



# GULF Swimming Sprint Series Champs

July 14-15, 2018

A Short Course Yards Timed Finals Meet

HOSTED BY

Ambush Swimming

Sanction Number # GU – 18-029R2

**ENTRIES DUE TO TPC Chair ([tpc@gulfswimming.org](mailto:tpc@gulfswimming.org)) BY 11:59 PM, FRIDAY, JUNE 23, 2018**

- LOCATION:** 909 South Angelina Blvd., Lufkin, Texas 75904
- DIRECTIONS:** **From Highway 59 North:** When entering Lufkin, stay on 59 (Timberland Dr.). Take a right on to Denman Ave. Take a left on to Angelina St. The pool and the club will be on your left.  
**From Highway 59 South:** When entering Lufkin stay on 59 (1<sup>st</sup> St.). Take a left on to Denman Ave. Take a left on to Angelina St. The pool and the club will be on your left.
- SPECIAL INSTRUCTIONS:** Lufkin Swim Center is an eight lane, 25 yard indoor pool (**Only six lanes will be used during competition so as to have Warm down lane available.**). The pool depth ranges from 4 feet to 8 feet. A Colorado system 6 Competitive Timing System will be used. The facility has seating available on deck. Lawn chairs, tents, and coolers are welcomed.
- MEET STAFF:**
- MEET REFEREE:** Donna Lai-Dormiani - [donnadormiani@hotmail.com](mailto:donnadormiani@hotmail.com)  
**ADMIN OFFICIAL:** Eddie Adams - [eddica75@att.net](mailto:eddica75@att.net)  
**MEET DIRECTOR(S):** Erik Cozadd - [aquatics@bgcdet.org](mailto:aquatics@bgcdet.org) - 936-560-6844  
**SAFETY MARSHAL:** Cindy Carrillo  
**COACH(ES):** Derek Theiss - [theissda@bgcdet.org](mailto:theissda@bgcdet.org)
- POOL:** One eight lane, 25 yard indoor pool with non-turbulent lane lines will be used for warm-up and competition. (**Only six lanes will be used during competition so as to have Warm down lane available.**)
- TIME AND DATE:** **This is a two (2) session, 2 day, timed-finals meet with PM on Saturday and AM session on Sunday.**
- Session 1: Saturday PM—July 14, 2018**  
**Age Groups: 12 & Under Girls and Boys (The original sessions were combined)**  
**Warm-up\*: 12:00-12:45 pm / Meet Start: 1:00 pm**
- Warm-up\*: Host team will publish session warm-up and start times with warm-up/timing assignments on Gulf webpage.**
- Session 2: Sunday AM—July 15, 2018**  
**Age Groups: 12 & Under Girls and Boys (The original sessions were combined)**  
**Warm-up\*: 7:30-8:45 am / Meet Start: 9:00 am**

**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, July 9, 2018.**

**MEET TYPE:** This meet will be run utilizing flyover start 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 procedure.

**SAFETY GUIDELINES AND WARM-UP PROCEDURES:**  
See attached Safety Guidelines and Warm-up Procedures

**SEEDING:** The meet will be a pre-seeded for all events except the 500 free and all relays, which will be deck seeded.

**POSITIVE CHECK-IN (500 FREE & RELAY CARDS):**  
All swimmers must positively check-in with the Clerk of the Course for the 500 Free. Swimmers are required to positively check-in at least 45 minutes before the beginning of the meet session. After the events are officially closed, no one may check-in or scratch. After checking-in, 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, Charlie Fry, for each event in which he/she fails to appear.

Relay cards must be turned in to the Clerk of Course 45 min. before the start of the session each day, 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, JUNE 23, 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., 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:** Two (2) USAS BB Motivational time standards or fewer

**Qualifying Times:** 9-12 None

8 & U athletes must have B time in next shortest event to swim  
200/500 Free, 200IM

**Three Event Rule:** Two (2) BB Times or fewer to enter

**Beyond IMX Rule:** Does not apply

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

**Age:** As of July 14, 2018

**Number of Events:** Swimmers may compete in up to four (4) 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 TPC Chair no later than **11:59 PM, FRIDAY, JUNE 23, 2018**. No late entries will be accepted. Email entries to

[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

**Relay Event Entry Fee (per relay):** \$9.25

**Swimmer Surcharge Fee (per swimmer):** \$4.00

Free heat sheets will be available through Meet Mobile or hard copies at the meet.

**Make entry fee checks payable to:** Ambush Swimming

Mail entry fees **(POSTMARKED BY FRIDAY, JULY 6, 2018)** to the address below:

Erik Cozadd, PO Box 631345, Nacogdoches, TX 75963

936-560-6844

[aquatics@bgcdet.org](mailto:aquatics@bgcdet.org)

**AWARDS:** Individual events: Custom Gulf Medals, 1<sup>st</sup>-3<sup>rd</sup> place, Gulf Ribbons, 4<sup>th</sup>-8<sup>th</sup> place.  
Relay events: Custom Gulf Medals 1<sup>st</sup> place, Gulf Ribbons 2<sup>nd</sup>-3<sup>rd</sup> place.  
Individual High Points for each age and gender  
Team Awards for 1<sup>st</sup>-3<sup>rd</sup> place.

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

**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 three (3) event rule and up/down rule do not apply.

**POOL MEASUREMENT:**

Enter Either Statement:

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 8 feet measured from 1 meter to 5 course is  
meters on the starting end of the course, 4 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 500 Free 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.

**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:**  
(pools,

athletes,

prior

Operation of a drone, or any other flying apparatus, is prohibited over the venue Athlete/coach areas, spectator areas and open ceiling locker rooms) any time Coaches, officials and/or spectators are present. Exceptions may be granted with Written approval by the Vice President of Program Operations.

**PROOF OF TIME:**

Swimmers shall be fined \$50.00 for each event in which they competed and are over qualified. The fine or proof of time is sent to the Administrative Vice-Chairman, 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](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

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

## **GULF Swimming B & Under Champs**

July 14-15, 2018

A Short Course Yards Timed Finals Meet

HOSTED BY

**Ambush Swimming**

<b>Entry Rules:</b>	
Type of meet	Timed Finals
Max # individual events per day	Four (4)
Swimmers eligible	Gulf registered swimmers assigned to this venue
Entry times in	SCY/SCM/LCM
Qualifying times	9-12 None
	8 & U athletes must have B time in next shortest event to swim 200/500 Free, 200IM
Cut-off times	Two (2) BB times or fewer
Enter with no time?	Yes
Gulf "three event rule" applies?	Yes
Gulf "up/down rule" applies?	No
Gulf "beyond IMX" rule applies	No
Times Eligibility	Times must be achieved between July 1, 2016 and the entry deadline.
Fees	Individual – \$6.00, Relays \$9.25 Facility Surcharge – \$4.00 Free heat sheets will be available through Meet Mobile hard copy at the meet

**Girls  
Event #**

**Saturday AM – July 14, 2018**

**Event Name**

1	12 & U	100	I.M.
3	8 & U	25	Free
5	12 & U	100	Free
7	12 & U	50	Fly
9	11-12	200	Fly
5 minute break			
11	12 & U	200	Free Relay
13	8 & U	100	Free Relay
15	12 & U	50	Back
17	11-12	200	Back
19	8 & U	25	Breast
21	12 & U	100	Breast
23	12 & U	500	Free

**Saturday PM – July 14, 2018**

**Event Name**

**Boys  
Event #**

	12 & U	100	I.M.	2
	8 & U	25	Free	4
	12 & U	100	Free	6
	12 & U	50	Fly	8
	11-12	200	Fly	10
8 & U 5 minute break				
	12 & U	200	Free Relay	12
	8 & U	100	Free Relay	14
	12 & U	50	Back	16
	11-12	200	Back	18
	8 & U	25	Breast	20
	12 & U	100	Breast	22
	12 & U	500	Free	24

All events will be seeded fastest to slowest.

Individual 8 & U events will be swum combined but scored separately as 6 & U, 7 year olds, 8 year olds

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

All individual events will be pre-seeded; Relays will be positive check-in; cards due 45 minutes before session start

500 Free will be swum girls first, then boys.



Athletes may only swim one (1) relay each day.

<b>Girls</b>		<b>Sunday AM – July 15, 2018</b>		
<b>Event #</b>		<b>Event Name</b>		
25	12 & U	200	I.M.	
27	12 & U	50	Free	
29	8 & U	25	Back	
31	12 & U	100	Back	
5 minute break				
33	12 & U	200	Medley Relay	
35	8 & U	100	Medley Relay	
37	11-12	200	Breast	
39	12& U	50	Breast	
41	12 & U	100	Fly	
43	8 & U	25	Fly	
45	12 & U	200	Free	

<b>Sunday PM – July 15, 2018</b>				<b>Boys</b>
	<b>Event Name</b>			<b>Event #</b>
	12 & U	200	I.M.	26
	12 & U	50	Free	28
	8 & U	25	Back	30
	12 & U	100	Back	32
5 minute break				
	12 & U	200	Medley Relay	34
	8 & U	100	Medley Relay	36
	11-12	200	Breast	38
	12& U	50	Breast	40
	12 & U	100	Fly	42
	8 & U	25	Fly	44
	12 & U	200	Free	46

All events will be seeded fastest to slowest.

All 8 & U events will be swum combined but scored separately as 6 & U, 7 year olds, 8 year olds

All 9-12 events will be swum combined but scored separately as 9-10, 11-12

All individual events will be pre-seeded; Relays will be positive check-in; cards due 45 minutes before session start

500 Free will be swum girls first, then boys.

Athletes may only swim one (1) relay each day





# 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 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.



## 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



Discounted Hotels in the area

The Lufkin Convention & Visitors Bureau and the City of Lufkin would like to welcome the participants of the Boys & Girls Club Swim Meet to Lufkin, TX!

**July 13-14, 2018**



**Best Western PLUS Crown Colony Inn & Suites**  
3211 S. First Street, Lufkin  
936.634.3481

\$89.99/Night  
Standard King or Double Queen



**Hampton Inn & Suites**  
4400 S. First Street, Lufkin  
936.699.2500

\$99/Night King or Double Queen Standard  
\$109/Night King Suite



**Holiday Inn Express & Suites**  
4404 S. First Street, Lufkin  
936.699.3000

\$109/Night King or Double Queen Standard  
\$119/Night King Suite



**Courtyard Marriott**  
2130 S. First St, Lufkin  
936.632.0777

\$95/Night  
King or Double Queen Standard



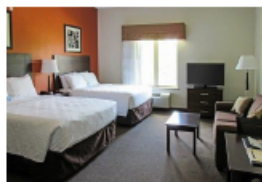
**Quality Inn & Suites**  
4306 S. First St., Lufkin  
936.639.3333

\$70/Night for Double Queen  
\$65/Night for King Standard



**La Quinta Inn**  
2119 S. First Street, Lufkin  
936.634.3351

\$62/Night for Double Queen  
\$72/Night for King Standard



**Sleep Inn/MainStay Suites**  
2409 N. Timberland Dr  
936.630.4600

\$89/Night  
Double Queen or  
King Standard

**\*Call each hotel directly in advance to book. When making reservations please mention the Boys & Girls Club Swim Meet Rate to receive the special group rates. Discounted rates are based upon availability. Special negotiated rates preclude other offers. Remember these rates are based upon availability and are subject to change.**