

2018 CFSC Fall Kickoff Classic

hosted by

Cy-Fair Swim Club – Fleet Swimming

September 28-29, 2018

SANCTION #GU-SC-19-003 REV II



LOCATION: Michael D. Holland Natatorium
14350 FM 1488
Magnolia, Texas 77354

Directions: Traveling from I-45 just north of The Woodlands, take FM 1488 west approximately 15 miles toward Magnolia. The pool is located on the Magnolia High School campus (on the east side of the High School). The School is located on the north side of FM 1488 at the corner of FM 1488 & FM 149. Traveling from the west, take Beltway 8 north to Hwy. 249. Take Hwy. 249 north approximately 25 miles to FM 149 (approximately 3 miles north of Tomball). Turn right on FM 149 and go north to FM 1488. The pool is located on the Magnolia High School campus (on the east side of the High School). The school is located on the north side of FM 1488 at the corner of FM 1488 and FM 149.

COACHES: Kristen Skroski Coach
Sean Bell Coach

POOL: Eight lane, 25 yard indoor pool with 5 continuous warm up-down lanes at far end. Pool has competitor non-turbulent lane lines, an 8 line LED CTS scoreboard and non-slip touch pads.

TIME AND DATE: This is a Timed Finals Split Session Meet.

Session 1: 11 & over, Friday Evening **5:30 pm** Open Warm-up, meet starts at 6:30 pm.

Session 2: 13 & over, 11-12 Girls, Saturday Morning 7:30 am Warm-up, meet starts at 9:00 am.

Session 3: 11-12 Boys, 10 & under, Saturday Afternoon Warm-up 15 minutes after end of morning session with Meet starting 1 and 1/2 hours after the start of warm-ups.

Split warm-ups will be in effect for Saturday sessions. Warm-up lane assignments and lane timing assignments will be posted on the Gulf website.

MEET TYPE: This meet will be run utilizing the “Flyover Starts” procedures unless a waiver is received from the Technical Planning Committee Chairman. 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.

MEET REFEREE: Tom Jones, twjones@earthlink.net

ADMINISTRATIVE OFFICIALS: Meredith Moore, meredithmtx@gmail.com

Richard Griffin, richard@griffinsworld.com

Holger Luebsen, holger@luebsen.com

MEET DIRECTOR: Miki Tran, ATVLTT@gmail.com, 281-221-8398

SAFETY MARSHAL: Paula Mulvihill

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

SEEDING: The meet will be a pre-seeded meet for events of 200 yards or shorter. 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 to fill on-deck entries.

CHECK-IN: All swimmers who swim 500 Free and 400 IM must positive check in with the Clerk of the Course 45 minutes before the start of Friday Evening Session. After the events are officially closed, no one may check in or scratch.

ON-DECK ENTRIES: Late entries will be accepted each day up to **45 minutes** before the start of the session's first event. Those swimmers missing the **6:00 p.m. Friday, September 21, 2018** deadline may enter the meet on deck in the following manner:

1. Swimmers must pay the entry fee (\$5.75 per event) 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 only. Heats will not be added.
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.

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 times to 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). Times must be from USA Swimming meets. If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested.

Cut-off Times: None.

Qualifying Time: None.

Age: As of September 28, 2018

Number of Events: Swimmers may compete in up to five (5) individual events per session.

Deadline: Entries must be in the hands of the Meet Entry Chair no later than 6:00 p.m. on Friday, September 21, 2018. No late entries will be accepted. E-mail entries to the Meet Entry Chair at:

Miki Tran: ATVLTT@gmail.com

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

Eligible Teams: Open to all Gulf Swimming Teams. Entries will be accepted on a first-come first-served basis. The meet host reserves the right to stop accepting entries when sessions approach the 4-hour limit.

Fees: Five dollars and seventy-five cents (\$5.75) per Individual Event plus a three dollar and fifty cents (\$3.50) per Swimmer Surcharge fee. Make checks payable to CFSC.

Mail entry fees **(POSTMARKED BY WEDNESDAY, SEPTEMBER 26, 2018)** payable to CFSC to the address below:

CFSC
Attn: Miki Tran
11659 Jones Rd. PMB # 351
Houston, TX 77070

AWARDS: None

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

All events will be scored as 8 & Under, 9-10, 11-12, 13-14 and 15 & Over.

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

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 5 feet measured from 1 meter to 5 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 on the Gulf website. **Swimmers in the 500 Free and 400 I.M. must provide two (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.

DECK CHANGING PROHIBITION: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

AUDIO/VIDEO RECORDING DEVICES: Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the 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.

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).

CONCESSIONS: Concessions will be available.

HOSPITALITY: A hospitality room will be available for Coaches and Officials.

MERCHANDISE: **D&J Sports** will be at the meet selling a complete line of swim gear and apparel.

MEET RESULTS: Meet results will be posted on the Gulf website within three days after the conclusion of the meet.

Meet Mobile will be utilized by searching 2018 CFSC Fall Kickoff Classic.



Entry Rules:

Type of Meet	Timed Finals
Max # Individual Events	Five (5) per session
Swimmers Eligible	All Gulf Swimming registered Swimmers
Entry Times in	SCY/SCM/LCM
Qualifying Times	None
Enter with No Time?	Yes
Fees	Individual - \$5.75
Swimmer Surcharge	\$3.50 / swimmer

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Michael D. Holland Natatorium
14350 FM 1488
Magnolia, Texas 77354

Girl Event #	Event Description	Boy Event #
Friday, September 28, 2018, Warm-ups 5:30PM, Meet Starts 6:30PM		
1	11 & O 400 IM*	2
3	11 & O 500 Free*	4

*400 IM and 500 Free will be swum alternating girls and boys heats

Girl Event #	Event Description	Boy Event #
Saturday, September 29, 2018, Warm-ups 7:30AM, Meet Starts 9:00AM		
5	11-12 100 Free	-
7	13-14 100 Free	8
9	15 & O 100 Free	10
11	11-12 50 Back	-
13	13-14 200 Back	14
15	15 & O 200 Back	16
17	11-12 100 Breast	-
19	13-14 100 Breast	20
21	15 & O 100 Breast	22
23	11-12 50 Free	-
25	13-14 50 Free	26
27	15 & O 50 Free	28
29	11-12 50 Fly	-
31	13-14 200 Fly	32
33	15 & O 200 Fly	34
35	11-12 100 Back	-
37	13-14 100 Back	38
39	15 & O 100 Back	40
41	11-12 50 Breast	-
43	13-14 200 Breast	44
45	15 & O 200 Breast	46
47	11-12 200 Free	-
49	13-14 200 Free	50
51	15 & O 200 Free	52
53	11-12 100 Fly	-



55	13-14 100 Fly	56
57	15 & O 100 Fly	58
59	11-12 200 IM	-
61	13-14 200 IM	62
63	15 & O 200 IM	64

Girl Event #	Event Description	Boy Event #
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Saturday, September 29, 2018,

**Warm-ups 15 minutes after the end of Morning Session,
Meet Starts 1 and ½ hours after the start of the Warm-ups**

-	11-12 100 Free	66
67	10 & U 100 Free	68
-	11-12 100 Back	70
71	10 & U 100 Back	72
-	11-12 50 Breast	74
75	10 & U 50 Breast	76
77	8 & U 25 Breast	78
-	11-12 50 Free	80
81	10 & U 50 Free	82
83	8 & U 25 Free	84
-	11-12 100 Fly	86
87	10 & U 100 Fly	88
-	11-12 50 Back	90
91	10 & U 50 Back	92
93	8 & U 25 Back	94
-	11-12 100 Breast	96
97	10 & U 100 Breast	98
-	11-12 50 Fly	100
101	10 & U 50 Fly	102
103	8 & U 25 Fly	104
-	11-12 200 IM	106
107	10 & U 200 IM	108
109	10 & U 100 IM	110
-	11-12 200 Free	112
113	10 & U 200 Free	114

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.