

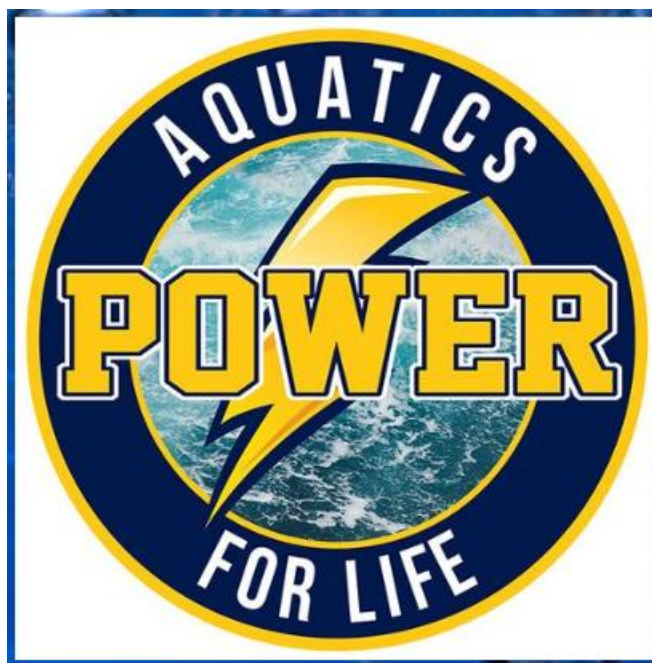
# GULF April Sprint Series

April 13, 2019

A Short Course Yards Timed Finals Meet

HOSTED BY

Power For Life



Sanction Number # GU-LC-19-095

**ENTRIES DUE TO TPC Chair ([tpc@gulfswimming.org](mailto:tpc@gulfswimming.org)) 11:59 PM, FRIDAY, MARCH 22, 2019**

**LOCATION:** Katy High School Natatorium  
6331 Highway Blvd.  
Katy, Texas 77494

**DIRECTIONS:** From Houston, take Interstate 10 (I-10) west to Exit#740 towards FM1463/Pin Oak, Exit and stay to the left. Continue to the light and turn right onto FM 1463. Continue on 1463 and turn left onto S. Stadium Dr. just behind the Merrell Center.

**SPECIAL INSTRUCTIONS:** Seating for parents will be upstairs. Only swimmers, coaches, and officials will be allowed on deck and in the low bleachers.

**MEET STAFF:**

<b>MEET REFEREE:</b>	Rick Tobin, <a href="mailto:tobinrc@comcast.net">tobinrc@comcast.net</a>
<b>ADMIN OFFICIAL:</b>	Richard Griffin, <a href="mailto:rcgriffin567@gmail.com">rcgriffin567@gmail.com</a>
<b>MEET DIRECTOR(S):</b>	Laura Freeman, <a href="mailto:freeman.laurae@gmail.com">freeman.laurae@gmail.com</a> , (281)669-7315 Neil Sood, <a href="mailto:neilsood@gmail.com">neilsood@gmail.com</a> , (443)928-9658



**SAFETY MARSHAL:** Glenn Ruppert  
**COACH(ES):** Sharon Power, Head Coach  
Greg Simpson, Head Age Group Coaco  
Norma Ortega, Assistant 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 two session, 1 day, timed-finals meet with AM and PM sessions on Saturday.

**Session 1:** Saturday AM – April 13, 2019

Age Groups: 12 & Under Girls

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

**Session 2:** Saturday PM – April 13, 2019

Age Groups: 12 & Under Boys

Warm-up: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf 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 heat sheet, and posted on the Gulf Swimming website by Monday, April 8, 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, 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.

**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, March 22, 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 fee.
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.

**Cut-off Times:** Athlete may have no more than two (2) BB Times. Events not offered at this meet still count towards the total number of BB times.

**Age:** As of April 13, 2019

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

**Number of Events:** Swimmers may compete in up to five (5) 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 designee of the Technical Planning Chairman no later **11:59 PM, FRIDAY, MARCH 22, 2019**. No late entries will be accepted. Email entries to the designee of the Technical Planning Chair (Beau Caldwell) at: **EMAIL: [TPC@gulfswimming.org](mailto: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, 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>	\$9.00
<b>Swimmer Surcharge Fee (per swimmer):</b>	\$5.50
	Free heat sheets will be available through Meet Mobile.
<b>Make entry fee checks payable to:</b>	Power

Mail entry fees **(POSTMARKED BY FRIDAY, APRIL 5, 2019)** to the address below:

**Power For Life**  
22526 Cove Hollow  
Katy, TX 77450

(832) 622-2561 Between 9am and 9pm  
Rcgriffin567@gmail.com

**AWARDS:** Individual events: Ribbons 1<sup>st</sup>-8<sup>th</sup> place

**SCORING:** Individual Events: 9-7-6-5-4-3-2-1  
Relay Events: 18-14-12-10-8-6-4-2  
All 8 & Under events will be swum combined but scored separately as 6 & under, 7 and 8.  
All 12 & Under events will be swum combined but scored separately as 8 & Under, 9-10 and 11-12.  
All 12 & Under Relays will be swim combined but scored as 12&U, 10&U, and 8&U.

**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.



**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 7 feet measured from 1 meter to 5 meters on the starting end of the course, and 4.5 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.

**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.

No spectators will be allowed on deck and in the low bleachers.

**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.

**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](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.

**FACILITY RULES:**

Seating for parents will be upstairs. Only swimmers, coaches, and officials will be allowed on deck and in the low bleachers.

**ATTACHMENTS:**

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



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## Entry Rules:

Type of meet	Timed Finals
Max # individual events per day	Five (5)
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	SCY, SCM, LCM
Qualifying times	None
Cut-off times	Athletes may have no more than two (2) BB times
Enter with no time?	Yes
Gulf "three event rule" applies?	Yes
Gulf "up/down rule" applies?	Does not apply
Gulf "Beyond IMX rule" applies?	Does not apply
Times Eligibility	Times must be achieved between July 1, 2017 and the entry deadline.
Fees	Individual – \$5.75; Relays - \$ 9.00 Facility Surcharge –\$5.50 Free heat sheets will be available through Meet Mobile



**Saturday AM  
April 13, 2019**

**Saturday PM  
April 13, 2019**

<b>Girls Event#</b>		<b>Event Name</b>		<b>Boys Event#</b>
1	12& Un	200	Free Relay	14
2	8 & Un	100	Free Relay	15
		5 min break		
3	12& Un	100	IM	16
4	8 & Un	25	Free	17
5	12& Un	50	Free	18
6	8 & Un	25	Breast	19
7	12& Un	50	Breast	20
8	12& Un	200	Free	21
9	8 & Un	25	Back	22
10	12& Un	50	Back	23
11	8 & Un	25	Fly	24
12	12& Un	50	Fly	25
13	12& Un	100	Free	26

All events will be seeded fastest to slowest.

All 8 & Under events will be swum combined but scored separately as 6 & under, 7 and 8.

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

All 12 & Under Relays will be swim combined but scored as 12&U, 10&U, and 8&U.

Athletes may only swim one relay.

Relays will be positive check-in; relay cards due 45 min before the start of the session.





## SAFETY GUIDELINES AND WARM-UP PROCEDURES

### WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with agreement of all 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.

