

GULF May Sprint Series

May 5, 2018

A Short Course Yards Timed Finals Meet

HOSTED BY

First Colony Swim Team



Sanction Number # GUL C 18-017R1

ENTRIES DUE TO TPC Chair (tpc@gulfswimming.org) BY 11:59 PM, FRIDAY, APRIL 20, 2018

NOTE: This meet will be deck seeded. All swimmers must check in by 8:15 am

LOCATION: LCISD Natatorium
1020 Horace Mann Ave.
Rosenberg, Texas 77471

DIRECTIONS: From Houston: Take Hwy 59/Southwest Freeway South to Richmond/Rosenberg and exit at FM-762. Turn right on FM-762 and go approximately 2 miles. Turn left on Avenue I. Pool is on the right at Horace Mann Ave.

SPECIAL INSTRUCTIONS: No coolers or portable seating is allowed in the spectator seating area. No reserved seating is allowed. Children of spectators must be supervised at all times. Wet swimmers are not allowed in the spectator seating area. Bleachers on the deck are reserved for swimmers.

MEET STAFF:	MEET REFEREE:	Bonnie Finnegan	bfin0858@gmail.com
	ADMIN OFFICIAL:	Jim Achuff	jim.achuff@gmail.com
		Sarah Kumar	sarah.e.kumar@gmail.com
	MEET DIRECTOR(S):	Karl Schuler	karl.schuler@gmail.com
		James Light	jlight356@gmail.com
		Daniel Guertin	danielguertin@yahoo.com
	SAFETY MARSHAL:	Shirley Connell	
	COACHES:	Pete Wright	Head Coach
		Ben Pulskamp	Head Age Group Coach
		Dana Skelton	Head Developmental Coach

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 two session, 1 day, timed-finals meet with AM and PM sessions on Saturday.

Session 1: Saturday AM – May 5, 2018



Age Groups: 12 & Under Girls
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 2: Saturday PM – May 5, 2018

Age Groups: 12 & Under 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 30, 2018.

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.

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.

RELAY CARDS: Relay cards must be turned in to the Clerk of Course **45** minutes before the start of the session in which the event is scheduled to swim or the entry will be considered scratched.

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 20, 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: Athlete may have no more than two (2) BB Times. Events not offered at this meet still count towards the total number of BB times.

Age: As of May 5, 2018

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

Number of Events: Swimmers may compete in up to five (5) 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 designee of the Technical Planning Chairman no later than **11:59 PM, FRIDAY, APRIL 20, 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):	\$5.75
Relay Entry Fee (per relay event):	\$9.00
Swimmer Surcharge Fee (per swimmer):	\$5.50 (Free heat sheets will be available through Meet Mobile)
Make entry fee checks payable to:	First Colony Swim Team

Mail entry fees (**POSTMARKED BY FRIDAY, April 27, 2018**) to the address below:



First Colony Swim Team
4501 Cartwright Road # 406
Missouri City, TX 77459
fcst.entries@gmail.com

AWARDS: Individual events: Ribbons 1st-8th place

SCORING: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2
All 8 & Under events will be swum combined but scored separately as 6 & under, 7 and 8.
All 12 & Under events will be swum combined but scored separately as 8 & Under, 9-10 and 11-12.
All 12 & Under Relays will be swim combined but scored as 12&U, 10&U, and 8&U.

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 is 13 feet measured from 1 meter to 5 meters on the starting end of the course, and 7 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.

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 or Drinks other than water are 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), within three days after the conclusion of the meet. Unofficial real time results will be available on MEET MOBILE.

CONCESSIONS: Concessions will be available



FACILITY RULES: DO NOT PARK ON THE SIDE OF HORACE MANN Dr. OR YOU WILL BE TOWED.
DO NOT PARK ON THE DRIVE/STREET DIRECTLY BEHIND THE FACILITY OR YOU WILL BE TOWED. There is parking directly in front of the facility. There is additional parking directly across from the facility parking lot next to the LCISD Field house as well as parking next to the Traylor stadium.
Spectators are not permitted to stand next to the glass railing to view the pool deck.

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

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May 5, 2018

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HOSTED BY

First Colony Swim Team

Entry Rules:

Type of meet	Timed Finals
Max # individual events per day	Five (5)
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	SCY, SCM, LCM
Qualifying times	None
Cut-off times	Athletes may have no more than two (2) BB times
Enter with no time?	Yes
Gulf "three event rule" applies?	Yes
Gulf "up/down rule" applies?	Does not apply
Gulf "Beyond IMX rule" applies?	Does not apply
Times Eligibility	Times must be achieved between July 1, 2016 and the entry deadline.
Fees	Individual – \$5.75; Relays - \$ 9.00 \$5.50 (Includes Free heat sheets through Meet Mobile)



**Saturday AM
April 14, 2018**

**Saturday PM
April 14, 2018**

Girls Event#		Event Name		Boys Event#
1	12& Un	200	Medley Relay	18
2	8 & Un	100	Medley Relay	19
		5 min break		
3	12& Un	200	Free	20
4	8 & Un	25	Fly	21
5	12& Un	50	Fly	22
6	12& Un	100	Fly	23
7	8 & Un	25	Back	24
8	12& Un	50	Back	25
9	12& Un	100	Back	26
10	12& Un	100	IM	27
11	8 & Un	25	Breast	28
12	12& Un	50	Breast	29
13	12& Un	100	Breast	30
14	8 & Un	25	Free	31
15	12& Un	50	Free	32
16	12& Un	100	Free	33
17	12& Un	200	IM	34

All events will be seeded fastest to slowest.

All 8 & Under events will be swum combined but scored separately as 6 & under, 7 and 8.

All 12 & Under events will be swum combined but scored separately as 8 & Under, 9-10 and 11-12.

All 12 & Under Relays will be swim combined but scored as 12&U, 10&U, and 8&U.



SAFETY GUIDELINES AND WARM-UP PROCEDURES

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 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**.
- 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.

