

Gulf Swimming

Short Course Champs II Invitational Meet

February 22-24, 2019

A Short Course Yards Timed Finals Meet

HOSTED BY

North Channel Aquatics



Sanction Number # **GU-SC-19-059**

ENTRIES DUE TO GULF TPC CHAIR (TPC@gulfswimming.org) BY 11:59 PM, FRIDAY, February 1, 2019.

LOCATION: Galena Park ISD Natatorium
15027 Wallisville Road
Houston, TX 77049

DIRECTIONS: The pool is located just one mile west of Beltway 8 on the east side of Houston. Take Beltway 8 and exit Wallisville Road. The Natatorium is located between the Wendel D. Ley YMCA and the Galena Park ISD Stadium.

SPECIAL INSTRUCTIONS: The parking lot directly in front of the natatorium will be used for outdoor setup. No setup in the grassy areas is permitted.

We will provide a special viewing area to watch races.

There is no permanent seating in the facility for spectators. This will be temporary seating only and no areas can be saved with towels, blankets, etc.

Swimmers are not allowed to change in the restrooms in the lobby area.

Wet swimmers are not allowed in the Bleacher area. Swimmers are encouraged to sit on deck as a team in order to allow more room for spectators.

No eating is allowed on the pool deck or in the locker rooms. Food must be eaten in the spectator stands, in the lobby or outside the facility.

Our safety marshals, coaching staff or officials reserve the right to eject spectators or swimmers not adhering to facility or meet policy.



MEET STAFF: **MEET REFEREE:** Jay Haskins jhrider@gmail.com
ADMIN OFFICIAL: Jennifer Ledwith, Paige Sikkema nochswimcoachpaige@gmail.com
MEET DIRECTORS: Sandra Salge, sandragsalge48@gmail.com, 281-684-9870
SAFETY MARSHAL: Sheree Silva,
COACH: Mark Martinez, Kelli Northern

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

Session 1: Friday PM – February 22, 2019

Age Groups: 9-14

Warm-up: 5:00 – 6:15 pm / Meet Start: 6:30 pm

Session 2: Saturday AM – February 23, 2019

Age Groups: 11-14 girls and 13-14 boys

Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 3: Saturday PM – February 23, 2019

Age Groups: 9-10 girls and 9-12 boys

Warm-up*: Host team will publish PM session warm-up and start times with timing/warm-up assignments on the Gulf webpage

Session 4: Sunday AM – February 24, 2019

Age Groups: 11-14 girls and 13-14 boys

Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 5: Sunday PM – February 24, 2019

Age Groups: 9-10 girls and 9-12 boys

Warm-up*: Host team will publish PM session warm-up and start times with timing/warm-up assignments on the 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, February 18, 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 relays, the 400IM, and 500/1000 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 400IM, 500 FREE AND 1000 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 11:59 pm, Friday, February 1, 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.
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.

Qualifying Times: None.



Cut-Off Times: 13-14 swimmers must have two (2) or less 2017-2020 USA-S A time standards to enter this meet and then may enter any event offered.

Age: As of February 22, 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 7 for the 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, February 1, 2019**. 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 and 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 - Free heat sheets will be available online
Make entry fee checks payable to:	NOCH

Mail entry fees (**POSTMARKED BY FRIDAY, FEBRUARY 15, 2019**) to the address below:

North Channel Aquatics
13839 Woodforest Blvd
Houston, TX 77015



Mark Martinez
832-360-3456
nochcoachmark@gmail.com

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 9-10, 11-12, 13-14 (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 individual events and relays will be swum combined but scored separately as 9-10, 11-12 and 13-14 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, up/down, and beyond IMX rules do not apply.

TIME TRIALS:

Time permitting, time trials will be conducted after the completion of Saturday's and Sunday's PM sessions under sanction **GU-SC-19-060**. Rules for time trials will be:

1. Time trial events are open to any aged Gulf swimmer that is zoned for this meet.
2. Fees will be \$12.00 for individual and \$19.00 for relay events. Swimmers not already entered in the meet must also pay the swimmer surcharge.
3. Swimmers must supply completed entry forms entered at the swimmers' best times. All entries are due by 90 min. before the published end time of the afternoon session each day.
4. Swimmers may enter up to two (2) time trial events per day, not to exceed a total of five (5) events swum per day.
5. Events will be swum in the order of: 200 free relay, 400 free relay, 800 free relay, 200 medley relay, 400 medley relay, 50 free, 50 stroke (back, breast, fly), 100 free, 100 stroke (back, breast, fly), 100 IM, 200 free, 200 stroke (back, breast, fly), 200 IM, 400 IM, 500 free, 1000 free and 1650 free.
6. Swimmers must provide their own timers and lap counters, where needed.

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 **14'** feet measured from 1 meter to 5 meters on the starting end of the course, and **4'9** 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 500/1000 Free and 11-12 400 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.

Spectators are advised to please adhere to the Pool Deck restriction policy. Safety Marshals reserve the right to remove non-registered spectators from the pool deck. Spectators are asked not to send the safety marshals to deliver items to swimmers or to bring swimmers to parents.

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 if the facility wi-fi permits.

CONCESSIONS: Concessions will be available, complete with breakfast, lunch and dinner times to minimally include breakfast tacos, kolaches, pasta, hamburgers, hot dogs, nachos and chicken sandwiches.

MERCHANDISE: D & J Sports will be at the meet selling swim apparel and swim gear.

FACILITY RULES: No coolers, blankets, chairs etc. will be allowed inside the facility. There is also no eating on the pool deck. No smoking or alcohol beverages allowed in the facility or in the parking lot. Swimmers are not allowed to change in the bathrooms located in the lobby of the facility. As well as the special instructions on page 1.

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



Gulf Swimming

Short Course Champs II

February 22-24, 2019

A Short Course Yards Timed Finals Meet
HOSTED BY

North Channel Aquatics

Entry Rules:	
Type of meet	Timed Finals
Max # individual events per day	Four (4)/Seven (7) for the meet
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	SCY, LCM, SCM
Qualifying Times:	None
Cut-Off Times:	13-14 swimmers must have two (2) or less 2017-2020 USA-S A time standards to enter this meet and then may enter any event offered.
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 per swimmer (includes: Free heat sheets will be available through pdf, on the Gulf website)

All events will be seeded fastest to slowest.

*500 Free will be swum alternating girls and boys heats. The 1000 Free will be swum as a mixed event (girls and boys together) but scored separately as girls and boys. Swimmers must provide their own timers and lap counters.

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

All individual events and relays will be swum combined but scored separately as 9-10, 11-12 and 13-14 as applicable.

Friday PM
February 22, 2019

Girls Event#	Event Name	Boys Event#
1	9 - 14 500 Free*	2



**Saturday AM
February 23, 2019**

**Saturday PM
February 23, 2019**

Girls				Boys	Girls				Boys	
Event#	Event Name	Event#	Event Name	Event#	Event Name	Event#	Event Name	Event#	Event#	
3	11-14 Girls 200 Medley Relay				21	9-10 Girls 200 Medley Relay				
	13-14 Boys 200 Medley Relay	4				9-12 Boys 200 Medley Relay		22		
	5 min break						5 min break			
5	11-12 Girls 100 IM				23	9-10 Girls 200 Free				
7	11-14 Girls 200 Free					9-12 Boys 200 Free		24		
	13-14 Boys 200 Free	8			25	9-10 Girls 100 Breast				
9	11-14 Girls 100 Breast					9-12 Boys 100 Breast		26		
	13-14 Boys 100 Breast	10			27	9-10 Girls 50 Free				
11	11-14 Girls 50 Free					9-12 Boys 50 Free		28		
	13-14 Boys 50 Free	12			29	9-10 Girls 50 Back				
13	11-14 Girls 200 Back					9-12 Boys 50 Back		30		
	13-14 Boys 200 Back	14			31	9-10 Girls 100 Fly				
15	11-14 Girls 100 Fly					9-12 Boys 100 Fly		32		
	13-14 Boys 100 Fly	16			33	9-10 Girls 200 I.M.				
17	11-12 Girls 50 Back					9-12 Boys 200 I.M.		34		
19	11-14 Girls 400 I.M.**					11-12 Boys 200 Back		36		
	13-14 Boys 400 I.M.**	20								

**Sunday AM
February 24, 2019**

**Sunday PM
February 24, 2019**

Girls				Boys	Girls				Boys	
Event#	Event Name	Event#	Event Name	Event#	Event Name	Event#	Event Name	Event#	Event#	
37	11-14 Girls 200 Free Relay				55	9-10 Girls 200 Free Relay				
	13-14 Boys 200 Free Relay	38				9-12 Boys 200 Free Relay		56		
	5 min break						5 min break			
39	11-14 Girls 200 I.M.				57	9-10 Girls 100 I.M.				
	13-14 Boys 200 I.M.	40				9-12 Boys 100 I.M.		58		
41	11-14 Girls 200 Breast					11-12 Boys 200 Breast		60		
	13-14 Boys 200 Breast	42			61	9-10 Girls 50 Fly				
43	11-12 Girls 50 Fly					9-12 Boys 50 Fly		62		
45	11-14 Girls 100 Free				63	9-10 Girls 100 Free				
	13-14 Boys 100 Free	46				9-12 Boys 100 Free		64		
47	11-14 Girls 100 Back					11-12 Boys 200 Fly		66		
	13-14 Boys 100 Back	48			67	9-10 Girls 100 Back				
49	11-14 Girls 200 Fly					9-12 Boys 100 Back		68		
	13-14 Boys 200 Fly	50			69	9-10 Girls 50 Breast				
51	11-12 Girls 50 Breast					9-12 Boys 50 Breast		70		
53	13-14 Mixed 1000 Free*					11-12 Boys 400 I.M.***		72		



GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES

WARM-UP PROCEDURE

- 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.

