

GULF Senior Champs

July 20-22 , 2018

A Long Course Meters Prelim/Final Meet

HOSTED BY

NOCH AND SHARKS



Sanction Number # GULC 18-036R1

ENTRIES DUE TO MEET HOST (legerpartyof3@comcast.net) BY 11:59 PM, FRIDAY, JULY 6, 2018

**ePOI Forms must be submitted for all Non-athletes on deck
(This includes Officials, Coaches & Timers!)**

Waivers for ALL athletes are due along with entries.

All forms are posted with the meet announcement on the Gulf Swimming website.

Any swimmer entered in this meet, or considering entering time trials, should have a parent or designated person certified to be on deck for timing which requires completing a safety course online.

All non-athletes who expect to be on deck (coaches, officials, timers) will need to check in and receive a wristband to be worn on deck for the entirety of the meet. Check-in will be in the rotunda, near the stairs leading to the spectator seating area.

**LOCATION: University of Houston Recreation Center
4500 University Dr. Houston, TX 77004**

DIRECTIONS: From I-45 Southbound: Exit Texas Spur 5. (exit 44B). Turn right onto University Dr.

PARKING IS NEVER FREE AT UNIVERSITY OF HOUSTON. YOU MAY PARK IN THE GARAGES ACROSS FROM THE REC CENTER AND MUST



PAY WITH CREDIT CARD ONLY.

MEET STAFF: **MEET REFEREES:** Jay Haskins jhrider@gmail.com
ADMIN OFFICIAL: Paige Sikkema/Lisa Blok
MEET DIRECTOR: Alisha Leger legerpartyof3@comcast.net (713)304-0014
 Marcie Vidinha rvidinha@att.net (281)799-4908
SAFETY MARSHAL: Sheree Silva
COACH: Tim Hill
 Mark Martinez

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 a six session, 3 day prelim/final meet with AM and PM timed final sessions on Friday, Saturday and Sunday and PM finals sessions on Friday, Saturday and Sunday.

Session 1: Friday AM Prelims – July 20, 2018
Age Groups: 13 & Over girls and boys
Warm-up : 7:00 – 8:15 am / Meet Start: 8:30 am

Session 2: Friday Finals – July 20, 2018
Age Groups: 13 & Over girls and boys
Warm-up: 4:30-5:15 pm/Meet Start: 5:30 pm

Session 3: Saturday AM Prelims – July 21, 2018
Age Groups: 13 & Over girls and boys
Warm-up : 7:00 – 8:15 am / Meet Start: 8:30 am

Session 4: Saturday Finals – July 21, 2018
Age Groups: 13 & Over girls and boys
Warm-up: 4:30-5:15 pm/Meet Start: 5:30 pm

Session 5: Sunday AM Prelims – July 22, 2018
Age Groups: 13 & Over girls and boys
Warm-up : 7:00 – 8:15 am / Meet Start: 8:30 am

Session 6: Sunday Finals – July 22, 2018
Age Groups: 13 & Over girls and boys
Warm-up: 4:30-5:15 pm/Meet Start: 5:30 pm

MEET TYPE: This is a prelims/finals meet with the exception of relays and the 1500 freestyle events, which will be timed finals events. Finals will consist of an A, B, C, and D final. All relays will swim in finals.



Prelims Sessions

The prelim sessions will be run utilizing chase starts, alternating odd and even heats for individual events of 100 and 200 meters. Odd heats will start at the diving well end of the pool and even heats will start at the lobby end of the pool. All prelim heats will be swum fastest to slowest. All girls' heats will be swum first, followed by all boy's heats.

All 50 meter events will start from the diving well end of the pool.

All preliminary events 400 meters & longer will be swum alternating girls then boys by heat. Girls' heats will start at diving well end of the pool and the boys' heats will start at the lobby end of the pool.

Finals Sessions

All Finals events will start at the diving well 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. Circle-in for swimmers will be located in the rotunda before passing through the check point of the recreation center. There will be a girls table and a boys table. You will give the volunteer your name and let them know if you will be scratching any event that day. Please initial the scratched event. There will be a separate circle-in report for distance events.

After checking-in, failure to appear at the starting blocks for prelims 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.

400 Free / 400 IM / 1500 Free

The 400 free/400 IM/1500 Free will be swum as timed finals. At check-in, swimmers may elect to swim the event during prelims. The fastest 8 girls and the fastest 8 boys in each event who check in, and who do not elect to swim in prelims, will swim during finals. All other heats will be swum during prelims, alternating girls and boys.

RELAY CARDS:

Relay cards must be turned in to the Clerk of Course 45 minutes before 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, JULY 6, 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.
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 yard (meter) times to meter (yard) 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).

Cut-off Times: None

Qualifying Times: Three (3) or more AA 15-16 Motivational time standards

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

Three Event Rule: With three (3) qualifying times – may swim any event

Age: As of July 20, 2018

Number of Events: Swimmers may compete in up to three (3) individual events per day and one (1) relay event per day; 7 individual events total. Swimmers who enter more than 3 events per day must circle in the 3 events to be swum 45 minutes prior to the start of the preliminary session.

Eligible Swimmers: 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.

Deadline: Entries must be in the hands of the meet host no later than **11:59 PM, FRIDAY,**



JULY 6, 2018. No late entries will be accepted. Email entries to:
legerpartyof3@comcast.net

Entries: All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.

Individual Event Entry Fee (per event): \$13.00
Relay Entry Fee (per relay event): \$16.50
Swimmer Surcharge Fee (per swimmer): \$10.00
Free electronic heat sheets will be available
Make entry fee checks payable to: **North Channel Aquatics**

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

Paige Sikkema
13839 Woodforest Blvd
Houston, TX 77015

(832)360-3456
nochswimcoachpaige@gmail.com

AWARDS: Individual events: Custom Gulf Medals for 1st - 3rd places & Ribbons for 4th - 8th places
Relay events: Custom Gulf Medals for 1st place & Ribbons for 2nd - 3rd places
Combined team: Custom Gulf Trophies for 1st -3rd places
Individual high point: Girls / Boys 1st and 2nd (highest and second highest individual points earned)

SCORING: Individual Events 1st – 8th place: 20-17-16-15-14-13-12-11- (A finals)
Individual Events 9th – 16th place: 9-7-6-5-4-3-2-1(B finals)
Relay Events 1st – 16th: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2(timed finals swum 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.

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.

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

TIME TRIALS:

Time permitting, time trials will be conducted in between the prelim session and final session Friday and Saturday under sanction GULC 18-037R1. Open warm up will begin at the conclusion of the prelims session and the meet will begin no earlier than 30 min. after the conclusion of the prelims session. NOCH/SHRK reserve the right to limit entries and to combine events by age, gender and stroke in order to efficiently run the meet and maintain reasonable timelines.

Time Trial entries will open Friday at 9:00 am and will close at 10:00 am.

Time Trial entries will open Saturday at 9:30 am and will close at 11:00 am.

Rules for time trials will be:

1. Time trials events are open to any Gulf swimmer. You do not have to be entered in the Senior Champs meet to enter time trials.
2. Fees will be \$26.00 for individual and \$33.00 for relay events. Swimmers not already entered in the meet must also pay the swimmer surcharge.
3. Swimmers must supply completed entry forms entered at the swimmers' best times. Swimmers may not enter with a NT.
4. Swimmers may enter up to two (2) time trial events per day, not to exceed a total of five (5) events swum per day.
5. Events will be swum in order of 200 free relay, 400 free relay, 800 free relay, 200 medley relay, 400 medley relay, 50 free, 50 stroke (back, breast, fly), 100 free, 100 stroke (back, breast, fly), 200 free, 200 stroke (back, breast, fly), 200 IM, 400 IM,



400 free, 800 free, 1650 free.

6. All events will be seeded fastest to slowest and will start from the diving well end of the pool.
7. Swimmers must provide their own timers and lap counters, where needed.
8. Timers and lap counters must be ePOI certified or have a waiver on file to be on deck.
9. Swimmers entered in time trials but fail to appear behind the blocks will be fined \$5.00 per event.

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 7 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 Colorado 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 swimmers in the meet. Timing assignments will be published on June 15, 2018 and will also be on the Gulf Swimming website no later than Monday, July 18, 2018. 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.

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).

OFFICIALS: USA Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire for prelim sessions will be white golf shirts over Khaki slacks/skirts/shorts and white shoes. Official attire for finals sessions will be navy golf shirts over Khaki slacks or skirts (no shorts please). There will be an officials' briefing one (1) hour before the start of each session.

HOSPITALITY: A hospitality room will be available.

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: Enter your information here

MERCHANDISE: Swim Shops of the Southwest will be selling merchandise in the lobby.

FACILITY RULES: Reserving seats between or during sessions is not allowed. Chairs and inflatable mattresses are not allowed. Certain items such as coolers and stadium seat are restricted. Chairs are not allowed on the pool deck for swimmers or coaches.

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





GULF Senior Champs

July 20-22, 2018

A Long Course Meters Prelim/Final Meet

HOSTED BY

North Channel Aquatics and Sharks Swim Club

Entry Rules:

Type of meet	A/B/C/D Prelim/Final
Max # individual events per day	Three (3); seven (7) maximum for meet
Swimmers eligible	Gulf Swimmers only
Entry times in	LCM/SCM/SCY
Qualifying times	Must have 3 or more 15-16 AA times to enter
Cut-off times	None
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 – \$13.00, Relay - \$16.50 Facility Surcharge – \$10.00 per swimmer *Free electronic heat sheets will be available.

All prelim events will be seeded fastest to slowest.

The 400 free/400 IM/1500 Free will be swum as timed finals. At check-in, swimmers may elect to swim the event during prelims. The fastest 8 girls and the fastest 8 boys in each event who check in, and who do not elect to swim in prelims, will swim during finals. All other heats will be swum during prelims, alternating girls and boys.

All relays will be timed finals events and will be swum in finals.



Friday AM July 20, 2018			
<u>Girls Event#</u>		<u>Event Name</u>	<u>Boys Event#</u>
1	200	Free	2
3	100	Breast	4
5	100	Fly	6
7	50	Back	8
9	400	IM	10

Friday Finals July 20, 2018			
<u>Girls Event#</u>		<u>Event Name</u>	<u>Boys Event#</u>
1	200	Free	2
3	100	Breast	4
5	100	Fly	6
7	50	Back	8
9	400	IM	10
11	400	Free Relay	12

Saturday AM July 21, 2018			
<u>Girls Event#</u>		<u>Event Name</u>	<u>Boys Event#</u>
13	200	Fly	14
15	50	Free	16
17	200	Breast	18
19	100	Back	20
21	400	Free	22



Saturday Finals July 21, 2018			
Girls Event#	Event Name		Boys Event#
13	200	Fly	14
15	50	Free	16
17	200	Breast	18
19	100	Back	20
21	400	Free	22
23	400	Medley Relay	24

Sunday AM July 22, 2018			
Girls Event#	Event Name		Boys Event#
25	100	Free	26
27	200	Back	28
29	50	Fly	30
31	200	IM	32
33	50	Breast	34
35	1500	Free	36

Sunday Finals July 22, 2018			
Girls Event#	Event Name		Boys Event#
25	100	Free	26
35	1500	Free	
27	200	Back	28
	1500	Free	36
29	50	Fly	30
31	200	IM	32
33	50	Breast	34



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.

Signature

Title

Date

