

# GULF May LC Meet

May 18-20, 2018

A Long Course Meters Timed Finals Meet

HOSTED BY

Sienna Plantation Aquatics



Sanction Number # GULC 18-014

**ENTRIES DUE TO TPC Chair ([TPC@gulfswimming.org](mailto:TPC@gulfswimming.org)) BY 11:59 PM, FRIDAY, APRIL 27, 2018**

- LOCATION:** Don Cook Natatorium  
16255 Lexington Blvd  
Sugar Land, TX 77479
- DIRECTIONS:** From Highway 6 head west onto Lexington. Pool will be on the left across the street from First Colony Mall.
- SPECIAL INSTRUCTIONS:** **NO FOOD ALLOWED ON DECK.**
- MEET STAFF:**
- |                          |  |
|--------------------------|--|
| <b>MEET REFEREE:</b>     | Matt Sale, matt.j.sale@gmail.com           |
| <b>ADMIN OFFICIAL:</b>   | Sheryl O’Nan, sonan98@gmail.com            |
| <b>MEET DIRECTOR(S):</b> | Kris Kohl, ktkohl@comcast.net 713-853-7086 |
| <b>SAFETY MARSHAL:</b>   | Adam Miles                                 |
| <b>COACH(ES):</b>        | Bob Kizer, Head Coach                      |
- POOL:** One eight lane, 50 meter indoor pool with non-turbulent lane lines will be used for warm-up and competition. A separate 3 lane, 25 yard warm-up /warm-down area will be made available during the competition.
- TIME AND DATE:** This is five session, 2 ½ day, timed-finals meet with a PM session on Friday, AM/PM sessions on Saturday and Sunday.
- Session 1:** Friday PM—May 18, 2018  
Age Groups: 11 & Over girls and boys  
Warm-up\*: 5:00-6:15 pm / Meet Start: 6:30 pm
- Session 2:** Saturday AM – May 19, 2018  
Age Groups: 13 & Over girls and boys  
Warm-up\*: 7:30 – 8:45 am / Meet Start: 9:00 am



**Session 3:** Saturday PM – May 19, 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 – May 20, 2018

Age Groups: 13 & Over girls and boys

Warm-up\*: 7:30 – 8:45 am / Meet Start: 9:00 am

**Session 5:** Sunday PM – May 20, 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.

\*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, May 14, 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 Lobby end of the pool and even heats will start at the Scoreboard end of the pool.

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

All 50's will start at the Scoreboard 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, April 27, 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 – long course meters (L), short course meters (S), or short course yards (Y). 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., L, S, or Y). 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 2018-2020 A time standard for the 400/500 free to enter the 800 free.  
11-12 must have the 2018-2020 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 May 18, 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 Technical Planning Chairperson no later than **11:59 PM, FRIDAY, APRIL 27, 2018**. No late entries will be accepted.  
Email entries to the Technical Planning Chairperson at:



**EMAIL:** [TPC@GULFSWIMMING.ORG](mailto: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 Free Heat sheets will be available through meet mobile

**Make entry fee checks payable to:** Sienna Plantation Aquatics

Mail entry fees **(POSTMARKED BY FRIDAY, MAY 11, 2018)** to the address below:

Sienna Plantation Aquatics  
6140 Hwy 6 #181  
Missouri City, TX 77459

281-224-9194  
registrarspa@gmail.com

**AWARDS:** Individual events: Ribbons 1<sup>st</sup>-8<sup>th</sup> 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.

**800/1500 FREE:** The 800/1500 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 the 800 free.

**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 been certified in accordance with USA Swimming Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming.

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 400/1500 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 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”.

**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](http://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:** Swim Shops of the Southwest will be at the meet selling swim apparel and swim gear.

**FACILITY RULES:** **NO FOOD ALLOWED ON DECK.**

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



# GULF May LC Meet

May 18-20, 2018

A Long Course Meters Timed Finals Meet

HOSTED BY

**Sienna Plantation Aquatics**

## 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 Free heat sheets will be available through Meet Mobile

<b>Girls Event#</b>	<b>Friday PM—May 19, 2018</b>			<b>Boys Event#</b>
	<b>Event Name</b>			
1	13 & Over	400	I.M.	2
3	11 -12	400	Free	4
5	13 & Over	400	Free	6
7	11-12 Mixed	400	I.M.	8

All events will be seeded fastest to slowest.

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

All 13 & Over events will be swum combined but scored separately as 13-14 and 15 & Over.

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



<b>Girls Event#</b>	<b>Saturday AM – May 20, 2018</b>			<b>Boys Event#</b>
	<b>Event Name</b>			
9	13 & Over	200	Fly	10
11	13 & Over	50	Free	12
13	13 & Over	200	Back	14
15	13 & Over	100	Breast	16
17	13 & Over	200	Free	18
19	13 & Over	1500	Free**	--

<b>Girls Event#</b>	<b>Saturday PM – May 20, 2018</b>			<b>Boys Event#</b>
	<b>Event Name</b>			
21	12 & Under	100	Breast	22
23	12 & Under	50	Free	24
25	12 & Under	50	Back	26
27	12 & Under	200	Free	28
29	12 & Under	100	Fly	30
31	11-12	200	Breast	32
33	10 & Under	200	I.M.	34
35	11-12	200	I.M.	36

All events will be seeded fastest to slowest.

\*\*The 1500 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. Heats will be swum fastest to slowest. Swimmers must provide their own timers and lap counters.

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





<b>Girls Event#</b>	<b>Sunday AM – May 20, 2018</b>			<b>Boys Event#</b>
	<b>Event Name</b>			
37	13 & Over	100	Fly	38
39	13 & Over	200	Breast	40
41	13 & Over	100	Free	42
43	13 & Over	200	I.M.	44
45	13 & Over	100	Back	46
	10 minute break			
--	13 & Over	1500	Free**	48

<b>Girls Event#</b>	<b>Sunday PM – May 20, 2018</b>			<b>Boys Event#</b>
	<b>Event Name</b>			
49	11-12	200	Fly	50
51	12 & Under	100	Back	52
53	12&Under	50	Breast	54
55	12&Under	50	Fly	56
57	11-12	200	Back	58
59	12 & Under	100	Free	60
61	11-12 Mixed	800	Free	62
63	10 & Under Mixed	400	Free	64

All events will be seeded fastest to slowest.

The 800/1500 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. Heats will be swum fastest to slowest, with 800 free alternating girls and boys heats. Swimmers must provide their own timers and lap counters.

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.

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Signature

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Title

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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 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.

