

2018 CFSC October Open Meet

hosted by
Cy-Fair Swim Club – Fleet Swimming
October 26-28, 2018
SANCTION # GU-SC-19-013 (R2)



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: Louis Demetriades Head Coach
Colin Kennedy Head Age Group Coach

SPECIAL INSTRUCTIONS:

There is limited indoor seating available for spectators. Please bring chairs and tents for outdoor set up. No set up is allowed in the come and go section.

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: Friday Evening, 11-14, 5:30 pm Open warm up, meet starts at 6:30 pm

Session 2: Saturday AM, 8 & Under, 11-12 girls and boys, 7:30 am Warm-up, Meet starts at 9:00 am

Session 3: Saturday PM, 9-10, 13-14 girls and boys, Warm-up 5 minutes after end of AM session with Meet starting 1 and 1/2 hours after start of warm-ups.

Session 4: Sunday AM, 8 & Under, 11-12 girls and boys; 7:30 am Warm-up, Meet starts at 9:00 am

Session 5: Sunday PM, 9-10, 13-14 girls and boys; Warm-up 5 minutes after end of AM session with Meet starting 1 and 1/2 hours after start of warm-ups.

Split warm-ups will be in effect for all sessions, with assignments posted on the Gulf Swimming web site.

Lane assignments for warm-ups and timing will be designated in the psych sheet, and posted on the Gulf Swimming website by Monday, October 22, 2018.

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, tomwjones54@gmail.com

ADMINISTRATIVE OFFICIAL: Meredith Moore, meredithmtx@gmail.com
Richard Griffin, richard@griffinsworld.com
Holger Luebsen, holger@luebsen.com

MEET DIRECTOR: Huong Le, Lehuongc@yahoo.com, 832-606-4897
Miki Tran, Atvttt@gmail.com

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.

FOUR HOUR RULE: This meet will operate under the Gulf Four Hour Rule. KATY has agreed up front to support this meet so their entries will be accepted first. 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 four hour limit.

CHECK-IN: All swimmers must positive check in with the Clerk of the Course for the 400 IM and 500 Free by 5:45 pm on Friday evening and the 1650 Free by 2:15 p.m. on Saturday & Sunday afternoon. After the events are officially closed, no one may check in or scratch. After circling 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, for each event in which he/she fails to appear. Swimmers must provide their own timers and lap counters where applicable for the 500 Free, 1650 Free and 400 IM.

ON-DECK ENTRIES: Late entries will be accepted each day up to **45 minutes** before the start of the meet. Those swimmers missing the 6:00 p.m. Tuesday, October 16, 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.
2. Swimmers must supply completed entry forms. The swimmers will be seeded into open lanes.
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. A heat 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 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: Athlete must have a "B" time in the 500 free for 9-10.

Age: As of October 26, 2018.

Number of Events: Swimmers may compete in up to ten (10) individual events for the entire meet. Maximum number of four (4) individual events per day.

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Tuesday, October 16, 2018. No late entries will be accepted. Do not send entries via Federal Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required. Mail or hand deliver entries to the Meet Entry Chairman at:

CFSC
Attn: Huong Le
11659 Jones Rd. PMB #351
Houston, TX 77070
Lehuongc@yahoo.com

Entries: All teams entering 10 or more swimmers MUST submit their entries on a diskette or electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software, along with a hard copy printout of the entries. Teams without Hy-Tek should submit their entries on the enclosed Entry Form. A \$25.00 fee must be included with the entry fees for teams that enter 10 or more swimmers using an entry form only (without sending Hy-Tek files). Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission.

Teams may electronically mail their Meet Manager files. Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Invitation.

Eligible Teams: Open to all Gulf Swimming Teams.

Fees: Five dollars and seventy-five cents (\$5.75) per Individual Event and a three dollar and fifty cent (\$3.50) per Swimmer Surcharge fee. Make checks payable to CFSC. Entry fees must accompany entries, if delivered by any method other than email.

AWARDS: Individual events: Ribbons for 1st – 8th place.

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

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

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 in the psych sheet. Swimmers in the 500 Free, 1650 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: Changing into or out of swimsuits other than in locker rooms or other designated areas 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 Swimming Web Page

(www.gulfswimming.org) and www.fleetswimming.com , within three days after the conclusion of the meet.

Meet Mobile will be utilized by searching 2018 CFSC October Open Meet.

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 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.

APPENDIX F

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

Entry rules:

Type of Meet	Timed Finals
Max # Individual events	Ten (10) per meet, Four (4) per day
Swimmers eligible	All Gulf Swimming Registered Swimmers
Entry times in	SCY/SCM/LCM
Qualifying times	"B" time for 9-10 500 free
Enter with no time?	Yes
Fees	Individual - \$5.75
Facility surcharge	\$3.50/swimmer

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14350 FM 1488
Magnolia, Texas 77354



Girl Event #	Event Description	Boy Event #
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Friday, October 26, 2018, Warm Ups 5:30 PM, Meet Starts 6:30PM

1	11-12 200 IM	2
3	13-14 400 IM*	4
5	11-12 500 Free*	6
7	13-14 500 Free*	8



Saturday, October 27, 2018, Warm Ups 7:30AM, Meet Starts 9:00 AM

9	8 & Under 50 Back	10
11	11-12 200 Free	12
13	8 & Under 25 Free	14
15	11-12 100 Breast	16
17	8 & Under 100 Free	18
19	11-12 200 Fly	20
21	8 & Under 25 Breast	22
23	11-12 50 Fly	24
25	8 & Under 50 Fly	26
27	11-12 50 Free	28
29	11-12 100 Back	30



Saturday, October 27, 2018, Warm Up 5 minutes after end of AM session with Meet starting 1 and ½ hours after start of warm-ups

31	9-10 50 Back	32
33	13-14 50 Free	34
35	9-10 200 IM	36
37	13-14 200 IM	38
39	9-10 100 Breast	40
41	13-14 100 Breast	42
43	9-10 100 Free	44
45	13-14 200 Fly	46
47	9-10 50 Fly	48
49	13-14 100 Back	50
97	9-10 500 Free*	98
51	13-14 1650 Free	-

Sunday, October 28, 2018, Warm Ups 7:30AM, Meet Starts 9:00 AM

53	8 & Under 50 Breast	54
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55	11-12 100 IM	56
57	8 & Under 25 Back	58
59	11-12 200 Back	60
61	8 & Under 50 Free	62
63	11-12 50 Back	64
65	8 & Under 25 Fly	66
67	11-12 100 Free	68
69	8 & Under 100 IM	70
71	11-12 200 Breast	72
73	11-12 50 Breast	74
75	11-12 100 Fly	76

**Sunday, October 28, 2018, Warm Up 5 minutes after end of AM session
with Meet starting 1 and ½ hours after start of warm-ups**

77	9-10 50 Breast	78
79	13-14 200 Back	80
81	9-10 200 Free	82
83	13-14 100 Free	84
85	9-10 100 Fly	86
87	13-14 200 Breast	88
89	9-10 50 Free	90
91	13-14 100 Fly	92
93	9-10 100 Back	94
95	9-10 100 IM	96
-	13-14 1650 Free	52

- All events will be seeded fastest to slowest.
- *The 400 IM and 500 Free will be swum alternating girls and boys heats.