

GULF SENIOR CHAMPIONSHIPS INVITATIONAL

Nov. 30 – Dec. 2, 2018

A Short Course Yards Prelims / Finals Meet

HOSTED BY

Energy Core Swimming



Sanction Number # **GU-SC-19-048**

ENTRIES DUE TO THE Gulf TPC Chair (tpc@gulfswimming.org) BY 11:59 PM, FRIDAY, NOVEMBER 9, 2018

LOCATION: Don Cook Natatorium 16255 Lexington Blvd, Sugar Land, TX 77479

DIRECTIONS: From Houston take Highway 59 towards Victoria, exit Highway 6 south, turn right on Lexington, drive four blocks and turn left at the first entrance to Mercer Stadium. Parking is available in the lot between the football stadium and the Natatorium.

ALERT: Meet will be hosted at FBISD Training Facility in the event that there is a playoff game at the stadium that weekend. ECS will know a week out from the meet and will notify all coaches as soon as the Football Schedule is posted.

Fort Bend ISD Practice Aquatic Facility
16701 Bissonnet Street
Houston, Texas 77083

DIRECTIONS: From Hwy 6, take Bissonnet to the West. Facility is on the left at Clodine Road Intersection. From Westpark Tollway, take 1494 Road South. Turn LEFT on to Bissonnet St Facility is on the right.

SPECIAL INSTRUCTIONS: ***There will be limited parking Friday night AT THE TRAINING POOL due to Bus Driver Parking and School Parking. Please plan to car Pool where at all possible.

FBISD Policy: There is absolutely NO FOOD allowed on the pool deck. Violators of this rule will be asked to take their food outside and will be asked to leave the facility if they are asked a second time. FBISD will impose a \$50 fine to the violating team if this occurs.



MEET STAFF:

MEET REFEREE(S): Rick Tobin - tobinrc@comcast.net
 Donna Dormiani - donnadormiani@hotmail.com

ADMIN OFFICIAL: Eddie Adams – eddiea75@att.net
 Beth Gonzalez -

MEET DIRECTOR: Kaitlin Bayliss – coachkaitlin@ecswimming.com

SAFETY MARSHAL: Alex Plaetzer – coachalex@ecswimming.com

COACH(ES): Doug Buckalew – coachdoug@ecswimming.com
 Phil Sundahl – coachphil@ecswimming.com

POOL: Two 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 prelims/finals meet with A, B and C finals. Relays, 400 I.M, 500/1000/1650 Free will be swum as timed finals events. Timing lane assignments will be designated in the psych sheet for both prelims and finals, and posted on the Gulf website by Monday, November 26, 2018. Open warm-ups will be in effect for all prelims and finals sessions.

Friday, November 30, 2018	Timed Finals	Warm-up: 4:30 pm / Start: 5:30 pm
Saturday, December 1, 2018	Prelims: Finals:	Warm-up: 7:30 am / Start: 9:00 am Warm-up: 4:00 pm / Start: 5:00 pm
Sunday, December 2, 2018	Prelims: Finals:	Warm-up: 7:30 am / Start: 9:00 am Warm-up: 4:00 pm / Start: 5:00 pm

Warm-ups for finals will begin approximately 3 hours after the conclusion of the last relay of the morning session, but not before 4:00pm. Finals are to start approximately 1 hour after the start of warm-ups.

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, with the exception of relays, the 400 IM, and 500/1000/1650 Free, which will be deck seeded events. Coaches please inform your swimmers of pre-seeded and deck seeded rules. All events, including relays, 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.

Seeding for all events shall be in the following order: Conforming course entries in time order, followed by non-conforming long course entries in time order, followed by nonconforming short course entries in time order (YLS).

ORDER OF HEATS: At Prelims, events will be swum with heats in the order of fastest to slowest, including relay and distance events. At Finals, events will be swum with heats in the order of slowest to fastest.

POSITIVE CHECK-IN FOR THE 400IM, 500 FREE, 1000 FREE AND 1650 FREE:

All swimmers must circle in on sheets that will be available at the start of warm-up for the session. Check in for the 400IM and 500 Free is due 45 minutes before the start of the Friday session. Check in for the 1000 and 1650 Free is due at 9:00am each day, respectively. After the events are officially closed, no one may check-in or scratch. After checking-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, Charlie Fry, for each event in which he/she fails to appear.

RELAY CARDS: Relay cards must be turned in to the Clerk of Course 45 minutes before the start of the session in which the event is scheduled to swim or the entry will be considered scratched.

FINALS AND SCRATCHING:

The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rule 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 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 the Gulf LSC 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 if he has successfully completed 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. The "intent to scratch" rule is not applicable to any Gulf Swimming meet.

RELAY EVENTS: Relays will be swum in prelims as timed finals events.

1000/1650 FREE EVENTS: The 1000 and 1650 freestyle events will be swum as timed finals event. The fastest 8 women and the fastest 8 men who check-in and do not elect to swim in prelims, will swim during finals sessions on Saturday and Sunday. All other heats will be swum as the last events of the prelims sessions, alternating heats of women and men. Swimmers must provide their own timers and lap counters.

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, November 9, 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 fee.
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 – 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 November 30, 2018. Gulf swimmers aged 13 and older may enter this meet.

Times Eligibility: Times must be achieved between Feb 1, 2017 and the entry deadline.

Number of Events: Swimmers may compete in up to three (3) individual events per day and one (1) relay event 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 Gulf TPC Chair no later than 11:59 pm, Tuesday, November 9, 2018. No late entries will be accepted. Email entries to the Gulf TPC Chair at: tpc@gulfswimming.org

Eligible Swimmers: 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 Open 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.

Individual Event Entry Fee (per event):	\$9.00
Relay Entry Fee (per relay event):	\$16.50
Swimmer Surcharge Fee (per swimmer):	Facility Surcharge – \$7.00 per swimmer including Free heat sheets will be available through Meet Mobile



Make entry fee checks payable to:

Energy Core Swimming
1127 Eldridge Pkwy
PMB 300-158
Houston, TX 77077

281-826-1154
coachdoug@ecswimming.com

FINALISTS: All finalists should report directly to the starting blocks. Names of the top 8 finalists will be announced before the start the heat.

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

SCORING: Individual Events: 1st through 8th : 20-17-16-15-14-13-12-11
9th through 16th: 9-7-6-5-4-3-2-1
Relay Events: 1st through 8th: 40-34-32-30-28-26-24-22
9th through 16th: 18-14-12-10-8-6-4-2

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.

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

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 7'6" feet measured from 1 meter to 5 meters on the starting end of the course, and 13' feet measured from 1 meter to 5 meters on the turn end of the course



TIMING SYSTEM: A Colorado Model 6000 (or 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 meet program. Swimmers in the 500 Free must provide their own lap counter. 1000/1650 Free swimmers must provide their own timers and lap counters during the prelim session heats and lap counters for finals.

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.

FBISD Policy: There is absolutely NO FOOD allowed on the pool deck. Violators of this rule will be asked to take their food outside and will be asked to leave the facility if they are asked a second time. FBISD will impose a \$50 fine to the violating team if this occurs.

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.

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.

OFFICIALS: USA Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire for timed final sessions and preliminary sessions will be white golf shirts over khaki slacks/skirts/shorts and white shoes. Official attire for final sessions will be navy golf shirts over khaki slacks/skirts and white shoes. There will be an officials' briefing one (1) hour before the start of each session.

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: Concessions will be available

MERCHANDISE: D&J Sports will be at the meet selling Gulf Champs T-shirts, swim apparel and swim gear.

FACILITY RULES: Absolutely no food allowed on the pool deck

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



GULF SENIOR CHAMPIONSHIPS INVITATIONAL

Nov. 30 – Dec 2, 2018

A Short Course Yards Timed Finals Meet

HOSTED BY

Energy Core Swimming

Entry Rules:

Type of meet	Prelim/Final C,B,A
Max # individual events per day	Three (3)
Swimmers eligible	Gulf Only – 13 & Over swimmers
Entry times in	SCY/SCM/LCM
Qualifying times (13 & Over)	None
Cut-off times	None
Enter with no time?	No
Gulf “three event rule” applies?	Does not apply
Gulf “up/down rule” applies?	Does not apply
Gulf “beyond IMX” rule applies?	Does not apply
Times Eligibility	Times must be achieved between Feb 1, 2017 and the entry deadline.
Fees	Individual – \$9.00, Relay - \$16.50
Facility Surcharge	Facility Surcharge –\$7.00 per swimmer *Includes \$2 for free heat sheets on Meet Mobile

-All events 400 and over are timed finals with positive check in.

-Positive check in for 400IM and 500 Free closes 45 minutes before the start of the meet. Positive check in for 1000 and 1650 closes at 9:00am each day, respectively.

-Athletes swimming the 1000 and 1650 need to note prelims or finals during check in. The fastest 8 women and the fastest 8 men who check-in for the 1000/1650 Free, and who do not elect to swim in prelims, will swim in finals. All other heats will be swum fastest to slowest alternating heats of women and men in the prelims session.

-Swimmers in the 400IM, 500/1000/1650 Free must provide 2 timers and laps counters as applicable.

-All relays will be swum in prelims as timed finals.

-Warmups for finals will begin approximately 3 hours after the conclusion of the last relay of the morning session, but not before 4:00 pm. Finals are to start approximately 1 hour after the start of warmups.



Friday, November 30, 2018

Timed Finals

Open Warm-ups 4:30 pm, Session starts 5:30 pm

Women		Men
Event#	Event	Event#
1	400 I.M.	2
3	500 Free	4

Saturday, December 1, 2018

Prelims: Open Warm-ups 7:30 am, Session starts 9:00 am

Finals: Open Warm-ups 4:00 pm, Session starts 5:00 pm

Women		Men
Event#	Event	Event#
5	1000 Free	6
7	200 Fly	8
9	50 free	10
11	100 Breast	12
13	100 Back	14
15	200 Free	16
17	400 Medley Relay	18

Sunday, December 2, 2018

Prelims: Open Warm-ups 7:30 am, Session starts 9:00 am

Finals: Open Warm-ups 4:00 pm, Session starts 5:00 pm

Women		Men
Event#	Event	Event#
19	1650 Free	20
21	200 Back	22
23	100 Free	24
25	200 Breast	26
27	100 Fly	28
29	200 IM	30
31	400 Free Relay	32



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

