under	100	Back	18
19	12 & Under	50	Fly	20
21	12 & Under	50	Breast	22
23	11-12	200	Fly	24
25	12 & Under	100	Free	26
27	11-12	200	Back	28
29	10 & Under	200	I.M.	30
31	11-12 Mixed	800	Free***	

All events will be seeded fastest to slowest.

**Swimmers must provide their own timers for the 400 IM.

***The 800 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large.

Swimmers will swim on the right-hand side of the lane with respect to their start end. Swimmers must provide their own timers and lap counters for the 800 free.

All events will be swum combined but scored separately as 10 & Under, 11-12, 13-14 and 15 & Over respectively.

All Mixed events will be swum mixed but scored separating genders.



Girls Event#	Sunday AM – April 22, 2018			Boys Event#
	Event Name			
33	13 & Over	200	Free	34
35	13 & Over	100	Breast	36
37	13 & Over	200	Fly	38
39	13 & Over	200	Back	40
41	13 & Over	50	Free	42
	10 minute break			
--	13 & Over	400	I.M.**	44
45	13 & Over	800	Free***	--

Girls Event#	Sunday PM – April 22, 2018			Boys Event#
	Event Name			
47	12 & Under	100	Breast	48
49	12 & Under	50	Free	50
51	12&Under	50	Back	52
53	12&Under	200	Free	54
55	12&Under	100	Fly	56
57	11-12	200	Breast	58
59	10 & Under	400	Free	60
61	11-12 Mixed	400	IM	

All events will be seeded fastest to slowest.

The 400 free will be swum alternating girls and boys heats. Swimmers must provide their own timers.

Swimmers must provide their own timers for the 400 IM.

The 800 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large. Swimmers will swim on the right-hand side of the lane with respect to their start end. Swimmers must provide their own timers and lap counters for the 800 free.

All events will be swum combined but scored separately as 10 & Under, 11-12, 13-14 and 15 & Over respectively.

All Mixed events will be swum mixed but scored separating genders.



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

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 agreement of all 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.

