



GULF FIRST CHANCE MEET – Time Trials

February 9-10th, 2019

Short Course Yards Meet- Time Trials

HOSTED BY

Ambush Swimming

GU-SC-19-089

ONDECK ENTRIES ONLY AVAILABLE AT THE MEET BEFORE MORNING SESSION BEGINS

LOCATION: 909 South Angelina Blvd., Lufkin, Texas 75904

DIRECTIONS: **From Highway 59 North:** When entering Lufkin, stay on 59 (Timberland Dr.). Take a right on to Denman Ave. Take a left on to Angelina St. The pool and the club will be on your left.
From Highway 59 South: When entering Lufkin stay on 59 (1st St.). Take a left on to Denman Ave. Take a left on to Angelina St. The pool and the club will be on your left.

SPECIAL INSTRUCTIONS: Lufkin Swim Center is an eight lane, 25 yard indoor pool. The pool depth ranges from 4 feet to 8 feet. A Colorado system 6 Competitive Timing System will be used. The facility has seating available on deck. Lawn chairs, tents, and coolers are welcomed.

MEET STAFF:
MEET REFEREE: Donna Lai-Dormiani - donnadormiani@hotmail.com
ADMIN OFFICIAL: Eddie Adams - eddiea75@att.net
MEET DIRECTOR(S): Erik Cozadd - aquatics@bgcdet.org - 936-560-6844
SAFETY MARSHAL: Tonya Rigby - tonyarigby@hudsonisd.org
COACH(ES): Derek Theiss - theissda@bgcdet.org

POOL: One eight lane, 25 yard indoor pool with non-turbulent lane lines will be used for warm-up and competition.

TIME AND DATE: This is a two session timed trials on Saturday and Sunday.

Session 1: Saturday PM – February 9, 2019

Age Groups: Open for girls and boys

Warm-up *: 2 hours after prelim session ends. This is up for discussion among the coaches. Session times may change for Time Trials. Estimated start time is 5pm but is subject to change.

Session 2: Sunday PM – February 10, 2019

Age Groups: Open for girls and boys



Warm-up *: Immediately after the conclusion of the Sunday session

*Open warm-ups and timing will be designated in the heat sheet, and will be posted at the meet.

MEET TYPE: Time Trials events listed below

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 400 IM, and 500/1000/1650 freestyle events, which will be deck seeded events. Coaches please inform your swimmers of pre-seeded and deck seeded rules. All prelims and timed finals 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.

POSITIVE CHECK-IN FOR THE 400IM, 500 FREE, 1000 FREE AND 1650 FREE:

Distance events (greater than 200 yards): Not required for Time Trials

The events and age groups will be combined into one event for girls and one event for boys for seeding purposes. Each event will be seeded by the entry time.

RELAY CARDS:

Relay cards must be turned in to the Clerk of Course by end of warm up the session in which the event is scheduled to swim or the entry will be considered scratched.

FINALS AND SCRATCHING:

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:

The USA Swimming National Championships Meets “reserve the right to scratch” rule is not applicable to any Gulf Swimming meet.

ON-DECK ENTRIES:

Late entries will be accepted each day up to the start of each morning session. Those swimmers missing the 11:59 pm, Friday, January 25, 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 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). **Swimmers may not enter with a no time (NT).**

Cut-off Times: None

Qualifying Times: None

Qualifying Times for 1000/1650 free: None

Beyond IMX Rule: Does not apply

Up/Down Rule: Does not apply

Age: As of February 9, 2019

Times Eligibility: None

Number of Events: 3 event limit...but events may be combined and there are no pre-format for this swim meet.

Entries: On deck or emailed one day prior to meet at eddiea75@att.net

Deadline: on deck or emailed

Eligible Teams: 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):	\$5.75
Relay Entry Fee (per relay event):	\$9.50
Swimmer Surcharge Fee (per swimmer):	\$4.00 No charge for swimmers already in the 1 st Chance Meet. Free heat sheets will be available through printed heat sheets.

Make entry fee checks payable to: Ambush Swimming

Mail entry fees **(due at time of on deck registration)** to the address below:

Ambush Swimming
PO BOX 631345
Nacogdoches, TX 75965

(936) 560-6844
eddiea75@att.net

AWARDS: None

SCORING: None

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 up/down rule does not apply.

Swimmers may compete in relays as long as they are eligible to compete in individual events.



POOL MEASUREMENT:

Enter Either Statement:

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

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.

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.



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.

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.

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 in the adjacent gymnasium

ATTACHMENTS: Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form
Additional Attachments Here: Discounted Hotels



Time Trials Meet

February 9-10, 2019

A Short Course Yards Time Trials Meet

HOSTED BY

Ambush Swimming

Entry Rules:

Type of meet	Open ages
Max # individual events per day	Three (3)
Swimmers eligible	All USA Swim Teams; Gulf teams given priority
Entry times in	SCY, SCM, LCM
Qualifying times	None
Special Rules	None
Cut-off times	None
Enter with no time?	Yes
Gulf "up/down rule" applies?	Does not apply
Fees	Individual – \$5.75, Relay - \$9.50 Facility Surcharge – \$4.00 Free heat sheets No charge if already in the meet

All preliminary events will be seeded fastest to slowest, including relays.



Event List

Girls Event#	Saturday February 9, 2019			Boys Event#
	Event Name			
101	Open	50	Free	102
103	Open	100	Free	104
105	Open	200	Free	106
107	Open	500	Free	108
109	Open	1000	Free	110
111	Open	1650	Free	112
113	Open	50	Back	114
115	Open	100	Back	116
117	Open	200	Back	118
119	Open	50	Breast	120
121	Open	100	Breast	122
123	Open	200	Breast	124
125	Open	50	Fly	126
127	Open	100	Fly	128
129	Open	200	Fly	130
131	Open	100	IM	132
133	Open	200	IM	134
135	Open	400	IM	136
137	Open	200	Free Relay	138
139	Open	400	Free Relay	140
141	Open	200	Medley Relay	142
143	Open	400	Medley Relay	144
145	Open	800	Medley Relay	146



Girls	Sunday February 10, 2019			Boys
	Event#	Event Name		
201	Open	50	Free	202
203	Open	100	Free	204
205	Open	200	Free	206
207	Open	500	Free	208
209	Open	1000	Free	210
211	Open	1650	Free	212
213	Open	50	Back	214
215	Open	100	Back	216
217	Open	200	Back	218
219	Open	50	Breast	220
221	Open	100	Breast	222
223	Open	200	Breast	224
225	Open	50	Fly	226
227	Open	100	Fly	228
229	Open	200	Fly	230
231	Open	100	IM	232
233	Open	200	IM	234
235	Open	400	IM	236
237	Open	200	Free Relay	238
239	Open	400	Free Relay	240
241	Open	200	Medley Relay	242
243	Open	400	Medley Relay	244
245	Open	800	Medley Relay	246





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

Individual Entry Form



Relay Entry Form

Team Name:		Team Code:	
Head Coach:			
Team Address:			
Phone:			
Email:			
Event #		Event Description:	
Entry Time:		Relay (A, B, C...)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			
Event #		Event Description:	
Entry Time:		Relay (A, B, C...)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			
Event #		Event Description:	
Entry Time:		Relay (A, B, C...)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			
Event #		Event Description:	
Entry Time:		Relay (A, B, C...)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			



**The Lufkin Convention & Visitors Bureau and the
City of Lufkin would like to welcome the 11&Over
Prelims/Finals Swim Meet to Lufkin, TX!**

February 8-10, 2019



La Quinta

2119 S. First Street, Lufkin
936.634.3351

\$69/Night for Double Queen
\$79/Night for King Standard



**Best Western PLUS Crown
Colony Inn & Suites**

3211 S. First Street, Lufkin
936.634.3481

\$89.99/Night
Standard King or Double Queen



Hampton Inn & Suites

4400 S. First Street, Lufkin
936.699.2500

\$100/Night
King or Double Queen Standard



Holiday Inn Express

4404 S. First Street, Lufkin
936.699.3000

\$109/Night
King or Double Queen Standard



Sleep Inn

2409 N. Timberland Drive
936.630.4600

\$99/Night
King or Double Queen Standard

***Call each hotel directly in advance to book. When making reservations please mention the 11&Over Prelims/Finals Swim Meet Rate to receive the special group rates. Discounted rates are based upon availability. Special negotiated rates preclude other offers. Remember these rates are based upon availability and are subject to change.**

