

Gulf Swimming

Short Course Champs II Invitational Meet

February 22-24, 2019

A Short Course Yards Timed Finals Meet

HOSTED BY

The Woodlands Swim Team

Sanction Number # **GU-SC-19-069 (RI)**

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

LOCATION: Cisd Natatorium, 19133 David Memorial Drive, Shenandoah, Texas 77385

DIRECTIONS: **From I-45 Northbound:** Exit College Park Dr. (exit 79A). Proceed north on the frontage road and turn right (east) on Ed English Drive (at Discount Tire Co.). Proceed to David Memorial Drive and turn right (south), the Natatorium will be on your left, adjacent to the football stadium. **From I-45 Southbound:** exit Tamina (exit 77). At the intersection of I-45 and Research Forest/Tamina, turn left (east) onto Tamina Road and travel to first stop light. At the stop light turn left (north) onto David Memorial Drive (behind Home Depot), the Natatorium will be on your right.

SPECIAL INSTRUCTIONS: See attached Cisd Natatorium Rules, Regulations and Deck Access

MEET STAFF:

MEET REFEREE:	Claude Humbert (claude_humbert@sbcglobal.net)
ADMIN OFFICIAL:	Manoj Desai (manoj.desai@sbcglobal.net)
MEET DIRECTORS:	Monica Lopez (monlopez@comcast.net), Vanessa Krantzcke (svk4@hotmail.com)
SAFETY MARSHAL:	Hector Pena, Merrick Dautrich
COACH:	Kit Raulerson (Head Coach), Jarrod Murphy (Head Age Group Coach)

POOL: Two 25 yard, 8 lane indoor competitive pools with non-turbulent lane lines. Warm-up/warm-down lanes will be available for all sessions.

TIME AND DATE: This is three session, 2 ½ day timed-finals meet with a PM session on Friday and one session on Saturday and Sunday. Age groups will be split into the East and West pool.

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: All



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

Session 3: Sunday AM – February 24, 2019

Age Groups: All

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

11-14 Girls and 13-14 Boys will swim in the WEST pool for all events.

9-10 Girls and 9-12 boys will swim in the EAST pool for all events.

*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 400 IM, 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 per swimmer
Heat sheets will be available through Meet Mobile
Make entry fee checks payable to: The Woodlands Swim Team

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

The Woodlands Swim Team
PO Box 7081
The Woodlands, Texas 77387

(402) 707-4549
coachnate@itwst.org

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-19-070**. Rules for time trials will be:

1. Time trial events are open to any aged swimmer.
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 water depth of the competition course is **7** feet measured from 1 meter to 5 meters on the starting end of the course, and **7** feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM:

The 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.

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.

CONCESSIONS:

Concessions stand will be open during the meet in the lobby on the second level.

MERCHANDISE:

Swim Shops of the Southwest will be at the meet selling swim apparel and swim gear (fill in as appropriate).

FACILITY RULES:

Reserving seats between or during sessions is not allowed. Chairs and inflatable mattresses are not allowed. Certain items such as coolers and stadium seat are restricted - please see attached "The CISD Natatorium Rules, Regulation, Prohibitions, and Deck Access" attachment for specific information.

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

The Woodlands Swim Team

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 Heat sheets will be made available through Meet Mobile.

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
West Pool**

February 23, 2019

**Saturday AM
East Pool**

February 23, 2019

Girls Event#	Event Name			Boys Event#	Girls Event#	Event Name			Boys 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
West Pool**

February 24, 2019

**Sunday AM
East Pool**

February 24, 2019

Girls Event#	Event Name			Boys Event#	Girls Event#	Event Name			Boys 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 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.



The CISD Natatorium

Rules, Regulation, Prohibitions, and Deck Access

1. All participants must follow the CDC "Healthy swimming policy" and shower before warm-up, no exception.
2. Shaving is not permitted anywhere within the entire CISD Natatorium Complex.
3. No chewing gum, food or color based drinks will be allowed on the pool deck, water only.

- Security personnel are empowered to enforce any and all regulations established by CISD Natatorium Policy.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the grandstand.
- Participants in swim suits are not allowed in the Grandstand-seating area. Participants and spectators are not allowed to lean against glass the rails, climb over banisters / railings, or pass any posted barriers.
- Participants and spectators are not allowed to use other areas of the CISD Natatorium complex during this event without securing a pass at the Services Desk located in the facility lobby.
- Lawn Chairs are not allowed in the CISD Natatorium Grandstand-seating area, Stadium seats shall not exceed 17" wide x 13"deep.
- Each competing team is permitted one temporary banner, placed at the discretion of the Aquatic Director. Team banners must not exceed 5' by 8'. No handmade signage is allowed.
- Absolutely no tobacco, alcohol products, or glass containers are allowed on Conroe School District property. This applies to the parking lot.
- Spectators are allowed (1) Cooler for medical use only, dimensions not to exceed 13" wide x 11" deep x 12" tall. The cooler must be placed directly under their seating area. Participant /Teams are allowed an Ice-Chest (1) PER GENDER on the deck provided they do not contain glass items, bottled water is allowed.
- Betting and gambling is strictly prohibited.
- Teams are expected to police their respective areas at the conclusion of the competition.
- Participating or any activity that can be interpreted or described as "risky" or "horseplay" is prohibited throughout the entire CISD Natatorium Complex.
- Diving equipment such as trampoline, spotting rigs, dry-board apparatus, and the warm-pool are not to be used unless authorized by the CISD Natatorium Director.
- The use of flash cameras or noise-makers at the start, during or end of any race is prohibited.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergency use is prohibited.



Access to the deck of the CISD Natatorium is restricted by pass to the following:

- Athletes from competing teams
- Administrative support personnel
- Coaches of competing teams
- Facility/District Staff
- Officials
- Marshals
- Timing System operators
- Security personnel
- Computer systems operators
- Lifeguards
- Lane timers
- Service and supply vendors
- Credentialed media personnel
- Hospitality personnel
- Medical support personnel
- Other personnel on a case-by-case basis at the discretion of the Meet Coordinator, the Meet Director, or the Meet Referee.

CISD Healthy Swimming Policy

CISD is committed to the health and safety of all patrons. *The CISD Natatorium* utilizes advanced training and technology and has adopted the Centers for Disease Controls (CDC) “*Healthy Swimming Policy*”. This policy protects our patrons and spectators from poor air or water quality hazards typical with indoor-swimming pools caused by microorganisms and chloramines. The cornerstone of this policy is based on guidelines which mandate safe practices such as requiring all participants to shower before entering the CISD Natatorium.

“Healthy Swimming Policy” Acknowledgement Form

Receipt Form

Organization: _____

Representative Name and Title: _____


By my signature below I agree, on behalf of my organization that:

- I have received a copy of both the “*Healthy Swimming Policy*” and the CISD Natatorium General Operating Procedures. I understand the responsibility for ensuring that all members of the organization and their guests comply with these rules. I understand that additional copies are available in the office of The Natatorium Coordinator, clerk at the front desk, or at the Facility Manager’s office at the CISD Administration Building.
- I affirm that all required staff members of my organization have current CPR/First Aid certifications and specific training or liability certification requirements needed by the organization’s national governing body.
- I understand that the District may from time to time modify its policies and I agree to abide by those changes.



Head Coach Signature _____

Date _____

Swimmers Name		USA Number		Sex		Age		Event #		Time		Event #		Time		Event #		Time	
Team _____		Team Initials _____		Coach _____		Telephone _____		Event # _____		Time _____		Event # _____		Time _____		Event # _____		Time _____	
Address _____		Email _____		City, ST ZIP _____		Meet _____		Event # _____		Time _____		Event # _____		Time _____		Event # _____		Time _____	
																			
Swimmers Name		USA Number		Sex		Age		Event #		Time		Event #		Time		Event #		Time	

