

GULF January Open Invitational Meet

January 19-20, 2019

A Short Course Yards Timed Finals Meet

HOSTED BY

Lone Star Swim Team



Sanction Number # **GU-SC-19-052 (RI)**

ENTRIES DUE TO HOST (admin@lonestarswimteam.org) BY 11:59 PM, THURSDAY, JANUARY 10, 2019

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 be asked to leave the area.



MEET STAFF: **MEET REFEREE:** Rick Tobin, tobinrc@comcast.net
ADMIN OFFICIAL: Doug McGee, mcgedoue@gmail.com
MEET DIRECTOR(S): Jill Wilson, jill09@hotmail.com
SAFETY MARSHAL: MyLan Duong, Astrid Novak
COACH(ES): Judy Siemer, 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 four session, 2 day, timed-finals meet with AM/PM sessions on Saturday and Sunday.

Session 1: Saturday AM – January 19, 2019
Age Groups: 11&Over girls, 13&Over boys
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 2: Saturday PM – January 19, 2019
Age Groups: 10&Under girls, 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 3: Sunday AM – January 20, 2019
Age Groups: 11&Over girls, 13&Over boys
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 4: Sunday PM – January 20, 2019
Age Groups: 10&Under girls, 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, January 14, 2019.

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 the 400 IM, and the 500, 1000 and 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.

POSITIVE CHECK-IN FOR THE 400 IM, 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, 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.

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, Thursday, January 10, 2019, 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: None

Qualifying Times: Athlete must have a “B” time in the next shortest distance (IMX event) in order to enter the following events:

10 & U – 500 Free

11-12 – 200 Fly/Back/Breast; 400 IM; 800 Free or longer

13-14 – 800 Free or longer



Age: As of January 19, 2019

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 six (6) for the entire meet.

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, THURSDAY, JANUARY 10, 2019**. No late entries will be accepted. Email entries to the designee of the Technical Planning Chairman at:

EMAIL: admin@lonestarswimteam.org

Eligible Teams: Venues will be balanced by team numbers. The team lists will be posted on the Gulf website. Only Gulf registered swimmers and teams may enter this 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):	\$ 5.75
Swimmer Surcharge Fee (per swimmer):	\$ 5.50
Make entry fee checks payable to:	Lone Star Swim Team

Mail entry fees (**POSTMARKED BY FRIDAY, JANUARY 14, 2019**) 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: Ribbons 1st-8th place

SCORING: Individual Events: 9-7-6-5-4-3-2-1
All events will be swum combined but scored separately as 6&Under, 7, 8, 9-10, 11-12, 13-14, and 15&Over as applicable.

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 and up/down rule do not apply.

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 5 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 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 psych sheet. Swimmers in the 500/1650 Free and 400 IM must provide 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. Coaches must supervise their swimmers.

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 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.
- 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 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 asked to leave the area.**
- ATTACHMENTS:** Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form



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Lone Star Swim Team

Entry Rules:	
Type of meet	Timed Finals
Max # individual events per day	Four (4) per day; Six (6) for entire meet
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	SCY, LCM, SCM
Qualifying times	Athlete must have a "B" time in the next shortest distance (IMX event) in order to enter the following events: 10 & U – 500 Free 11-12 – 200 Fly/Back/Breast; 400 IM; 800 Free or longer 13-14 – 800 Free or longer
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?	Yes
Times Eligibility	Times must be achieved between Feb 1, 2017 and the entry deadline.
Fees	Individual – \$5.75 Facility Surcharge – \$ 5.50

All events will be seeded fastest to slowest.

*The 500 Freestyle will be swum alternating girls and boys; 400 IM will be swum all girls first, then all boys.

All events will be swum combined but scored separately as 6&Under, 7, 8, 9-10, 11-12, 13-14, and 15&Over as applicable.

Swimmers entered in the 500 Freestyle and 1000 Freestyle need to provide a lap counter and two timers.



Saturday AM - January 19, 2019				Saturday PM – January 19, 2019					
Girls Event#	Event Name			Boys Event#	Girls Event#	Event Name			Boys Event#
1	11-12 Girls	50	Back		15	10&Under Girls	50	Back	
3	11&Over Girls	200	I.M.			12&Under Boys	50	Back	16
	13&Over Boys	200	I.M.	4	17	9-10 Girls	200	I.M.	
5	11&Over Girls	100	Free			9-12 Boys	200	I.M.	18
	13&Over Boys	100	Free	6	19	8&Under Girls	25	Free	
7	11&Over Girls	100	Breast			8&Under Boys	25	Free	20
	13&Over Boys	100	Breast	8	21	9-10 Girls	100	Breast	
9	11&Over Girls	200	Back			9-12 Boys	100	Breast	22
	13&Over Boys	200	Back	10		11-12 Boys	200	Fly	24
11	11-12 Girls	50	Fly		25	10&Under Girls	100	Free	
13	11&Over Girls	500	Free*			12&Under Boys	100	Free	26
	13&Over Boys	500	Free*	14	27	8&Under Girls	25	Breast	
						8&Under Boys	25	Breast	28
						11-12 Boys	200	Back	30
					31	10&Under Girls	50	Fly	
						12&Under Boys	50	Fly	32
					33	9-10 Girls	500	Free*	
						9-12 Boys	500	Free*	34

Sunday AM - January 20, 2019				Sunday PM - January 20, 2019					
Girls Event#	Event Name			Boys Event#	Girls Event#	Event Name			Boys Event#
35	11-12 Girls	50	Breast		51	10&Under Girls	50	Breast	
37	11&Over Girls	400	I.M.			12&Under Boys	50	Breast	52
	13&Over Boys	400	I.M.	38	53	9-10 Girls	200	Free	
39	11&Over Girls	200	Free			9-12 Boys	200	Free	54
	13&Over Boys	200	Free	40	55	8&Under Girls	25	Back	
41	11&Over Girls	100	Fly			8&Under Boys	25	Back	56
	13&Over Boys	100	Fly	42	57	9-10 Girls	100	Fly	
43	11&Over Girls	50	Free			9-12 Boys	100	Fly	58
	13&Over Boys	50	Free	44	59	10&Under Girls	50	Free	
45	11&Over Girls	200	Breast			12&Under Boys	50	Free	60
	13&Over Boys	200	Breast	46	61	8&Under Girls	25	Fly	
47	11&Over Girls	100	Back			8&Under Boys	25	Fly	62
	13&Over Boys	100	Back	48		11-12 Boys	200	Breast	64
49	13&Over Mixed	1000	Free		65	9-10 Girls	100	Back	
						9-12 Boys	100	Back	66
					67	10&Under Girls	100	I.M.	
						12&Under Boys	100	I.M.	68
						11-12 Boys	400	I.M.	70



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

