

2019 MLK Open Invitational

January 19-20

A Short Course Yards Timed Finals Meet

HOSTED BY
South Shore Sails



SANCTION #GU-SC-19-058

Teams interested in attending this meet, please e-mail 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:	MEET REFEREE:	Lisa Blok	eeblok@att.net
	ADMIN OFFICIAL:	Rongxia Du	cd140074@yahoo.com
	MEET DIRECTOR:	Heike Schlegel-Walpot	heike.schlegel@sbcglobal.net 832 646 1542
	SAFETY MARSHALL:	Doug Reno Chris Sustala Daniel Potts	
	COACHES:	Matt Troquille Ben Leach	mtroquille@gmail.com ben.leach@utexas.edu

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 four session, two day, timed-finals meet with AM & PM sessions on Saturday and Sunday

Session 1: Saturday AM – January 19, 2019
Age groups: 13 and over and 11/12 girls
Warm-up*: 7:30am - 9:00 am
Meet starts at 9 am

Session 2: Saturday PM – January 19, 2019
Age groups: 10 & under and 11/12 boys
Warm up*: 1pm – 2:30pm
Meet starts at 2:30pm

Session 3: Sunday AM – January 20, 2019
Age groups: 13 and over and 11/12 girls
Warm-up*: 7:30am - 9:00 am
Meet starts at 9 am

Session 4: Sunday PM – January 20, 2019
Age groups: 10 & under and 11/12 boys
Warm up*: 1pm – 2:30pm
Meet starts at 2:30pm

*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.
25yard events will start on the bulkhead end of the pool (there will be no starting blocks on the bulkhead 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 January 19, 2019

Number of Events: Swimmers may compete in up to three (3) 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, January 4, 2019. No late entries will be accepted. Email entries to Matt Troquille:

EMAIL: 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 250 athletes per session. Once your entries are accepted, you will receive a confirmation email.

Make entry fee checks payable to: TFC

Mail entry fees (POSTMARKED BY SATURDAY, January 5, 2019) to the address

South Shore Sails
TFC
3000 Invincible Cir.
League City, TX

AWARDS: Individual events: ribbons 1st - 8th place.

SCORING: Individual Events: 17-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1

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), within three days after the conclusion of the meet.

Entry Rules:	
Type of meet	Timed Finals
Max # individual events per day	Three (3)
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
Entry fees	\$ 6 per event
Swimmer Surcharge	\$ 5.00 (including \$2.00 for electronic heat sheets)

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

All events will be seeded fastest to slowest.

*500 Free will be swum alternating girls and boys heats. Swimmers must provide their own timers and lap counters.

*400 I.M. will be swum alternating girls and boys heats. Swimmers must provide their own timers.

All 13 & Over events will be swum combined but scored separately as 13-14 and 15 & Over.

All 11 & Over events will be swum combined but scored separately as 11-12, 13-14 and 15 & Over.

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

All 10 & Under events will be swum combined but scored separately as 6 & Under, 7, 8, 9-10.

All 8 & Under events will be swum combined but scored separately as 6 & Under, 7, 8.

All 9-12 events will be swum combined but scored separately as 9-10 and 11-12.

Saturday AM - January 19, 2019

Girls Event #	Event Name	Boys Event #
1	11-12 Girls 50 Back	
3	11 & Over Girls 200 IM	
	13 &Over Boys 200 IM	4
5	11&Over Girls 100 Free	
	13&Over Boys 100 Free	6
7	11&Over Girls 200 Fly	
	13&Over Boys 200 Fly	8
9	11&Over Girls 100 Breast	
	13&Over Boys 100 Breast	10
11	11& Over Girls 200 Back	
	13&Over Boys 200 Back	12
13	11-12 Girls 50 Fly	
15	11&Over Girls 500 Free*	
	13&Over Boys 500 Free*	16

Saturday PM - January 19, 2019

Girls Event #	Event Name	Boys Event #
17	10 & Under Girls 50 Back	
	12&Under Boys 50 Back	18
19	9-10 Girls 200 IM	
	9-12 Boys 200 IM	20
21	8 & Under Girls 25 Free	
	8 & Under Boys 25 Free	22
23	9-10 Girls 100 Breast	
	9-12 Boys 100 Breast	24
	11-12 Boys 200 Fly	26
27	10 & Under Girls 100 Free	
	12&Under Boys 100 Free	28
29	8 & Under Girls 25 Breast	
	8 & Under Boys 25 Breast	30
	11-12 Boys 200 Back	32
33	10 & Under Girls 50 Fly	
	12 & Under Boys 50 Fly	34
35	9-10 Girls 500 Free*	
	9-12 Boys 500 Free*	36

Sunday AM - January 20, 2019

Girls Event #	Event Name	Boys Event #
37	11-12 Girls 50 Breast	
39	11&Over Girls 200 Free	
	13&Over Boys 200 Free	40
41	11 & Over Girls 100 Fly	
	13 & Over Boys 100 Fly	42
43	11&Over Girls 50 Free	
	13&Over Boys 50 Free	44
45	11 & Over Girls 200 Breast	
	13 & Over Boys 200 Breast	46
47	11 & Over Girls 100 Back	
	13 & Over Boys 100 Back	48
49	11-12 Girls 100 IM	
51	11 & Over Girls 400 IM*	
	13&Over Boys 400 I.M*	52

Sunday PM - January 20, 2019

Girls Event #	Event Name	Boys Event #
53	10 & Under Girls 50 Breast	
	12 & Under Boys 50 Breast	54
55	9-10 Girls 200 Free	
	9-12 Boys 200 Free	56
57	8 & Under Girls 25 Back	
	8 & Under Boys 25 Back	58
59	9-10 Girls 100 Fly	
	9-12 Boys 100 Fly	60
61	10 & Under Girls 50 Free	
	12 & Under Boys 50 Free	62
63	8&Under Girls 25 Fly	
	8&Under Boys 25 Fly	64
	11-12 Boys 200 Breast	66
67	9-10 Girls 100 Back	
	9-12 Boys 100 Back	68
69	10 & Under Girls 100 IM	
	12 & Under Boys 100 IM	70
	11-12 Boys 400 IM	72

ENTRY VERIFICATION
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

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.

