

SHARKS SWIM CLUB PENTATHLON

September 22, 2018
A Short Course Yards Timed Finals Meet
HOSTED BY

SHARKS Swim Club

SHARKS



speedo

Sanction Number # GU-SC-19-002

ENTRIES DUE BY FRIDAY, SEPTEMBER 14, 2018

LOCATION:

The natatorium is located on the Friendswood High School campus.

Friendswood ISD Natatorium
1115 Falling Leaf Drive
Friendswood, TX 77546
(281)992-2505



GULF SWIMMING

DIRECTIONS: Going South on I-45 towards Galveston from Downtown Houston: Take Exit 29 FM 2351/Friendswood/Clear Lake City Blvd. Take right onto FM 2351 S. Travel 4.1 miles. Turn left onto Sunset Dr. After 0.7 miles on Sunset Dr., turn right on Falling Leaf Dr. After 0.7 miles, you will see the Friendswood Natatorium on the left.
Do not park on side roads or in the grass on residential streets. There is limited parking in the natatorium lot and ample parking in the stadium lot.

SPECIAL INSTRUCTIONS: There will be NO SET-UP in the bleachers and other areas that are not roped off. Parents need to watch their swimmer race and then return outside to allow others to see their swimmers. Swimmers are encouraged to sit on deck or outside as a team. There is ample lawn space for set-up.

MEET STAFF:

MEET REFEREE: Jay Haskins jhrider@gmail.com

ADMIN OFFICIAL: Jim McMichael mcmicha@gmail.com

MEET DIRECTOR(S): Marcie Vidinha rvidinha@att.net 281-799-4908

SAFETY MARSHAL: Ken Ferguson
Sarah Klesel

COACH(ES): Tim Hill
Erik Andrews
Kate Zabler

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 a two session, one day, timed-finals meet with AM & PM sessions on Saturday.
SHARKS reserves the right to add breaks as needed throughout the meet.

Session 1: Saturday AM - September 22, 2018
Age groups: 13 & over
Warm-up: 7:30am - 8:45 am
Meet starts at 9:00am



GULF SWIMMING

Session 2: Saturday PM - September 22, 2018

Age groups: 12 & under and 8 & under

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, September 17, 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 pre-seeded. Coaches please inform your swimmers of pre-seeded and deck seeded rules. All events will be seeded with heats in the order of fastest to slowest. As a courtesy to the host, coaches should inform the clerk of course of swimmers not attending the meet. Empty lanes will be used for deck entries.

ON-DECK ENTRIES:

Late entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the Friday, September 14th, 2018 deadline may enter the meet on-deck in the following manner:

1. 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.
2. 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.
3. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
4. Swimmers must be qualified to swim the event entered.
5. Swimmers must not exceed the allotted number of events allowed each day.
6. 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.
7. Heats will be added, if necessary and if the timeline permits.



GULF SWIMMING

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.

Age: As of September 22, 2018

Number of Events: Swimmers may compete in up to five (5) 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 designee of the Entry Chairman no later than **FRIDAY, SEPTEMBER 14, 2018**. No late entries will be accepted. Email entries to Marcie Vidinha:

EMAIL: rvidinha@att.net

Eligible Teams: Selected teams as determined by SHARKS Swim Club. Only 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.

Individual event: \$6.00

Swimmer Surcharge Fee (per swimmer): \$5.50 (\$3.50 + \$2.00 electronic heat sheet)

Make entry fee checks payable to: SHARKS Swim Club



GULF SWIMMING

Mail entry fees (**POSTMARKED BY SATURDAY, SEPTEMBER 15, 2018**) to the address below:

SHARKS Swim Club
PO Box 361
Friendswood, TX 77549

AWARDS: Ribbons 1st – 8th place: girls/boys events 8 & under, 9-10, 11-12, 13-14, 15 & over

SCORING: Individual Events: 9-7-6-5-4-3-2-1

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. Only Gulf Swimming teams invited by SHARKS Swim Club may participate in this invitational meet.

The Gulf Swimming three (3) event rule, up/down rule and beyond IMX rule do 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 6 feet measured from 1 meter to 5 meters on the turning end of the course.



GULF SWIMMING

TIMING SYSTEM: 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 heat 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 is allowed on deck. Please have swimmers go outside to eat.

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.



GULF SWIMMING

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.

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 provided we have a reliable wifi connection.

CONCESSIONS: Concessions will be available

MERCHANDISE: Swim Shops of the Southwest will be at the meet selling swim apparel and swim gear.

FACILITY RULES: The building will open to coaches and swimmers at 7:15am. No food is allowed on deck. No set up will be allowed in the bleachers or roped off areas. Spectators need to watch their swimmers and then return outside to allow everyone the opportunity to watch their swimmer race. Swimmers and spectators should follow instructions by the safety marshals and police officer including their enforcing the prohibition of spectators standing along the rail or in the walkways of bleachers. Anyone failing to comply may be removed and barred from the facility or school property.



GULF SWIMMING

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

SHARKS Swim Team

Entry Rules:

Type of meet	Timed Finals
Max # individual events per day	Five (5)
Swimmers eligible	Gulf teams invited by SHARKS
Entry times in	SCY, LCM, SCM
Qualifying times	None
Cut-off times	None
Enter with no time?	Yes
Gulf “three event rule” applies?	Does not apply
Gulf “up/down rule” applies?	Does not apply
Gulf “beyond IMX” rule applies?	Does not apply
Fees	Individual – \$6.00 Facility Surcharge – \$5.50 per swimmer (\$3.50 + \$2.00 electronic heat sheet)

All events will be seeded fastest to slowest.

Individual events will be swum combined but scored separately as 15 & over, 13-14, 11-12, 9-10, and 8 & under.



GULF SWIMMING

**AM Session
13 & Over**

GIRLS EVENT #	AGE		BOYS EVENT #
	GROUP EVENT		
1	13 & OVER	100 FLY	2
3	13 & OVER	100 Back	4
5	13 & OVER	100 BREAST	6
7	13 & OVER	100 FREE	8
9	13 & OVER	200 IM	10

**PM Session
12 & UNDER**

GIRLS EVENT #	AGE		BOYS EVENT #
	GROUP EVENT		
11	12 & UNDER	50 BACK	12
13	8 & UNDER	25 BACK	14
15	12 & UNDER	50 BREAST	16



GULF SWIMMING

GIRLS EVENT #	AGE		BOYS EVENT #
	GROUP EVENT		
17	8 & UNDER	25 BREAST	18
19	12 & UNDER	50 FLY	20
21	8 & UNDER	25 FLY	22
23	12 & UNDER	50 FREE	24
25	8 & UNDER	25 FREE	26
27	12 & UNDER	100 IM	28

GULF SAFETY GUIDELINES AND WARMUP PROCEDURES

WARMUP PROCEDURES

- A. General warmup (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 warmup session.
- B. Specific warmup (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 warmup 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 warmup session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warmup period.
 - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the



GULF SWIMMING

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 warmup session, any swimmer or coach who is in violation of safety guidelines or warmup 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 warmup to allow other swimmers adequate warmup time. The pool is not for visiting or playing during warmup periods.
5. Warmup 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



GULF SWIMMING

Date



GULF SWIMMING