



SSAN January Winter Invite

January 18-20, 2019

A Short Course Yards Prelims/ Finals Meet

HOSTED BY

Swim Streamline at Northampton

Sanction Number # **GU-SC-19-056 (R2)**

ENTRIES DUE to Swim Streamline - BY 11:59 PM, Tuesday January 1, 2018

LOCATION: Klein Oak High School
22603 Northcrest Drive
Spring, TX 77389

DIRECTIONS: From I- 45N take F.M 2920/Spring Cypress exit and go 4.8 miles west and turn right on Kuykendahl Rd. Go .6 miles north to Northcrest and turn right. Go 1.2 miles on Northcrest and then turn on Klein Oak Dr. Klein Oak HS is at the corner of Northcrest Drive and Klein Oak Dr. Parking lot for pool is located on Klein Oak Drive. (map included with invitation)

SPECIAL INSTRUCTIONS:

- Team setup will be located in the smaller gym next to the pool
- There is no setup allowed in the upstairs bleachers of the pool area
- No wet swimmers are allowed in the upstairs bleachers of the pool area
- During the meet stay connected and up to date on announcements, timelines, and events on MeetBop

MEET STAFF:

MEET REFEREE:	Michael Swaim, mike.t.swaim@gmail.com
ADMIN OFFICIAL:	John Irwin, jakhirwin@gmail.com Shawn Anderson Shawn.Anderson02@gmail.com
MEET DIRECTOR(S):	Ryan Leggiero, ryanleggiero@yahoo.com , 832-244-5296
SAFETY MARSHAL:	Deana Fuhr, Jennifer Scott, Dale Whiteman, Trevor Schafer, Sarah Lovely, Ryan Murphy
COACH(ES):	Laura Koch Davis – Head Coach Ross Davis – Senior Coach



Andrew Sipp- Age Group Coach

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 7 session, 3 day, prelim-finals meet with PM session on Friday, AM/PM sessions on Saturday and Sunday.

Four Hour rule: This meet will operate under the Gulf Four Hour Rule. Entries will be accepted on a first-come first-served basis with the attending teams included in this announcement. The meet host reserves the right to stop accepting entries or have teams switch entries when sessions approach the four hour limit.

FINALS FORMAT: Prelims/ finals: A/B finals for ages 10 & under, 11-12, 13-14, 15-18 in events that are not listed as timed finals.

Session 1: Friday January 18, 2019

Age Groups: 10 & under, 11-12 girls & boys, 13-14 girls & boys, 15&Over girls & boys
Open warm up: 4:00-5:00 pm / Meet Start: 5:30 pm

Session 2: Saturday AM prelims – January 19, 2019

Age Groups: 11-12 girls & boys, 13-14 girls & boys, 15&Over girls & boys
Warm-up*: 6:30 – 7:50 am / Meet Start: 8:00 am

Session 3: Saturday PM prelims – January 19, 2019

Age Groups: 8 & Under girls & boys, 9-10 girls & boys
Warm-up/Meet Start: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

Session 4: Saturday PM finals – January 19, 2018

Age Groups: all – final qualifiers only
Warm-up*: 4:30-5:15 pm, meet start: 5:30 pm

Session 5: Sunday AM prelims – January 20, 2018

Age Groups: 11-12 girls & boys, 13-14 girls & boys, 15&Over girls & boys
Warm-up*: 6:30 – 7:50 am / Meet Start: 8:00 am

Session 6: Sunday PM prelims – January 20, 2018

Age Groups: 8 & Under girls & boys, 9-10 girls & boys
Warm-up/Meet Start: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

Session 7: Sunday PM finals – January 20, 2018

Age Groups: all – final qualifiers only
Warm-up*: 4:30-5:15 pm, meet start: 5:30 pm



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 200 I.M., 400 I.M., 500 Freestyle Freestyle, which will be deck seeded events. 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.

FINALS & scratching rules: The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rules 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 Gulf Swimming 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 or any other bonus 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.

POSITIVE CHECK-IN FOR ALL FRIDAY NIGHT EVENTS: 12 & under 200 IM, 13 & over 400 I.M., 500 Freestyle:

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.

Swimmers must provide their own timers and lap counters for 200 IM, 400 IM, & 500 free on FRIDAY NIGHT



ON-DECK ENTRIES:

*****ON DECK ENTRIES HAVE BEEN CLOSED AND WILL NOT BE PERMITTED*** (1/4/2019)**

SSAN reserves the right to limit / not have on-deck entries to accommodate a reasonable meet timeline, the Four Hour Rule, or facility constraints. Under these conditions, late entries may be accepted each day up to 45 minutes before the start of the session. Those swimmers missing the 11:59 pm, Tuesday January 2, 2018 deadline may enter the meet on-deck in the following manner if on deck entries are allowed:

1. 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.
2. 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.
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. 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.
7. Heats will be not added, only fill open lanes 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 – 200 IM, 200 free, 500 Free

11-12 – 200 Fly/Back/Breast; 500 Free

13-14 – 400 IM, 500 free

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

Age: As of January 18, 2019



Number of Events: Swimmers may compete in up to three (3) individual events per day on Saturday & Sunday, only 2 allowed on Friday.

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 Swim Streamline's meet entry chair no later than **11:59 PM, Tuesday January 1, 2019**. No late entries will be accepted. Email entries to Shawn C. Anderson at:

EMAIL: shawn.anderson02@gmail.com

Eligible Teams: only swimmers attached or in the process of transferring to SSAN, CFSC, FCST, AQUA, TASC, ESCA, USA are eligible to swim.

Individual Event Entry Fee (per event): \$6.75

Relay event entry fee (per event): \$12.00

Swimmer Surcharge Fee (per swimmer): \$5.00

Free heat sheets will be available through Meet Mobile (or pdf, or other method)

Make entry fee checks payable to: Swim Streamline at Northampton

Mail entry fees (**POSTMARKED BY January 4, 2018**) to the address below:

Swim Streamline at Northampton
17114 Post Oak Hollow
Spring, TX 77379

coachlaura@swimstreamline.com

Entry Chair: Shawn Anderson, email: shawn.anderson02@gmail.com

AWARDS: Individual Events: Ribbons 1st through 8th place; Relay Events: Ribbons 1st through 3rd

HIGH POINT: Top 3 finishers in the following age groups girls & boys: 8 & Under, 9-10, 11-12, 13-14, 15-18 will receive high point awards

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: 18-14-12-10-8-6-4-2

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

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

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



All 10 & Under individual events will be swum combined but scored separately as 8 & Under, and 9-10

All 8 & Under individual events will be scored 8 & Under.

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

Team Relays: Swimmers can only swim on 1 relay per day. Teams may enter no more than 3 relays per event / age group category. Relays will be scored 10 & under and 11 & Over. All relays are timed final events.

- ****All relay cards are due 45 minutes prior to the start of the session****

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 Chair 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 12 feet measured from 1 meter to 5 meters on the starting end of the course, 4 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM:

A Colorado Model 6000 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).

OFFICIALS UNIFORMS:

Officials will wear white polo over khaki pants, shorts or skirt for prelims and navy polo over khaki pants or skirt (no shorts please) for finals.

HOSPITALITY: A hospitality room will be available.

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: A Vendor will be at the meet selling swim apparel and swim gear.

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





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Entry Rules:	
Type of meet	Prelims/Finals: A/B Finals for ages 10 & Under, 11-12, 13-14, 15-18 in events that are not listed as timed finals.
Max # individual events per day	Friday Two (2) total, & Three (3) per day on Saturday & Sunday, 1 relay per day
Swimmers eligible	Gulf teams listed in this announcement
Entry times in	SCY, LCM, SCM
Qualifying times	See meet rules
Cut-off times	See meet rules
Enter with no time?	Yes
Gulf "three event rule" applies?	Does not apply
Gulf "up/down rule" applies?	Does not apply
Gulf "Beyond IMX" applies?	Yes
Times Eligibility	Times must be achieved between Feb 1, 2017 and the entry deadline.
Fees	Individual – \$6.75, Relays- \$12.00 Swimmer Surcharge Fee – \$5.00 Free heat sheets will be available through Meet Mobile (or pdf, or other method)

All events will be seeded fastest to slowest.

*500 Freestyle & 400 IM will be swum alternating girl's and boy's heats.

- Swimmers must provide their own timers and lap counters.

*400 I.M. will be swum alternating girl's and boy's heats.

- Swimmers must provide their own timers.

*12&Under 200 I.M. swimmers must provide their own timers.

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

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

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

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

All 8 & Under individual events will be scored as 8 & Under.





SSAN prelims/ finals Meet

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Girls Event #	Friday PM - January 18, 2019 Timed Finals	Boys Event #
1	*Open 500 Freestyle	2
3	*12 & under 200 I.M.	4
5	*13 & over 400 I.M.	6

Girls Event #	Saturday AM – January 19, 2019 Event Name	Boys Event #	Girls Event #	Saturday PM – January 19, 2019 Event Name	Boys Event #
21	11 & Over 200 Medley Relay Timed Finals	22	23	10 & Under 50 Backstroke	24
7	11-12 50 Backstroke	8	27	8 & Under 25 Freestyle Timed Finals	28
11	11 & Over 100 Freestyle	12	29	10 & Under 100 Breaststroke	30
13	11 & Over 200 Butterfly	14	31	10 & Under 100 Freestyle	32
15	11 & Over 100 Breaststroke	16	33	8 & Under 25 Breaststroke Timed Finals	34
17	11 & Over 200 Backstroke	18	35	10 & Under 50 Butterfly	36
19	11-12 50 Butterfly	20	37	10 & Under 200 Medley Relay Timed Finals	38
9	13 & Over 200 I.M.	10			

Girls Event #	Saturday PM - January 19, 2018 FINALS	Boys Event #
7	11-12 50 Backstroke	8
23	10 & Under 50 Backstroke	24
9	13 & Over 200 I.M.	10
11	11 & Over 100 Freestyle	12
13	11 & Over 200 Butterfly	14
29	10 & Under 100 Breaststroke	30
15	11 & Over 100 Breaststroke	16
31	10 & Under 100 Freestyle	32
17	11 & Over 200 Backstroke	18
19	11-12 50 Butterfly	20



35	10 & Under 50 Butterfly	36
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Girls Event #	Sunday AM – January 20, 2019 Event Name	Boys Event #	Girls Event #	Sunday PM – January 20, 2019 Event Name	Boys Event #
53	11 & Over 200 Freestyle Relay Timed Finals	54	55	10 & Under 50 Breaststroke	56
39	11-12 50 Breaststroke	40	57	10 & Under 200 Freestyle Timed Finals	58
41	11 & 12 200 Freestyle	42	59	8 & Under 25 Backstroke Timed Finals	60
43	11 & Over 100 Butterfly	44	61	10 & Under 100 Butterfly	62
45	11 & Over 50 Freestyle	46	63	10 & Under 50 Freestyle	64
47	11 & Over 200 Breaststroke	48	65	8 & Under 25 Butterfly Timed Finals	66
49	11 & Over 100 Backstroke	50	67	10 & Under 100 Backstroke	68
51	11 & Over 100 I.M.	52	69	10 & Under 100 I.M.	70
73	13 & Over 200 Freestyle	74	71	10 & Under 200 Freestyle Relay Timed Finals	72

Girls Event #	Sunday PM - January 20, 2019 FINALS	Boys Event #
39	11-12 50 Breaststroke	40
55	10 & Under 50 Breaststroke	56
41	11 & 12 200 Freestyle	42
73	13 & Over 200 Freestyle	74
43	11 & Over 100 Butterfly	44
61	10 & Under 100 Butterfly	62
45	11 & Over 50 Freestyle	46
63	10 & Under 50 Freestyle	64
47	11 & Over 200 Breaststroke	48
49	11 & Over 100 Backstroke	50
67	10 & Under 100 Backstroke	68
51	11 & Over 100 I.M.	52
69	10 & Under 100 I.M.	70



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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 backstroke 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

