

FALL CHAMPIONSHIPS INVITATIONAL

December 7-9, 2018

A Short Course Yards Timed Finals Meet

HOSTED BY

Lone Star Swim Team



Sanction Number # **GU-SC-19-031 (R2)**

ENTRIES DUE TO GULF TPC CHAIR (TPC@GulfSwimming.org) BY 11:59 PM, FRIDAY, NOVEMBER 16, 2018

LOCATION: CFISD Natatorium - CFISD Athletic Complex
12550 Windfern Rd
Houston TX 77064

DIRECTIONS: Use Beltway 8 (North Sam Houston Parkway). Take the exit for Fallbrook Dr/Windfern Rd/Gessner Rd. Travel northbound on Fallbrook toward FM 1960. Turn right on Perry Road. Turn left on Windfern Road. Destination is on your right. Parking can be accessed from Bobcat Road.
Coming from far north of Houston use US-290 E and take exit for FM 1960 E (Cypress Creek Parkway). Travel East to Bobcat Road. Take Right on Bobcat Road. Destination is on your left.

SPECIAL INSTRUCTIONS: Please note there will be swimmer seating on deck. No parents or spectators allowed on deck.

All athletes must shower prior to entering the pool.

Absolutely NO WET SWIMMERS ALLOWED IN THE COMMON AREAS. All swimmers are to be fully clothed including shoes before entering the lobby or spectator viewing area. (Parkas, towels, and/or robes over swim suits do not constitute full clothing. Shirt and shorts/pants and shoes must be worn at all times in the spectator area.) All swimmers that do not comply will asked to leave the area.

MEET STAFF: **MEET REFEREE:** Rick Tobin, tobinrc@comcast.net
Donna Dormiani, donnadormiani@hotmail.com
ADMIN OFFICIAL: Doug McGee, douglas.mcgee@att.net



MEET DIRECTOR(S): Jill Wilson, jill09@hotmail.com 281-858-7946
SAFETY MARSHAL: MyLan Duong, Amanda Muske
COACH(ES): Tori Woodruff, Taylor Adams

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 five session, 2 ½ day timed-finals meet with a PM session on Friday and AM/PM sessions on Saturday and Sunday.

Session 1: Friday PM – December 7, 2018
Age Groups: 12 & Under Boys & Girls
Warm-up: 5:00 – 6:15 pm / Meet Start: 6:30 pm

Session 2: Saturday AM – December 8, 2018
Age Groups: 12 & Under Girls
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 3: Saturday PM – December 8, 2018
Age Groups: 12 & Under Boys
Warm-up*: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

Session 4: Sunday AM – December 9, 2018
Age Groups: 12 & Under Girls
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 5: Sunday PM – December 9, 2018
Age Groups: 12 & Under Boys
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, December 3, 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, with the exception of relays and 500 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.

POSITIVE CHECK-IN FOR THE 500 FREE:

All swimmers must circle in on sheets that will be available at the start of warm-up for the session, and due 45 minutes before the start of the session in which the event is scheduled to swim. 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.

ON-DECK ENTRIES: Late entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the 11:59pm, Friday, November 16, 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.



Cut-off Times: Swimmers must have 2 or fewer 2018 Gulf Age Group Champs QTs, but may swim any event offered in their age group. **This includes events not offered at this meet – See attached time standards below.**

Qualifying Times: 8&U athletes must have USAS National Motivational Time Standards B time in next shortest event to swim 200/500 free, 200IM.

Age: As of December 7, 2018

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

Number of Events: Swimmers may compete in up to four (4) individual events per day, but no more than (8) individual events for the entire meet, 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 designee of the Technical Planning Chairman no later than **11:59 PM, FRIDAY, NOVEMBER 16, 2018**. No late entries will be accepted. Email entries to the designee of the Technical Planning Chair at:

EMAIL: TPC@gulfswimming.org

Eligible Teams: Venues will be balanced by team numbers. The team lists will be posted on the Gulf website. 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 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):	\$6.00
Relay Entry Fee (per relay event):	\$9.50
Swimmer Surcharge Fee (per swimmer):	\$ 5.50
Make entry fee checks payable to:	Lone Star Swim Team

Mail entry fees (**POSTMARKED BY FRIDAY, NOVEMBER 30, 2018**) to the address below:

Lone Star Swim Team
9597 Jones Road PMB 197
Houston TX 77065
281-858-7946
admin@lonestarswimteam.org



AWARDS: Individual events: Custom Gulf Medals for 1st - 3rd places & Ribbons for 4th - 8th places
Relay events: Custom Gulf Medals for 1st place & Ribbons for 2nd - 3rd places
Combined team: Custom Gulf Trophies for 1st -3rd places
Individual high point: Girls / Boys 8 & U, 9-10, 11-12 (highest individual points earned)

SCORING: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

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

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. Gulf Swimming teams assigned by the Technical Planning Chairman may only participate in this invitational meet.

The Gulf Swimming three (3) event rule & the Gulf Swimming up/down rule do not apply. 8&U athletes must have USAS National Motivational Time Standards B time in next shortest event to swim 200/500 free, 200IM. Swimmers must have 2 or fewer Gulf Age Group Champs Times, but may compete in any event offered in their age group

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 7 feet measured from 1 meter to 5 meters on the starting end of the course, and 7 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM: A Colorado Model Gen 7 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 must provide 2 timers and a lap counter.

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.

Please note there will be swimmer seating on deck. No parents or spectators allowed on deck.

All athletes must shower prior to entering the pool.

Absolutely NO WET SWIMMERS ALLOWED IN THE COMMON AREAS or in spectator viewing area. All swimmers are to be fully clothed including shoes before entering the lobby or spectator viewing area. (Parkas, towels, and/or robes over swim suits do not constitute full clothing. Shirt and shorts/pants and shoes must be worn at all times in the spectator area.) All swimmers that do not comply will be asked to leave the area.

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.

PROOF OF TIME: Any swimmer that cannot prove that he/she was eligible to swim an event will be fined \$20.00 for each event he/she fails to prove. The fine or proof of time is sent to the Administrative Vice-Chair, Charlie Fry.

Once swimmers have qualified for a particular division, PRIOR to the entry deadline stated in the meet invitation, they MAY NOT swim in a slower division. Swimmers entering events in a slower division are subject to disqualification from the meet by the Meet Director or the Referee. Swimmers shall be fined \$50.00 for each event in which they competed.

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 all sessions will be white golf shirts over Navy slacks/skirts/shorts 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 swim apparel and swim gear. Fine Designs will be at the meet selling Championship T-shirts.

FACILITY RULES: Please note there will be swimmer seating on deck. No parents or spectators allowed on deck.

All athletes must shower prior to entering the pool.

Absolutely NO WET SWIMMERS ALLOWED IN THE COMMON AREAS. All swimmers are to be fully clothed including shoes before entering the lobby or spectator viewing area. (Parkas, towels, and/or robes over swim suits do not constitute full clothing. Shirt and shorts/pants and shoes must be worn at all times in the spectator area.) All swimmers that do not comply will asked to leave the area.

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



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December 7-9, 2018

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HOSTED BY

Lone Star Swim Team

Entry Rules:

Type of meet	Timed Finals
Max # individual events per day	Four (4) per day; eight (8) for the entire meet
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	SCY, SCM, LCM
Qualifying times	8&U athletes must have USAS National Motivational Time Standards B time in next shortest event to swim 200/500 free, 200IM.
Cut-off times	Swimmers must have 2 or fewer Gulf Age Group Champs QTs. This includes events not offered at this meet – See attached time standards below.
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
Times Eligibility	Times must be achieved between Feb 1, 2017 and the entry deadline.
Fees	Individual – \$6.00, Relay - \$9.50 Facility Surcharge – \$ 5.50

All events will be seeded fastest to slowest.

*500 Free will swim fastest to slowest alternating girls and boys heats. Swimmers must provide their own timers and lap counters.



**Friday – 12 & Unders
December 7, 2018-**

Girls				Boys	
Event#	Event Name			Event#	
1	12 & Under	200	IM	2	
3	12 & Under	500	Free*	4	

**Saturday AM - Girls
December 8, 2018**

**Saturday PM - Boys
December 8, 2018**

Girls				Boys			
Event#	Event Name			Event#	Event Name		
5	12 & Under	100	IM	6	12 & Under	100	IM
7	8 & Under	25	Free	8	8 & Under	25	Free
9	12 & Under	100	Free	10	12 & Under	100	Free
11	12 & Under	50	Fly	12	12 & Under	50	Fly
13	11-12	200	Fly	14	11-12	200	Fly
5 Minute Break				5 Minute Break			
15	9-12	200	Free Relay	16	9-12	200	Free Relay
17	8 & Under	100	Free Relay	18	8 & Under	100	Free Relay
19	12 & Under	50	Back	20	12 & Under	50	Back
21	11-12	200	Back	22	11-12	200	Back
23	8 & Under	25	Breast	24	8 & Under	25	Breast
25	12 & Under	100	Breast	26	12 & Under	100	Breast

**Sunday AM - Girls
December 9, 2018**

**Sunday PM - Boys
December 9, 2018**

Girls				Boys			
Event#	Event Name			Event#	Event Name		
27	12 & Under	50	Free	28	12 & Under	50	Free
29	8 & Under	25	Back	30	8 & Under	25	Back
31	12 & Under	100	Back	32	12 & Under	100	Back
5 Minute Break				5 Minute Break			
33	9-12	200	Medley Relay	34	9-12	200	Medley Relay
35	8 & Under	100	Medley Relay	36	8 & Under	100	Medley Relay
37	11-12	200	Breast	38	11-12	200	Breast
39	12 & Under	50	Breast	40	12 & Under	50	Breast
41	12 & Under	100	Fly	42	12 & Under	100	Fly
43	8 & Under	25	Fly	44	8 & Under	25	Fly
45	12 & Under	200	Free	46	12 & Under	200	Free



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



**2018 - 2019
Gulf Age Group Championships
Time Standards**

"-" indicates the 2018 - 2019 standard is faster than the
2017 - 2018 standard

* Relay standards are not qualifying standards.
Relays must achieve the relay standards in order to score.

Girls			Boys		
LCM	Yards	10&U	Yards	LCM	
35.59	31.89	50 Free	31.89	36.59	
1:18.09	1:10.29	100 Free	1:10.09	1:20.29	
2:54.09	2:36.49	200 Free	2:35.29	2:57.49	
6:08.69	6:49.89	500 Free	6:46.99	6:05.09	
43.09	37.79	50 Back	37.79	44.39	
1:31.49	1:22.79	100 Back	1:23.09	1:34.29	
49.79	43.79	50 Breast	44.19	51.39	
1:45.69	1:32.99	100 Breast	1:36.09	1:51.09	
40.89	35.69	50 Fly	36.19	41.39	
1:39.29	1:29.09	100 Fly	1:30.79	1:40.79	
---	1:20.79	100 IM	1:22.59	---	
3:17.29	2:54.69	200 IM	2:58.09	3:23.09	

Girls			Boys		
LCM	Yards	11-12	Yards	LCM	
31.49	27.69	50 Free	27.89	31.99	
1:08.69	1:00.59 -	100 Free	1:01.69 -	1:09.59	
2:30.29	2:12.79	200 Free	2:12.69	2:32.49	
5:14.49	5:49.69	500 Free	5:49.49	5:13.49	
37.49	32.59	50 Back	33.39 -	38.29	
1:20.69	1:10.29	100 Back	1:11.99	1:22.19	
2:53.39	2:31.39 -	200 Back	2:34.69	2:58.09	
42.59	36.79 -	50 Breast	37.39	43.39	
1:31.69	1:20.99	100 Breast	1:20.49	1:31.09	
3:14.69	2:52.99	200 Breast	2:57.99	3:24.79	
34.49	30.69 -	50 Fly	31.09	36.09	
1:18.19	1:10.49	100 Fly	1:09.89	1:20.89	
3:04.19	2:44.09	200 Fly	2:47.69	3:05.99	
---	1:10.39 -	100 IM	1:10.59	---	
2:52.79	2:31.29 -	200 IM	2:31.09	2:52.29	
6:16.89	5:29.29	400 IM	5:19.79	6:08.69	

Girls			Boys		
LCM	Yards	13-14	Yards	LCM	
29.99	26.29 -	50 Free	24.89 -	28.69	
1:04.59	56.69	100 Free	53.89	1:01.89	
2:20.89	2:03.49	200 Free	1:57.59	2:14.99	
4:57.39	5:29.69	500 Free	5:16.09	4:48.49	
10:20.49	11:42.29	1000 Free	11:04.49	9:55.99	
20:39.79	19:29.19	1650 Free	18:56.19	19:25.39	
1:13.99	1:04.59 -	100 Back	1:01.89	1:13.09	
2:39.99	2:19.39 -	200 Back	2:13.99	2:37.59	
1:27.19	1:14.69 -	100 Breast	1:09.59 -	1:22.29	
3:04.19	2:40.79 -	200 Breast	2:31.19 -	2:57.29	
1:12.29	1:03.49	100 Fly	59.79	1:09.69	
2:52.59	2:23.59 -	200 Fly	2:16.49	2:35.89	
2:40.69	2:19.59	200 IM	2:11.89	2:32.79	
5:43.59	4:57.19	400 IM	4:41.99 -	5:30.19	

Girls			Boys		
LCM	Yards	12&U	Yards	LCM	
4:45.79	4:12.49	400 Free Relay *	4:19.19	4:49.49	
5:32.09	4:53.79	400 Med Relay *	4:56.09	5:36.79	

Girls			Boys		
LCM	Yards	14&U	Yards	LCM	
4:28.69	3:55.89	400 Free Relay *	3:44.19	4:17.49	
5:09.99	4:30.89	400 Med Relay *	4:15.39	4:58.49	

