

SWAT LONG COURSE OPEN INVITATIONAL

April 13-14, 2019

A long Course Meters Timed Finals Meet



Sanction # **GU-LC-19-093**

Entries due to Entry Chairperson (meet.entries@swimwithswat.org) by 11:59 PM Tuesday March 26, 2019

Location: FBISD Don Cook Natatorium 16255 Lexington Blvd., Sugar Land, TX 77479

Directions: From Houston take Hwy 69/59 S toward Victoria. Exit Hwy 6 turn left (South). Turn right onto Lexington Blvd. Go 4 blocks and turn left into the first entrance to Mercer Stadium. Parking is available in the lot between the Football stadium and the Natatorium. (See attached map)

Special Instructions: Two sections of the stands will be reserved for temporary spectator viewing. All other sections of the stands will be reserved for swimmers. All spectators should be prepared to set up outside and come in to watch their swimmers from the temporary spectator viewing area and then return outside. There will be no spectator set up allowed in the stands or in the lobby.

Coach: Head Coach Ken Chang

Meet Personnel: Meet Referee Kyle Stewart kyle.stewart63@gmail.com
Admin Officials Lisa Ganguly swat.lisa@swimwithswat.org
Jim McMichael

Meet Director Lawrence Yu swat.coachlawrence@swimwithswat.org

Safety Marshals Anna Keniston

Pool: One 8 (eight) lane 50 meter indoor pool with non-turbulent lane lines will be used for warm up and competition. A separate 3 lane warm up pool will be available during the competition.

Time and Date: This is a two (2) day, four (4) session timed finals meet with AM and PM sessions on Saturday and Sunday. April 13 -14, 2019

Session 1 Saturday April 13, 2019
13 & Over girls and boys
Warm ups 7:30-8:45 AM Meet starts at 9:00 AM

Session 2 Saturday April 13, 2019
12 & Under girls and boys
Warm up: Host team will publish PM session warm up and start times with the warm up and timing assignments on the Gulf Swimming webpage.

Session 3 Sunday April 14, 2019
13 & Over girls and boys
Warm ups 7:30-8:45 AM Meet starts at 9:00 AM

Session 4 Sunday April 14, 2019
12 & Under girls and boys
Warm up: Host team will publish PM session warm up and start times with the warm up and timing assignments on the Gulf Swimming 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 meet program and posted on the Gulf Swimming website by **Monday April 8, 2019**.

Meet Type:

This meet will be run utilizing chase start procedures unless a waiver is received from the Technical Planning Committee Chair.

100 and 200 meter events will be run utilizing chase starts alternating odd and even heats. All girls' heats will be swum first utilizing both ends of the pool followed by the boys' heats utilizing both ends of the pool. **Odd heats** will start at the Lobby end of the pool and **even heats** will start at the Scoreboard end of the pool. All **400 meter** events will be swum fastest to slowest using chase starts, alternating girls' and boys' heats. **Girls' heats will start at the Lobby** end of the pool and the **boys' heats will start at the Scoreboard** end of the pool. **All 50's will start at the Scoreboard** end of the pool.

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 400 Freestyle and 400 IM events which will be deck-seeded. 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 to fill on-deck entries. **No additional heats will be added.**

400 Free/400IM

Check In:

All swimmers entered in the 400 Free and 400 IM events must check in with the Clerk of the Course. **Swimmers are required to circle-in at least 45 minutes before the beginning of the meet session.** After the events are officially closed, no one may check in or scratch. **After circling 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-Chairman, Charlie Fry, for each event in which he/she fails to appear. There are **no relay events** at this meet.

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-Chairman, Charlie Fry.

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, Tuesday March 26, 2019** deadline may enter the meet on-deck in the following manner:

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,**
 - c. **the on-deck entry fees still apply to these swimmers.**
7. **Empty lanes will be used to fill on-deck entries. No new heats will be added.**

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: None
Age: As of April 13, 2019

Number of Events: Swimmers may compete in up to three (3) individual events 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, Tuesday March 26, 2019. No late entries will be accepted.**

Entries due to the Entry Chairperson (meet.entries@swimwithswat.org)

Teams may electronically mail their Meet Manager files. Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than Monday April 8, 2019.

Eligible Teams: We welcome all USA-S teams to participate. Entries will be accepted until we reach the limit of approximately 500 swimmers per session (800 swimmers total). Your team's entries will be confirmed by the host team but are not deemed accepted until confirmation is received.

\$6.00 **per** Individual Event
\$6.50 **per** Swimmer Surcharge Fee

Make entry fee checks payable to: SWAT

Mail entry fees (**POSTMARKED BY Monday April 8, 2019**) to the address below:

Southwestern Aquatics Team
P.O. Box 18046
Sugar Land, TX 77496

Awards: 12 & Under swimmers Ribbons for 1-8th place

Scoring: Individual Events: 9-7-6-5-4-3-2-1
All open events will be swum combined but NOT be scored.
All 13 & Over events will be swum combined but scored separately as 13-14 and 15 & Over.
All 12 & Under events will be swum combined but scored separately as 10 & under and 11-12.

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.

The Gulf Swimming three (3) event rule and up/down rule do not apply.

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 is 6'9" feet measured from 1 meter to 5 meters on the Lobby end of the course, and 13'6" feet measured from 1 meter to 5 meters on the Scoreboard end of the course.

Timing System: 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 meet program. Swimmers in the 400 Free events and 400 IM must provide 2 timers.

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 Meet Programs and for admission to the Hospitality Room. Coaches must supervise their swimmers. No Food or Drinks other than water are allowed on deck

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

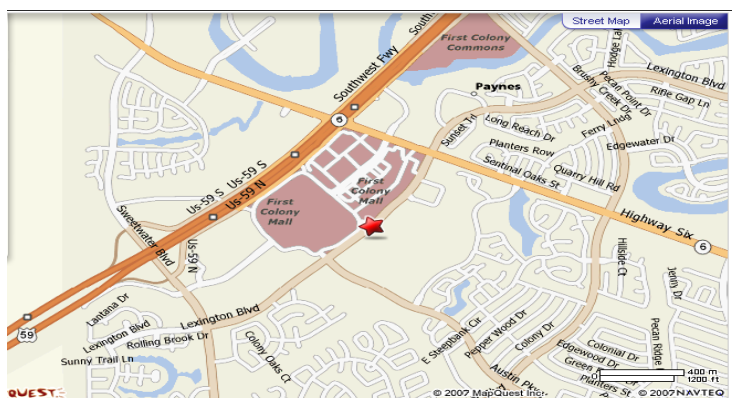
Swimmers: Any swimmers entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to 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 for coaches and officials.
- Concessions:** Concessions will be available
- Merchandise:** Swim Shops of the Southwest will be at the meet selling apparel and swim gear.
- Facility rules:** **ABSOLUTELY, NO FOOD ALLOWED ON POOL DECK! ANY PERSON FOUND WITH FOOD ON THE POOL DECK WILL HAVE IT IMMEDIATELY CONFISCATED AND WILL BE REQUIRED TO LEAVE THE POOL DECK!**
 No Taping on Natatorium walls or painted surfaces.
 Team Banners must not exceed 5'X 8'.
 No overnight camping is permitted on FBISD property.
 Swimming is allowed only when the area is supervised.
 NO glass containers, tobacco, or alcoholic beverages are allowed within the natatorium.
 Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck.
 No hanging on the lane lines.
 Safety rules will be enforced during warm-ups before each event session and in the diving well during the meet.
 The diving well is a warm-up area.
 Recreational swimming is prohibited.
 Diving Boards will be closed and off-limits to all competitors and spectators.
 Throw your trash in the trash containers.
 NO LAWN CHAIRS are allowed in the spectator area of the facility.
 Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited.
- 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. It is the intent to post Unofficial real time results on Meet Mobile.
- Attachments:** Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form, Map
- Directions:** Don Cook Natatorium is located 4 blocks west of the intersection of Lexington Blvd and Highway 6. It is behind the First Colony Mall and the Aerodrome skating rink.

**Don Cook Natatorium
 16255 Lexington Blvd
 Sugar Land, Texas 77479**





SWAT LONG COURSE OPEN INVITATIONAL

April 13-14, 2019

A Long Course Meters Timed Finals Meet

ENTRY RULES

Type of Meet	Timed Finals
Max # of individual events per day	3 (Three)
Swimmers Eligible	USA-S
Entry times in	LCM, SCM, SCY
Qualifying times	None
Cut-off times	None
Enter with No time	Yes
Gulf "three event rule" applies	No
Gulf "up/down rule" applies	No
Fees	Individual \$6.00
Facility Surcharge	\$6.50 per swimmer

SATURDAY AM 13 & OVER (Session 1)

Girls Event #	Event Name	Boys Event #
1.	13 & Over 200 Back	2.
3.	13 & Over 100 Fly	4.
5.	13 & Over 200 Breast	6.
7.	13 & Over 100 Free	8.
9.	13 & Over 200 I.M.	10.
11.	13 & Over 400 Free	12.

SUNDAY AM 13 & OVER (Session 3)

Girls Event #	Event Name	Boys Event #
27.	13 & Over 100 Back	28.
29.	13 & Over 200 Fly	30.
31.	13 & Over 50 Free	32.
33.	13 & Over 100 Breast	34.
35.	13 & Over 200 Free	36.
37.	13 & Over 400 I.M.	38.

SATURDAY PM 12 & Under (Session 2)

Girls Event #	Event Name	Boys Event #
13.	12 & Under 200 Back	14.
15.	12 & Under 100 Breast	16.
17.	12 & Under 50 Fly	18.
19.	12 & Under 100 Free	20.
21.	12 & Under 50 Back	22.
23.	Open 200 Fly	24.
25.	Open 200 I.M.	26.

SUNDAY PM 12 & UNDER (Session 4)

Girls Event #	Event Name	Boys Event #
39.	12 & Under 200 Free	40.
41.	12 & Under 100 Fly	42.
43.	12 & Under 50 Breast	44.
45.	12 & Under 100 Back	46.
47.	12 & Under 50 Free	48.
49.	Open 200 Breast	50.
51.	Open 400 Free	52.

The 13 & Over 400 I.M. and 400 Free will be swum alternating girls and boys heats; the girls heats will start from the lobby end and the boys heats will start from the scoreboard end. Swimmers in these events must provide their own timers.

The Open 400 Free will be swum alternating girls and boys heats; the girls heats will start from the lobby end and the boys heats will start from the scoreboard end. Swimmers in these events must provide their own timers.

13 & Over events will be scored separately for 13-14 and 15 & Over.

12 & Under events will be scored separately for 11-12 and 10 & Under.

The Open events will be swum combined but NOT be scored.

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.
 - 4. See attached Facility rules.

ABSOLUTELY, NO FOOD ALLOWED ON POOL DECK! ANY PERSON FOUND WITH FOOD ON THE POOL DECK WILL HAVE IT IMMEDIATELY CONFISCATED AND WILL BE REQUIRED TO LEAVE THE POOL DECK!

No Taping on Natatorium walls or painted surfaces.

Team Banners must not exceed 5'X 8'.

No overnight camping is permitted on FBISD property.

Swimming is allowed only when the area is supervised.

Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck.

No hanging on the lane lines.

Safety rules will be enforced during warm-ups before each event session and in the diving well during the meet.

The diving well is a warm-up area.

Recreational swimming is prohibited.

Throw your trash in the trash containers.

NO LAWN CHAIRS are allowed in the spectator area of the facility.

Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited.



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

Team: _____

Title

Date