

2022 GU Spring Open Series 2

May 20- May 22, 2022

A Long Course Meters Timed Finals Meet

HOSTED BY

South Shore Sails



Sanction Number # **GU-LC-22-083**

LOCATION: Hometown Heroes Pool
1001 East League City Parkway
League City, Texas 77573

DIRECTIONS: Travel south on Gulf Freeway to exit 22 (TX 96). Go east past Highway 3. Turn right (south) into Hometown Heroes Park across from Tuscan Village Dr. If you reach FM 270, you have gone too far.

<https://www.bing.com/maps?q=hometown+heros+park&mkt=en&FORM=HDRSC4>

SPECIAL INSTRUCTIONS: Deck space is limited- Only coaches and swimmers can set up on deck. Depending on Covid-19 regulations and restrictions at the dates of the meet we will send out specific instructions for team set up and other meet related instructions 1 week prior to the meet.

MEET STAFF: MEET REFEREE: Mike Swaim

ADMIN OFFICIAL: Rongxia Du cd140074@yahoo.com

MEET DIRECTORS: Heike Schlegel-Walpot: heike.schlegel@sbcglobal.net

SAFETY MARSHALS: Kathleen Sarchburg

COACH: Ben Harlow coachbenharlow2333@gmail.com

POOL: One eight-lane, 50 meter outdoor pool with non-turbulent lane lines will be used for Warm up and competition.

TIME AND DATE: This is a 3 day, five session+, timed-finals meet

Session 1: Friday PM – May 20, 2022

Age Groups: 9 & over girls and boys

Warm-up*: 4:30pm -5:15pm / Meet Start: 5:30 pm

Session 2: Saturday AM –May 21, 2022

Age Groups: 13 & over girls and boys

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

Session 3: Saturday PM –May 21, 2022

Age Groups: 12& under girls and boys

Warm-up*: Immediately upon the conclusion of the AM session (no earlier than 12pm)/Meet Start: 1 hour after warm-up starts (not earlier than 1pm)

Session 4: Sunday AM –May 22, 2022

Age Groups: 13 & over girls and boys

Warm-up*: 7:00 – 8:15 am / Meet Start: 8:30 am

Session 5: Sunday PM – May 22, 2022

Age Groups: 12 & under girls and boys

Warm-up*: Immediately upon the conclusion of the AM session (no earlier than 11:00pm)/Meet Start: 1 hour after warm-up starts (not earlier than 12:00pm)

*Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website, and e-mailed to the teams. Lane assignments for warm-ups and timing will be designated in the heat sheet, and posted on the Gulf Swimming website.

+The meet host reserves the right to split up the sessions into smaller age brackets if Covid-19 regulations and restrictions only allow a certain number of athletes and meet personnel on deck at a time. (Possible age groups: 15&over, 13/14, 11/12, 10&under)

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.

In case of bad weather, the meet may be suspended at the discretion of the Meet Referee. The Meet Referee and Meet Operations reserve the right to have swimmers scratch one event per session as timelines dictate. The Meet Host and Meet Referee reserves the right to limit/reduce entries in order to maintain a reasonable duration for the entire meet.

All 400 m events will alternate girls and boys heats and swim fastest to slowest heat.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

SEEDING: The meet will be pre-seeded except all 400 meter events. All events will be seeded with heats in the order of fastest to slowest.

ON-DECK ENTRIES: SSS reserves the right to limit on-deck entries to accommodate a reasonable meet timeline, the four hour rule, or facility constraints. Under these conditions, late entries may be accepted each day up to 45 minutes before the start of the session. Those swimmers missing the 6:00 PM, May 13, 2022 deadline may enter the meet on deck in the following manner:

- Swimmers must pay double the entry fee at the time of entry.
- Swimmers must pay surcharge fee if not already entered in the meet.
- Swimmers must supply completed entry forms entered at the swimmers' best times.
- Swimmers will be seeded into open lanes.
- Swimmers must enter all events for the session 45 minutes prior to the start of the day's first event.
- Swimmers must be qualified to swim the event entered.
- Swimmers must not exceed the allotted number of events allowed each day.
- A heat 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 – long course meters (L), short course meters (S), or short course yards (Y). 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., L, S, or Y). 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

Beyond IMX Rule: Does not apply

Times Eligibility: Times must be achieved between January 1, 2020 and the entry deadline.

Age: As of May 20, 2022

Number of Events: Swimmers may compete in up to four (4) individual events per session with a total meet limit of ten (10) events.

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 Entry Chair by 6:00 PM May 13, 2022.

Email entries to Heike Schlegel-Walpot:

Heike.schlegel@sbcglobal.net

Eligible Teams: Open to all USA Swimming registered teams

Individual Event Entry Fee (per event): \$10.00

Swimmer Surcharge Fee (per swimmer): \$15.00

Make entry fee checks payable to:

The Fitness Center at South Shore Harbour

Mail entry fees POSTMARKED BY FRIDAY, May 16, 2022 to the address below:

South Shore Sails
3000 Invincible Circle
League City, TX 77573

AWARDS: Individual events for ages 14&under: Ribbons 1st -8th place

SCORING: This meet will be scored (1st through 8th), and times will be entered in as best times for USA Swims.

Individual events scoring: 9, 7, 6, 5, 4, 3, 2, 1

USA / GULF SWIMMING DISCLAIMER:

- An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- USA Swimming, Inc., Gulf Swimming, and SSAN cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, SSAN, AND (GULF SWIMMING) EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORSEEN OR UNDFORSEEN, IN CONNECTION THEREWITH.
- South Shore Sails (SSS) has taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while at the facility. An inherent risk of COVID-19 exists in any public or private place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in this event at SSS, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 PROCEDURES:

- Participants in the meet will abide by SSS's COVID-19 Preparedness Plans
- This meet will be conducted in compliance with local, state, and USA Swimming COVID 19 restrictions.
- Only coaches, officials, swimmers, and lane timers are allowed on the pool deck for the current session and will maintain current social distancing guidelines throughout the meet. Volunteers will be present to help enforce

this rule. There will be a viewing area for families to watch their swimmers races. Spectators will be asked to leave the viewing area after their swimmer has completed the event. There will be no set-up in the viewing area..

- No person will be allowed to enter with a temperature over 100.4 F in accordance with CDC and local health department recommendations.
- Parents must implement the Daily Self Screening for Swimmers Protocol that SSS has implemented. PARENTS MUST SCREEN swimmer(s) daily (prior to entering the swim meet) for the following signs and symptoms of COVID-19: 1. Are you experiencing any of the following in a way that is not normal to you? Feeling feverish or a measured temperature greater than or equal to 100.4 F, Loss of taste or smell, Cough, Difficulty breathing, Shortness of breath, Fatigue, Headache, Chills, Sore throat, Congestion or runny nose, Shaking or exaggerated shivering, Significant muscle pain or ache, Diarrhea, Nausea or vomiting, 2. Have you had known close contact with a person who has tested positive for COVID-19 within the last 5 days? Swimmers must stay home if they answer “yes” to any of the above.
- Officials, coaches, volunteers, and swimmers are encouraged to wear a face mask, except swimmers when they are in the water. Swimmers should plan on bringing extra face masks as theirs may get wet. Swimmers should also bring a plastic baggie to put their mask in at the blocks.
- Lane timers will remain socially distanced and masked for all sessions. One lane timer will be assigned to each lane and will be distanced, greater than 6ft, both before and after the completion of each heat.
- Swimmers need to bring their own chair. Please remain socially distanced if not vaccinated at all times. The pool area will be marked where swimmers line up for their event/heat. Coaches are requested to inform the Meet or Deck Referee of any short durations between events for individual swimmers
- Bring a filled water bottle for your session.
- Swimmers must enter and leave the facility in their swimsuits. Locker rooms will be restroom use only. No more than 2 swimmers are allowed in the boys’ bathroom at one time, and no more than 2 swimmers at a time allowed in the girls’ restrooms.

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 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 5.0 feet measured from 1 meter to 5 meters on the starting end of the course, and 4.9 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM:

A Colorado Model 6000 electronic timing system 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 on the Gulf website. Swimmers in the distance events on Friday must provide 1 timer.

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 food on deck within the actual swim area.

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”.

MAAP POLICY:

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

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 area will be available.

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 will be available

MERCHANDISE: Texas Swim Shop will be at the meet selling swim apparel and swim gear.

FACILITY RULES:

Swimmers are not allowed in the Hometown Heroes Park building when wet.
This is a city rule!

During a meet, no one is allowed in any part of the competition pool unless they are participating in an event or using a warm up lane, if provided and supervised. This includes dangling feet in areas not used for competition. Failure to follow this rule could result in your swimmer being removed from the meet.

With City enforcement that both pools require lifeguards, the Baby Pool will NOT be open during practices or meets. No parents, swimmers, or siblings are allowed in the Baby Pool/Splash Pad at any time.

PARKING Associations, organizations and individuals are entitled to use designated parking areas located at the park and/or facility. "No Parking" areas, as designated by posted signs, will be strictly enforced. Handicapped parking spaces are available at each established parking area.

WEATHER INFO- THUNDER LIGHTENING-

In the event of stormy weather, remember 30-30. We evacuate the pool when lightning to thunder is within 30 seconds and we stay out of the pool until 30 minutes after the last rumble of thunder.

ATTACHMENTS:

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

2022 GU Spring Open Series 2

May 20 – May 22

A Long Course Meters Timed Finals Meet

HOSTED BY

South Shore Sails

Entry Rules:	
Type of meet	Timed Finals
Max # individual events per day	Four (4) per session, total of ten (10) for the entire meet
Swimmers eligible	Any USA Swimming Team and Registered Athlete from Gulf teams
Entry times in	LCM, SCM, SCY
Qualifying times	None
Cut-off times	None
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
Fees	Individual Event – \$10.00 Facility Surcharge per swimmer – \$15.00 (heat sheets will be available on Meet Mobile)

Friday PM – May 20, 2022

Event# Girls	Event Name			Event# Boys
1*	13 & over	400	Free	2*
3*	11&over	400	IM	4*
5*	9-12	400	Free	6*

Saturday AM – May 21,2022

Girls Event#	Event Name			Boys Event#
7	13& over	200	IM	8
9	13 & over	50	breast	10
11	13 & over	100	free	12
13	13 & over	200	breast	14
15	13 & over	100	back	16
17	13 & over	200	Fly	18
19	13&over	50	free	20

Girls

Saturday AM – May 21,2022

Boys

Event#	Event Name			Event#
21	12&under	200	IM	22
23	12&under	50	breast	24
25	12&under	100	free	26
27	11-12	200	breast	28
29	12&under	100	back	30
31	11-12	200	Fly	32
33	12&under	50	free	34

Girls		Sunday AM – May 22, 2022			Boys	
Event#	Event Name			Event#		
35	13& over	50	back	36		
37	13& over	200	Free	38		
39	13& over	100	fly	40		
41	13& over	200	back	42		
43	13& over	100	breast	44		
45	13&over	50	fly	46		

Girls		Sunday PM – May 22,2022			Boys	
Event#	Event Name			Event#		
47	12 & under	50	back	48		
49	12 & under	200	free	50		
51	12 & under	100	Fly	52		
53	11-12	200	back	54		
55	12 & under	100	breast	56		
57	12 & under	50	fly	58		

All events will be seeded fastest to slowest.

*The 400 IM, and 400 free heats will be swum fastest to slowest, girls and boys alternating, but scored separately.

All 12 & under events will be swum combined but scored separately as 6 & under, 7, 8, 9 -10, 11-12.

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

All 13 & over events will be swum combined but scored separately as 13-14 and 15 & Over.

ENTRY VERIFICATION

Appendix F

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

Title

Date

SAFETY GUIDELINES AND WARM UP PROCEDURES

APPENDIX G

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.