

# MAC April Developmental Meet

Hosted By

**Magnolia Aquatic Club**  
Timed Finals – Short Course Yards  
**Saturday, April 15, 2023**  
Sanction # **GU-LC-23-009**



**ENTRIES DUE BY 6:00 PM, MONDAY, APRIL 3, 2023**

- LOCATION:** Michael D. Holland Natatorium (Magnolia High School Campus)  
14350 FM 1488, Magnolia, TX 77354
- DIRECTIONS:** The pool is located on the Magnolia High School Campus (On the East Side of the High School). The high school is located on the North side of FM 1488 at the corner of FM 1488 & FM 149.
- Traveling from I-45 just north of The Woodlands, take FM 1488 West Approx. 15 miles toward Magnolia.
  - Traveling from the West, take Beltway 8 North to Highway 249. Take 249 north approx. 25 miles to FM 149 (Approx. 3 miles north of Tomball). Turn right on FM 149 and go north to FM 1488.
- SPECIAL INSTRUCTIONS:**
- Parking for all parents, swimmers, officials and visiting coaches will be located across the street from the natatorium in the high school parking lot. No parking, loading or unloading along the street (Bulldog Blvd) between the pool and the high school. No parking in bus lot (just past natatorium on left).
  - Limited set up in the stands, with Section 1 of the stands being come-and-go viewing ONLY. Parents need to watch their swimmer race and then return to their seating area or outside to allow others to see their swimmers.
  - Please plan for outdoor set up around natatorium (in areas not blocking walkway).
- COACHES:** Shana Trabona, Rick Mills, Jessica Jackson and Shane McCauley
- MEET REFEREE:** Matt Sale - [matt.j.sale@gmail.com](mailto:matt.j.sale@gmail.com)
- ADMINISTRATIVE OFFICIAL:** Troy Laubsch - [talaubsch@yahoo.com](mailto:talaubsch@yahoo.com)  
Sarah McDaniel – [smcdanie218@gmail.com](mailto:smcdanie218@gmail.com)
- MEET DIRECTOR:** Lyne Santhin - [lsanthin@magnoliaisd.org](mailto:lsanthin@magnoliaisd.org)  
Mike McCauley - [mmccauley@magnoliaisd.org](mailto:mmccauley@magnoliaisd.org)
- SAFETY MARSHAL:** Kelly Koenig
- TIME AND DATE:** This is a single session, timed-finals meet.  
**Saturday, April 15, 2023**  
Warm Ups: 7:30 – 8:45AM, Meet Starts at 9:00 AM
- \*Split warm-ups will be in effect. Lane assignments for warm-ups and timing will be designated, and will be posted on the Magnolia Aquatic Club and Gulf Swimming websites by Monday, April 10, 2023.
- POOL:** Eight lane, 25-yard indoor pool with 5 continuous warm up/down lanes at the far end. Pool has competitor non-turbulent lane lines, an 8-line LED CTS Scoreboard and non-slip touch pads.

**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 & WARM-UP PROCEDURES:**  
See attached Safety Guidelines and Warm-up Procedures.

**SEEDING:** The meet will be pre-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 for deck entries.

**ON-DECK ENTRIES:** Late entries will be accepted up to 45 minutes before the start of the meet. Those swimmers missing the **6:00 p.m. Monday, April 3, 2023** 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 entered at the swimmer’s best yard times. The swimmers will be placed in to open lanes in the pre-seeded events.
3. Swimmers must enter all events for the session 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 per day.
6. Heats will be added, if necessary, if the timeline permits.
7. **The meet host reserves the right to limit on-deck entries, in order to comply with the 4-hour rule, based on projected timeline.**

**ENTRY INFORMATION: Entry Times:** Swimmers must enter at their best short course yards times. If swimmers do not have a time in short course yards from a USA Swimming meet in the event they are entering, swimmers may enter with a NT where a seed time is requested.

**Cut-off Times:** USA Swimming Short Course YARD BB time standard (SWIMMERS MAY ENTER ANY EVENT THAT SWIMMER’S BEST YARD TIME IS SLOWER THAN THE USA SWIMMING BB TIME STANDARD FOR THEIR AGE).

**Qualifying Times:** None

**Age:** As of April 15, 2023

**Number of Events:** Swimmers may compete in up to a maximum of 4 (four) individual events per day.

**Entries:** All teams MUST submit their entries electronically via email using the Hy-Tek Meet Manager/Team Manager or Team Unify computer software. Entries must be in the hands of the Meet Entry Coordinator no later than 6:00 pm on Monday, April 3, 2023. No late entries will be accepted.

**Email Entries to MAC Meet Entry Coordinator:** [lsanthin@magnoliaisd.org](mailto:lsanthin@magnoliaisd.org)

**Eligible Teams:** Any currently registered USAS teams may enter, space permitting. Only swimmers in good standing attached to a USAS team or swimmers in the documented process of transferring to a USAS team may participate in this meet.

**Meet Limits:** Entries will be accepted in the order they are received by the host. The meet host reserves the right to stop accepting entries when sessions approach the 4-hour limit, to be in accordance with the 4-hour rule. Once your entries are accepted, you will receive a confirmation email from the MAC Entry Coordinator, confirming your entries have been accepted.

**MEET FEES:** \$8.00 per Individual Event, plus \$8.00 swimmer facility surcharge fee per swimmer. Includes free PDF Heat Sheet available on Magnolia Aquatic Club and Gulf Swimming Website and on Meet Mobile.

**Make checks payable to Magnolia Aquatic Club (MAC).**

**Entry Fees must be postmarked by Friday, April 7<sup>th</sup>, 2023 to address below:**

Magnolia Aquatic Club  
Attention: Lyne Santhin, Meet Director  
PO Box 911  
Magnolia, TX 77354

832-296-5800 cell / [lsanthin@magnoliaisd.org](mailto:lsanthin@magnoliaisd.org)

**AWARDS:** Individual Events: Ribbons 1<sup>st</sup> – 8<sup>th</sup> Place

**SCORING:** Individual Events: 9-7-6-5-4-3-2-1

**All events will be swum combined, but scored separately.**

- 25 yard 8 & Under Events will be scored 6 & Under, 7 and 8.
- 50 yard Open Events will be scored 8 & Under, 9-10, 11-12, 13-14 & 15 & Over
- 100 & 200 yard Open Events will be scored 10 & Under, 11-12, 13-14 and 15 & Over

**RULES:** The current USA Swimming and Gulf Swimming rules will apply. The meet will be held under the rules 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.

**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 is a condition of participation in the conduct of this competition.

**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 is 13 feet measured from 1 meter to 5 meters on the starting end of the course, and 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 meet program.

**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.

**DECK CHANGING PROHIBITION:** Changing in to or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**AUDIO/VIDEO RECORDING DEVICES:** Use of audio or visual recording devices, including cell phones, is not permitted in the area behind the starting blocks, in changing areas, rest rooms, showers or locker rooms. Violators may be reported to law enforcement or other government 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.

**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.

**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).

**CONCESSIONS:** Concessions will be sold at the meet. Cash or credit card accepted.

**HOSPITALITY:** A hospitality room will be available for Officials, Coaches and Meet Personnel.

**MEET RESULTS:** Unofficial real time results will be available on the Meet Mobile App. Official meet results will be posted within three (3) days after the conclusion of the meet on the Gulf Swimming webpage.

**ATTACHMENTS:** Meet Format/ Covid Statement/ USA & Gulf Swimming Disclaimer  
Gulf Safety Guidelines & Warm-up Procedures

# MAC April Developmental Meet

Hosted By



**Magnolia Aquatic Club**  
Timed Finals – Short Course Yards  
**Saturday, April 15, 2023**  
Sanction # **GU-LC-23-009**



## Entry Rules:

Type of Meet	Timed Finals
Max # of Individual Events per day	Four (4) per day
Swimmers Eligible	See Entry Information Above
Qualifying Times	None
Cut-off Times	<b>USA Swimming short course YARD BB Time standard</b> <b>(SWIMMERS MAY ENTER ANY EVENT THAT SWIMMER'S BEST YARD TIME IS SLOWER THAN THE USA SWIMMING BB TIME STANDARD FOR THEIR AGE.)</b>
Enter with No Time?	Yes
Gulf "three event" rule applies?	Does Not Apply
Gulf Up/Down Rule	Does Not Apply
Fees	Individual Events: \$8.00 \$8.00 Facility surcharge per swimmer

**\*All events will be pre-seeded.**

**\*All events will be swum combined, but scored separately:**

- 25 Yard 8 & Under Events will be scored 6 & Under, 7 and 8.
- 50 Yard Open Events will be scored 8 & Under, 9-10, 11-12, 13-14 & 15 & Over
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**Saturday**  
**April 15, 2023**

Girls	Event	Boys
1	Open 100 IM	2
3	Open 200 IM	4
5	8 & U 25 Freestyle	6
7	8 & U 25 Breaststroke	8
9	Open 50 Freestyle	10
11	Open 50 Breaststroke	12
13	Open 100 Freestyle	14
15	Open 100 Breaststroke	16
17	8 & U 25 Backstroke	18
19	8 & U 25 Butterfly	20
21	Open 50 Backstroke	22
23	Open 50 Butterfly	24
25	Open 100 Backstroke	26
27	Open 100 Butterfly	28
29	Open 200 Freestyle	30

**COVID-19  
Procedures:**

This meet will be conducted in compliance with local, state, and USA Swimming COVID 19 restrictions. Each team participating in the meet will abide by MAC's COVID-19 Preparedness Plans for the facility, including entry/exit procedures into the facility.

MAC FACILITY & COVID-19 PROCEDURES: The rules followed during competition session will be consistent with MISD requirements for Covid19 protocols.

This meet will be conducted in compliance with local, state, and USA Swimming COVID 19 restrictions.

State restrictions have lifted for Texas as of March 10th. MAC has begun a gradual lifting of restrictions at meet-hosted facility.

MAC has lifted the requirement of face masks at this event. Certainly, this is a personal decision. Members and visitors can continue wearing a mask should they choose. We want you to remain confident in all we are – and will continue – doing at the Magnolia Aquatic Center to keep you, your family, your fellow members, and our coaches safe.

Parents must implement the Daily Self Screening for Swimmers Protocol. 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 14 days. Swimmers must stay home if they answer “yes” to any of the above.

**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 Magnolia Aquatic 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, MAGNOLIA AQUATIC 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 LOSSESS, 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.

Magnolia Aquatic Club 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 Magnolia Aquatic Club, hosted swim meet, you voluntarily assume all risks related to exposure to COVID-19.

## 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
- 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.