

Aggieland April Long Course Invitational Meet

April 21 - 23, 2023

A Long Course Meters Timed Finals Meet

HOSTED BY

AGGIE SWIM CLUB



Sanction Number # **GU-LC-23-010**

ENTRIES DUE TO THE HOST (clark@comp.tamu.edu) BY 11:59 PM, FRIDAY, APRIL 7, 2023

LOCATION: Texas A&M University, Student Recreation Center Natatorium, 187 Corrington Drive, College Station, TX 77843. For more information about the TAMU Student Recreation Center Natatorium, visit: <http://recsports.tamu.edu/>

LOCAL INFORMATION: **Parking:** Before 5pm Friday, everyone must pay for parking by parking in the West Campus Garage across from the Rec Center (\$3/hour before 6pm – \$1.50/hour after 6pm). Parking is free on the surface lots after 5pm on Friday and on Saturday and Sunday, except where designated. The West Campus Garage is never free

Hotels: Contact the Bryan-College Station Convention and Visitors Bureau at (979) 260-9898 or visit their website at <https://www.experiencebcs.com/>

MEET STAFF:

MEET REFEREE:	Herbert Schwab, email: herb.schwab@gmail.com
ADMIN OFFICIAL:	Jason Buenemann
MEET DIRECTOR:	Henry Clark, email: clark@comp.tamu.edu phone: (979) 220-2703
SAFETY MARSHAL:	Denyce Quave
COACH:	Darien Street

POOL: One eight lane, 50 meter indoor pool with non-turbulent lane lines will be used for warm-up and competition. A separate eight lane 25 meter diving well will be available for warm-up and warm-down.

TIME AND DATE: This is a five session, 2 ½ day, timed-finals meet with a PM session on Friday, AM/PM sessions on Saturday and Sunday.

Session 1: Friday PM—April 21, 2023

Age Groups: 11 & Over girls and boys

Warm-up (Open): 4:00-5:15 pm / Meet Start: 5:30 pm



Session 2: Saturday AM – April 22, 2023

Age Groups: 13 & Over girls and boys (11 & Over girls & boys - 800 Free)

Warm-up*: 8:15 – 9:30 am / Meet Start: 9:45 am **(The Rec Center opens at 8:00 a.m.)**

Session 3: Saturday PM – April 22, 2023

Age Groups: 12 & Under girls and boys

Warm-up*: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

Session 4: Sunday AM – April 23, 2023

Age Groups: 13 & Over girls and boys (11 & Over girls & boys – 400 IM)

Warm-up*: 8:15 – 9:30 am / Meet Start: 9:45 am **(The Rec Center opens at 8:00 a.m.)**

Session 5: Sunday PM – April 23, 2023

Age Groups: 12 & Under girls and 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 meet program, and posted on the Gulf Swimming website by Monday, April 17, 2023.

MEET TYPE:

All 100 meter and longer events will be run utilizing chase starts alternating odd and even heats. Odd heats will start at the Dive Well end of the pool and even heats will start at the Lobby end of the pool.

All 50 meter events will start at the Lobby end of the pool.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

SEEDING:

The meet will be deck seeded. Coaches, please inform your swimmers of seeding on deck rules. Once the check-in period closes at 45 min. BEFORE the session begins, all events will be seeded. All events will be seeded with heats in the order of fastest to slowest.

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, April 7, 2023 deadline may enter the meet on-deck in the following manner:

1. On deck entries are open to the athletes of teams invited to the meet.
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 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: All times must be entered in either short course yards (Y) or long course meters (L) for the meet. Coaches, please estimate entry times for swimmers with NT.

Cut-off Times: None

Qualifying Times: 11-12 swimmers must have the 2021-2024 A time standard for the 400/500 free to enter the 800 free. 11-12 swimmers must have the 2021-2024 A time standard in the 200 IM to enter the 400 IM.

Age: As of April 21, 2023

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 emailed to the Meet Entry Chair no later than **11:59 pm, Friday, April 7, 2023**. No late entries will be accepted.

Eligible Teams: We welcome all USA-S teams to participate. Entries will be accepted until we reach the limit of approximately 350 swimmers per session (~700 swimmers total). Your team's entries will be confirmed by the host team but are not deemed accepted until confirmation is received.

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.

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

Swimmer Surcharge Fee (per swimmer): \$10.00

Make entry fee checks payable to: Aggie Swim Club

Mail entry fees (**POSTMARKED BY FRIDAY, APRIL 14, 2023**) to the address below:

Shannon Clark



9465 Barrow Court
College Station, TX 77845

Phone: (979) 220-2703
Email: clark@comp.tamu.edu

AWARDS: There will be no awards presented at this meet.

SCORING: There will be no scoring at this meet.

800 FREE: The 800 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large. Swimmers will swim on the right-hand side of the lane with respect to their start end.

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.

POOL MEASUREMENT:

The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct

The water depth of the competition course 7 feet measured from 1 meter to 5
is
meters on the starting end of the course, 9 feet measured from 1 meter to 5
and
meters on the turning end of the course.

TIMING SYSTEM: A 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 meet program. Swimmers in the 400 Free, 800 Free and 400 IM must provide their own 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”.

MAAPP 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 room will be available.

OFFICIALS: USA Swimming Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire for all sessions will be white polo shirts over Navy slacks/skirts/shorts and white shoes. There will be an officials’ briefing one (1) hour before the start of each session.

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 Aggie Swim Club 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, AGGIE SWIM CLUB, 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.
- Aggie Swim Club (AGS-GU) 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 the Aggie Swim Club hosted swim meet, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 PROCEDURES:	This meet will be conducted in compliance with local, state, and USA Swimming COVID 19 restrictions.
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, keyword "College Station">
CONCESSIONS:	Concessions will be available behind the lobby.
MERCHANDISE:	Swim Shops of the Southwest will be selling swim gear and apparel.
FACILITY RULES:	TEXAS A&M UNIVERSITY STUDENT RECREATION CENTER NATATORIUM RULES: <ul style="list-style-type: none">• Participants and spectators are not allowed to use other areas of the Student Recreation Center Complex during this event.• Swimming is allowed only when the area is supervised.• NO glass containers, tobacco, or alcoholic beverages are allowed within the natatorium area.• Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. All spectators and parents must remain in the grandstand.• Participants are not allowed to climb over the grandstand railings or pass any posted barriers.



- Don't hang on the lane lines.
- There will be NO SHAVING within the Student Recreational Complex. All shaving should be completed prior to arrival at the natatorium. Safety marshals will be monitoring the locker rooms and restrooms to enforce this policy.
- 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.
- Please be neat. Throw your trash in the trash containers.
- NO LAWN CHAIRS are allowed in the facility.
- The Texas A&M Recreational Sports staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited. Team Banners must not exceed 5'X 8' and will be hung by event staff. No handmade signs are allowed in the facility.
- No pets allowed in the Rec Center complex or on the pool deck.

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



Aggieland April Long Course Invitational Meet

April 21 - 23, 2023

A Long Course Meters Timed Finals Meet

HOSTED BY

Aggie Swim Club

Entry Rules:

Type of meet	Timed Finals
Max # individual events per day	Three (3)
Swimmers eligible	All USA Swimming registered swimmers
Entry times in	LCM, SCY
Qualifying times	11-12 must have A time standard in 400/500 free to enter the 800 free and in the 200 IM to enter the 400 IM
Cut-off times	None
Enter with no time?	No – Estimate times for swimmers with NT
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 – \$10.00 Facility Surcharge – \$10.00 per swimmer

Friday PM—April 21, 2023

Mixed Gender Event#		Event Name	
1	11 & Over	200	I.M.
2	11 & Over	400	Free*

All events will be seeded fastest to slowest.

* Swimmers must provide their own timers for the 400 Free.

All events will be swum Mixed Gender.



Saturday AM – April 22, 2023

Mixed Gender Event#		Event Name	
3	13 & Over	200	Free
4	13 & Over	100	Back
5	13 & Over	50	Breast
6	13 & Over	50	Free
7	13 & Over	200	Breast
8	13 & Over	100	Fly
9	11 & Over	800	Free**

Saturday PM – April 22, 2023

Mixed Gender Event#		Event Name	
10	12 & Under	100	Back
11	12 & Under	50	Fly
12	12 & Under	50	Breast
13	11-12	200	Fly
14	12 & Under	100	Free
15	11-12	200	Breast
16	10 & Under	200	I.M.

All events will be seeded fastest to slowest.

**The 800 meter Free may be swum two (2) swimmers per lane if the size of the meet is unusually large. Swimmers will swim on the right-hand side of the lane with respect to their start end. Swimmers must provide their own timers and lap counters for the 800 Free.

All events will be swum Mixed Gender.



Sunday AM – April 23, 2023

Mixed Gender Event#		Event Name	
17	13 & Over	200	Back
18	13 & Over	100	Free
19	13 & Over	50	Fly
20	13 & Over	50	Back
21	13 & Over	200	Fly
22	13 & Over	100	Breast
23	11 & Over	400	I.M.*

Sunday PM – April 23, 2023

Mixed Gender Event#		Event Name	
24	11 - 12	200	Back
25	12 & Under	50	Free
26	12 & Under	50	Back
27	12 & Under	200	Free
28	12 & Under	100	Fly
29	12 & Under	100	Breast
30	10 & Under	400	Free*

All events will be seeded fastest to slowest.

*Swimmers must provide their own timers for the 400 IM and 400 Free.

All events will be swum Mixed Gender.



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

Title

Date



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.



