



## GULF 9 and Older FIRST CHANCE MEET

February 9-10, 2019  
A Short Course Yards Meet  
HOSTED BY  
Ambush Swimming

GU-SC-19-085

**ENTRIES DUE TO THE MEET HOST BY 11:59 PM, SUNDAY, February 3, 2019**

**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 (1<sup>st</sup> 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 outside.

**MEET STAFF:**  
**MEET REFEREE:** Donna Lai-Dormiani - [donnadormiani@hotmail.com](mailto:donnadormiani@hotmail.com)  
**ADMIN OFFICIAL:** Eddie Adams - [eddiea75@att.net](mailto:eddiea75@att.net)  
**MEET DIRECTOR(S):** Erik Cozadd - [aquatics@bgcdet.org](mailto:aquatics@bgcdet.org) - 936-560-6844  
**SAFETY MARSHAL:** Tonya Rigby - [tonyarigby@hudsonisd.org](mailto:tonyarigby@hudsonisd.org)  
**COACH(ES):** Derek Theiss - [theissda@bgcdet.org](mailto: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 2 session, **timed finals meet with two time-trials sessions over Saturday and Sunday.**

**Session 1:** Saturday– February 9, 2019

Age Groups: 9 & Over girls and boys

Warm-up\*: **10:30 – 11:45 am / Meet Start: 12:00 pm**



**Session 2:** Sunday—February 10, 2019

Age Groups: 9 & Over girls and boys

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

\*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 4, 2019.

\*\*Open warm-ups for finals will begin 3 hours after the conclusion of the last relay of the Saturday session, but not before 4:30 pm.

**MEET TYPE:** This is a timed finals meet with relays, the 400 I.M. and the 500/1000/1650 freestyle events, which will also be timed finals events.

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):** Positive check in is required for events up to 45 minutes prior to the meet start. Positive check in is required for the 1000 and 1650 freestyle events.

The 400IM, 500, 1000 and 1650 freestyle events will be swum as timed final 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 (but scored separately by age group).

**RELAY CARDS:** Relay cards must be turned in to the Clerk of Course by the start of the session in which the event is scheduled to swim or the entry will be considered scratched.



Relays will be swum as timed finals events.

#### 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:

This is a timed finals meet and there will be no additional finals sessions

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 45 minutes before the start of each session. Those swimmers missing the 11:59 pm, Sunday, February 3rd, 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 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:** Times must be achieved between Feb 1, 2017 and the entry deadline.

**Number of Events:** Swimmers may compete in up to three (3) individual events per day 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 meet host no later than **11:59 PM, SUNDAY, FEBRUARY 3, 2019**. No late entries will be accepted.

**Email entries to Eddie Adams [eddiea75@att.net](mailto:eddiea75@att.net)**

**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.

<b>Individual Event Entry Fee (per event):</b>	\$5.75
<b>Relay Entry Fee (per relay event):</b>	\$9.50
<b>Swimmer Surcharge Fee (per swimmer):</b>	\$4.00 Free heat sheets will be available through Meet and a limited amount of printed heat sheets for \$2.

**Make entry fee checks payable to:** Ambush Swimming

Mail entry fees (**POSTMARKED BY MONDAY, FEBRUARY 4th, 2019**) to the address below:

Ambush Swimming  
PO BOX 631345  
Nacogdoches, TX 75965

(936) 560-6844

**Email entries to Eddie Adams [eddiea75@att.net](mailto:eddiea75@att.net)**



**AWARDS:** Individual events: Custom Ribbons 1<sup>st</sup>-8<sup>th</sup> place.  
Relay events: Custom Ribbons 1<sup>st</sup>-3<sup>rd</sup> place.

**SCORING:** Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

All 9 & Over timed finals events will be swum combined but will be scored separately as 9-10, 11-12, 13-14 and 15 & Over.

All Relays will be scored as 9-10, 11-12, 13-14 and 15 & Over

**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:**

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      8      feet measured from 1 meter to 5  
is  
meters on the starting end of the course,      4      feet measured from 1 meter to 5  
and  
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 at the clubhouse next door.

**MEET RESULTS:** Meet results will be posted on the Gulf Swimming Web Page ([www.gulfswimming.org](http://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

## 9 & Over Timed Final Meet

February 9-10, 2019

A Short Course Yards Timed Finals Meet

HOSTED BY

Ambush Swimming

<b>Entry Rules:</b>	
Type of meet	15 & Over timed final 9-14 timed final
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 (9 & Over)	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 will be available through Meet Mobile & hard copies

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

Finals heats will be swum in the event order with heats slowest to fastest.

Positive check in for the 400 I.M./500 free will be 45 min. before the start of the meet.

All events 400 and over are timed finals. Swimmers must provide their own timers and lap counters, as needed.

Positive check in for the 1000/1650 free and relays will be :45 min before the session start on the day of the event. Swimmers may elect to swim the event during prelims (AM). All other heats of the 1000/1650 free will be swum fastest to slowest after the relay events.

1000/1650 Free will be swum at the end of prelims.

All relays will swim in prelims as timed finals.

Individual events will be swum combined and scored as 9-10, 11-12, 13-14 and 15 & Over.

Relay events will be swum and scored as 9-10, 11-12, 13-14 and 15 & Over.



<b>Saturday February 9, 2019</b>					
<b>Girls Event#</b>	<b>Event Name</b>				<b>Boys Event#</b>
<b>1</b>	11 & Over	200	Fly	<b>2</b>	
<b>3</b>	9 & Over	50	Free	<b>4</b>	
<b>5</b>	9 & Over	100	Breast	<b>6</b>	
<b>7</b>	9 & Over	50	Fly	<b>8</b>	
<b>9</b>	9 & Over	100	Back	<b>10</b>	
<b>11</b>	9 & Over	200	Free	<b>12</b>	
<b>13</b>	9-10	200	Medley Relay	<b>14</b>	
<b>15</b>	11-12	400	Medley Relay	<b>16</b>	
<b>17</b>	13-14	400	Medley Relay	<b>18</b>	
<b>19</b>	15 & Over	400	Medley Relay	<b>20</b>	
<b>21</b>	13 & Over	400	I.M.	<b>22</b>	
<b>23</b>	13 & Over	1000	Free	<b>24</b>	





<b>Sunday</b>				
<b>February 10, 2019</b>				
<b>Girls</b>	<b>Event Name</b>			<b>Boys</b>
<b>Event#</b>				<b>Event#</b>
<b>23</b>	11 & Over	200	Back	<b>24</b>
<b>25</b>	9 & Over	100	Free	<b>26</b>
<b>27</b>	11 & Over	200	Breast	<b>28</b>
<b>29</b>	9 & Over	100	Fly	<b>30</b>
<b>31</b>	9 & Over	50	Back	<b>32</b>
<b>33</b>	9 & Over	200	I.M.	<b>34</b>
<b>35</b>	9 & Over	50	Breast	<b>36</b>
<b>37</b>	9-10	200	Free Relay	<b>38</b>
<b>39</b>	11-12	400	Free Relay	<b>40</b>
<b>41</b>	13-14	400	Free Relay	<b>42</b>
<b>43</b>	15	400	Free Relay	<b>44</b>
<b>45</b>	9 & Over	500	Free	<b>46</b>
<b>47</b>	11 & Over	1650	Free	<b>48</b>



## 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.

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Signature

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Title

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Date

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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.**

