FCST – October Friday Night Races

HOSTED BY
FIRST COLONY SWIM TEAM
October 25, 2013
SANCTION # GUSC 14-022

Location:
First Colony Aquatic Center
4350 Austin Parkway
Sugar Land, TX. 77479

Directions: (Take Highway 59 south to exit for Highway 6, take a left on to Highway 6 to Austin Parkway (approx. 2.7 miles), take right on Austin Parkway and the Aquatic Center is on your left approximately 1/2 mile from Highway 6.

No parking in the First Colony Aquatic Center parking lots. Swimmers need to be dropped off in the parking lot on the school side and enter through the side gate.

Parking will be allowed in the elementary school lots after 6pm. Parking is allowed on Crosslakes Blvd and Double Lakes Drive. No parking on Austin Parkway.

COACHES:

Allison Beebe	Head Coach
Lindsie Micko	Head Age Group Coach
Dana Skelton	Head Developmental Coach

POOL:
Twenty (20) lane, 25 yard outdoor pool with non-turbulent lane lines

WARM UP LANES:
During the meet, lanes 1-10 will be designated competition lanes.

Lanes 12-15 will be the designated WU/WD lanes.

Lingering in the lane or playing will not be permitted. A safety marshal will be assigned to monitor the WU/WD lane and enforce these rules throughout the meet. **The safety marshal has the authority to remove from the WU/WD lane any swimmer who does not comply with these rules. The Meet Referee may exercise additional adjudication authority as necessary.**

TIME AND DATE:
This is a timed final intrasquad meet.

Friday, October 25, 2013
Warmup from 5:00-5:45pm
Meet starts at 6:00pm

Flyover Starts:
This meet will be run using "Flyover Start" procedures unless a waiver is received from the Technical Planning Committee Chairman. 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

REFEREE: Joe Stucka joe.stucka@kbr.com

ADMIN OFFICIAL: Bonnie Finnigan bfin@earthlink.net

FCST – October Friday Night Races

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MEET DIRECTORS: Karl Schuler Karl.Schuler@gmail.com
John Cummins jcummins@houstonhomeimages.com

SAFETY MARSHAL: Jerry Smith

SEEDING: The meet will be pre-seeded, except the 400 IM event will be deck-seeded. All events will be seeded with heats in the order of fastest to slowest.

400 IM: All swimmers must positive check in with the Clerk of the Course for the 400IM 45 minutes prior to the start of the session. Swimmers must provide their own timers for the 400IM.

RELAYS: There are no relay events at this meet.

ON-DECK ENTRIES: Late entries will be accepted each day up to 45 minutes before the start of the meet.

1. Swimmers must pay double the entry fee at the time of entry.
2. Swimmers must enter all events for the day forty-five (45) minutes prior to the start of the session's first event.
3. Swimmers must be qualified to swim the event entered.
4. Swimmers must not exceed the allotted number of events allowed each day.
5. The on-deck entry fees still apply to swimmers who on-deck to change an entry time in an event already entered in. The new time will be used for seeding in deck seeded events only.
6. On-deck entries will be put into empty lanes in pre-seeded events.

Entry Information:
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 times to yard 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. S,Y, 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: None

Number of Events: Swimmers may swim two (2) events per day.

Age: As of October 25, 2013.

Deadline:
Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Wednesday, October 23, 2013. No late entries will be accepted. Do not send entries via Federal Express, etc., that require a

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signature; if you must send your entries by express mail, please indicate that a signature is NOT required.
E-mail, mail or entries to the Meet Entry Chairman at:

Erik Andrews
First Colony Swim Team
PO Box 16220
Sugar Land, TX 77496
coachandrews@swimfcst.com

Eligible Teams: FCST only

Fees:
$5.00 per Individual event.

AWARDS:
No awards at this meet

SCORING:
This meet is not scored.

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.

RULES AND SANCTIONS
The 2012-13 USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. 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

Masters Swimmers:
Entrants must be currently registered USMS Swimmers, aged 18 and over as of October 25, 2013
Sanctioned by Gulf Masters Swim Committee for USMS, Inc.
USMS Sanction: 253-S012
Current United States Masters Swimming Rules will apply.

This is an intrasquad meet, open to FCST swimmers only, who are in good standing with FCST

POOL MEASUREMENT
The competition course has been certified in accordance with USA Swimming Rule 104.2.2(C). The water depth of the competition course is 5'6" feet measured from 1 meter to 5 meters on the starting end of the course, and 5'6" feet measured from 1 meter to 5 meters on the turning end of the course."

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.
Any swimmer entered in the meet unaccompanied by their coach must contact the Meet Director to arrange for a member coach in attendance to be responsible for the swimmer during the meet.

SWIMMERS WITH DISABILITIES

FCST – October Friday Night Races

HOSTED BY
FIRST COLONY SWIM TEAM
October 25, 2013
SANCTION # GUSC 14-022

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)

TIMING SYSTEM:
Colorado electronic timing system will be used. Two watches per lane per end will be used as back up. Teams will be required to furnish timers based on their percentage of swimmers at the meet. Timing assignments will be published in the heat sheet. Swimmers competing in the 400 IM events must provide their own timers

POOL DECK
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.

CHANGING SWIMSUITS ON DECK:
Except where the venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

MEET RESULT:
Meet results will be posted on the FCST Web page within five days after the conclusion of the meet.

FOOD:
No concessions
There will be a Hospitality Room for coaches and officials.

OFFICIALS: USA Certified Officials and Trainees are welcome to come and help officiate the meet. Official attire will be white golf shirt over blue slacks/skirt/shorts with white shoes.

ATTACHMENTS:
Safety Guidelines & Warm-up Procedures
Meet Format and Entry Rules
Order of Events
Official Entry Form
Map to the Don Cook Natatorium

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

FCST – October Friday Night Races

HOSTED BY
FIRST COLONY SWIM TEAM
October 25, 2013
SANCTION # GUSC 14-022

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

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 breaststrokers 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. A swimmer will not step upon the blocks when a swimmer 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. **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!**
5. No Taping on Natatorium walls or painted surfaces. Team Banners must not exceed 5'X 8'.

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Entry Rules	
Type of Meet	Timed Finals
Max# individual events per day	Two (2)
Swimmers eligible	FCST swimmers in good standing
Entry times in	SCY/ SCM /LCM
Qualifying times	None
Cut-off Times	No
Enter with no time?	Yes
Gulf "three event" rule applies?	Does Not Apply
Gulf "up/down" rule applies?	Does Not Apply
Fees	$5.00 per event

Event Number	Description
1	Mixed 18 and under 50 Freestyle
2	Mixed Masters 50 Freestyle
3	Mixed 18 and under 50 Breaststroke
4	Mixed Masters 50 Breaststroke
5	Mixed 11-18 400 Individual Medley
6	Mixed Masters 100 Individual Medley

All events will be seeded fastest to slowest.

ENTRY VERIFICATION

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed in 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

FCST – October Friday Night Races

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October 25, 2013
SANCTION # GUSC 14-022

USMS Swimmer Waiver

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule book article 204.1)

Name_____ Date_____ USMS#_____

Please Attach a Copy of your Current USMS Card