

# 2018 HALLOWEEN PENTATHLON

## October 27, 2018

A Short Course Yards Timed Finals Meet

HOSTED BY  
**South Shore Sails and North Channel Aquatics**



**SANCTION # GU-SC-19-010 (R2)**

*Teams interested in attending this meet, please e-mail [mtroquille@gmail.com](mailto:mtroquille@gmail.com)*

**LOCATION:** Clear Falls High School Natatorium  
4380 Village Way  
League City, TX 77573

**DIRECTIONS:** Going South on I-45 towards Galveston from Downtown Houston: Take Exit 22 toward TX 96, League City Parkway. Turn left onto W League City Pkwy. Travel about 5 Miles. Turn right onto Lawrence Rd. The pool will be on the left end of the school building. There is ample parking in front of the natatorium as well as on the back side.

**MEET STAFF:**

<b>MEET REFEREE:</b>	<b>Jay Haskins</b>	
<b>ADMIN OFFICIAL:</b>	Rongxia Du Paige Sikkema	<a href="mailto:cd140074@yahoo.com">cd140074@yahoo.com</a> <a href="mailto:nochswimcoachpaige@gmail.com">nochswimcoachpaige@gmail.com</a>
<b>MEET DIRECTOR:</b>	Heike Schlegel-Walpot Mark Martinez	<a href="mailto:heike.schlegel@sbcglobal.net">heike.schlegel@sbcglobal.net</a> 832 646 1542 <a href="mailto:nochcoachmark@gmail.com">nochcoachmark@gmail.com</a> 832 891 7556
<b>SAFETY MARSHALL:</b>	Doug Reno Kelli Northern	<a href="mailto:douglas.reno@sbcglobal.net">douglas.reno@sbcglobal.net</a> <a href="mailto:nochcoachkelli@gmail.com">nochcoachkelli@gmail.com</a>
<b>COACHES:</b>	Matt Troquille Ben Leach Ashley Flores	<a href="mailto:mtroquille@gmail.com">mtroquille@gmail.com</a> <a href="mailto:ben.leach@utexas.edu">ben.leach@utexas.edu</a> <a href="mailto:nochcoachashley@gmail.com">nochcoachashley@gmail.com</a>

**SPECIAL INSTRUCTIONS:** Depending on athlete numbers, there may be LIMITED SET-UP in the bleachers and other areas that are not roped off. Parents should 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.

**TIME AND DATE:** This is a two session, one day, timed-finals meet with AM & PM sessions on Saturday.

Session 1: Saturday AM – October 27, 2018

Age groups: 11/12 and 13/14

Warm-up\*: 8:30am - 9:30 am

Athlete Halloween Costume Parade: 9:40am

Meet starts at 10:00am

Session 2: Saturday PM – October 27, 2018

Age groups: 9/10 and 8 & under

Warm up\*: 1pm – 1:40pm

Athlete Halloween Costume Parade: 1:50pm

Meet starts at 2:15pm

\*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 Tuesday, October 23, 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. 25yard events will start on diving board end of the pool (there will be no starting blocks on the diving board end of the pool).

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

**SEEDING:** The meet will be a 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 6:00 p.m. Friday 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). 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 October 27, 2018

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

**Deadline:** All Entries must be in the hands of the Meet Entry Chair no later than 6:00 p.m. Friday, October 19, 2018. No late entries will be accepted. Email entries to Matt Troquille:

**EMAIL:** [Mtroquille@gmail.com](mailto:Mtroquille@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:** Teams registered with Gulf Swimming.

**Meet Limits:** The meet host reserves the right to stop accepting entries when reaching 200 athletes per session. Once your entries are accepted, you will receive a confirmation email.

**Make entry fee checks payable to: NOCH**

Mail entry fees (POSTMARKED BY SATURDAY, October 20, 2018) to the address

North Channel Aquatics  
13839 Woodforest Blvd  
Houston, TX 77015  
832-360-3456

**AWARDS:** Individual events: ribbons 1<sup>st</sup> - 8<sup>th</sup> place.

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

**RULES AND SANCTIONS:** The 2018-19 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.

**POOL MEASUREMENT:** 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 course is 6' 2" feet measured from 1 meter to 5 meters on the starting end of the course, and 12; 8" feet measured from 1 meter to 5 meters on the turning end of the course. (starting end for 25s).

**TIMING SYSTEM:** A Colorado electronic timing system 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.

**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. 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.

**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

**MERCHANDISE:** Texas Swim Shop will be at the meet selling swim apparel and swim gear.

**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.

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

**Entry Rules:**

Type of meet	Timed Finals
Max # individual events per day	Five (5)
Swimmers eligible	Gulf teams
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 – \$4.00 per swimmer (\$2.00 + \$2.00 electronic heat sheet)

All events will be seeded fastest to slowest.

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

**AM  
11-14**

**PM  
10 &**

Girls Event #	Age Group	Event	Boys Event #
1	11-14	100 free	2
3	11-14	50 free	4
5	11-14	100 breast	6
7	11-12	50 breast	8
9	11-14	100 back	10
11	11-12	50 back	12
13	11-14	100 fly	14
15	11-12	50 fly	16
17	11-14	200 IM	18
19	11-12	100 IM	20

**UNDER**

**11-14**

Girls Event #	Age Group	Event	Boys Event #
21	10 & under	50 free	22
23	8 & under	25 free	24
25	10 & under	50 breast	26
27	8 & under	25 breast	28
29	10 & under	50 back	30
31	8 & under	25 back	32
33	10 & under	50 fly	34
35	8 & under	25 fly	36
37	10 & under	100 IM	38

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

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.



