



Gulf Open Water All-Star Team Qualifying Event
Sunday, April 16th, 2023

HOSTED BY RICE AQUATICS and Aquastar

Sanction number #: **GU-LC-23-002 (R1)**

ENTRIES DUE TO MEET HOST (shuston@rice.edu) BY 11:59 PM, Thursday, April 6th, 2023

LOCATION: Lake Longhorn Multisport Training Lake, 2391 Gun Range Rd., League City, TX. 77573. Lake Longhorn is a 49 acre freshwater lake and has 20 acres of green space surrounding the lake.

DIRECTIONS: From I-45 exit League City parkway and head east, turn right on Tuscan Lakes Blvd and then left at Gun Range Rd., just past the Amazon Fulfillment warehouse. Gun Range Rd. empties into Lake Longhorn parking to the left.

SPECIAL

INSTRUCTIONS: There are no changing rooms available and portable toilets are on site.

MEET STAFF:

MEET REFEREE: Louis Davis louis.davis1776@gmail.com
Donna Dormiani donna.dormiani@gmail.com
ADMIN OFFICIAL: Hin Lo and Amy Schauss, amyschauss@yahoo.com
MEET DIRECTORS): Allison Swenson
SAFETY MARSHAL: Jessica Rodriguez
COACH(ES): Seth Huston, shuston@rice.edu

All participants must be currently registered with USA Swimming to be eligible for this meet. Proof of eligibility must be provided with entry. Each participant will need to fill out a Lake Longhorn waiver of liability by Friday, April 14th. A QR code will be shared with participating teams.

TIME AND DATE: Sunday – April 16th, 2023, Meet Start: 10:00 am

*Host team will publish the sessions / team assignments /warm-up and start times on the Gulf webpage. Warm-up for 13-18 year old boys will begin 45 minutes prior to the start of the first race and all subsequent warmups will begin 45 min prior to the start of the women's race and the 12 and under race.

*All race day information will be posted on the Gulf Swimming website and Rice Aquatics website by Wednesday, April 12th, 2023

*Host team will also publish any changes to COVID policies and procedures based on most current requirements of state, county, venue and host team at that time.



MEET TYPE:

This is an Open Water lake swim. The 13 and over race course will be 1250 meters and be 4 laps. The 12 and under race will be 1250 meters and be 2 laps. Each Race will start in the water, from a dock entry / timed start. It will be swum in a counter clockwise direction with buoys staying on your left shoulder. The finish shall take place beside a floating dock and finish buoys. USA Swimmers are not allowed to wear any device that will aid their speed. Athletes should wear brightly colored caps for this event.

There are two meet distances offered at this meet. The 5K race will have a 13 and over men's and 13 and over women's separate races and the 2.5K mile race is limited to 12 & Under and will be staggered in a male and female wave. Swimmers must enter at the age/distance they are eligible to qualify to attend the Southern Zone Open Water Meet. Swim order will be:

17-18 (5 kilometers / four loops around course). Men start 10:00am, women start 11:30am.

15-16 (5 kilometers / four loops around course). Men start 10:05am, women start 11:35am.

13-14 (5 kilometers / four loops around course). Men start 10:10am, women start 11:40am.

11-12 (1.6 kilometers / two loops around course). Men start 1:00pm, women start 1:05pm.

Start times will not be before posted times, but may begin later based on finish times of participants. Maps with race course will be posted online with final race day information.

All competitors will complete the course prior to the next race beginning. The women's 5k will start following completion of men's 5k. The 12 and under 2.5k will begin following the completion of the women's 5k.

OPEN WATER ALL STAR TEAM QUALIFICATION INFORMATION:

The Gulf will sponsor an Open Water All Star Team to compete in Seven Lakes, NC at the USA Swimming Southern Zone Open Water Championships June 2-4, 2023. Each age group and gender can have six qualifying athletes. There will be boys and girls 11-12, 13-14, 15-16 and 17-8 age groups. Information on DOB age categories has not yet been announced and will be shared when known. This will dictate the age group you will swim in order to qualify at the Gulf Qualifier and the age group that you will compete in at Southern Zones.

At the Gulf Open Water Qualifying event on Sunday, April 16th, the top 6 swimmers representing boys and girls in each age group will be automatic qualifiers. The 7th and 8th finishers in each age group will be considered 1st and 2nd alternates in case a top six finisher declines the All Star Team slot.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See Safety Information and Warm-up Procedures within this document.

USA/Gulf Swimming/ Club 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 RICE Aquatics 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, GULF SWIMMING AND RICE AQUATICS AND 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, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

COVID-19

Procedures:

Each team participating in the meet will abide by the host team's COVID-19 Preparedness Plans for their facility, including entry/exit procedures into the facility. However, the following items are required for teams to participate in the meet:

1. Athletes and parents should not attend if they are not feeling well.
2. Officials, coaches, volunteers, and swimmers should maintain physical distance in team areas, pre-race briefings and depart immediately after the completion of competition.
3. Swimmers must enter and leave the venue in their swimsuits. There are no locker rooms / changing facilities on site, and a bathroom for the swimmers will be available for emergency use only, one person at a time. Drinking fountains will also be unavailable.
4. Only coaches, officials, swimmers, and volunteers in the current session are allowed inside the marked race venue during the meet. USA Swimming Safe Sport Best Practice Guidelines state that parents should be encouraged to appropriately support their child (ren)'s swimming experience and that all swimming meets should be open to observation by parents. Concession will not be provided.
5. Officials, coaches, volunteers and swimmers must maintain current social distancing guidelines throughout the meet.
6. Swimmers should stay within their team area, until called for the pre-race briefing. Only swimmers competing are allowed in the staging zone preceding the race.
7. Line swimmers up off to the side, in order of age/race event / gender and proceed to dock in socially distanced order. In water rope line will be used for start. Swimmers will cross over it at the beginning of race.
8. Swimmers will be assigned a start time based on their specific race. Swimmers should be at the starting dock following the pre-race briefing. Swimmers who miss their start time will be considered scratched from the meet.
9. Swimmers will be expected to go straight from the race finish to outside the competition area and directly to their team areas.



SEEDING: The swimmers will be assigned a meet number and it should be written on their upper right arm and on back left of shoulder in Sharpie or waterproof marker in 3-4 inch height, before arriving at the meet venue. This will be confirmed during race check in. As a courtesy to the host, coaches should inform the clerk of course of swimmers not attending the meet.

ON-DECK ENTRIES: There will be no on-deck entries

ENTRY INFORMATION:

Entry Times: Swimmers may enter at No Time (NT). Entry times are not needed.

While there are no qualifying standards for this event, you should be able to swim a mile (1650) swim in 25 minutes or faster to swim in this event.

Cut-off Times: None

Qualifying Times: None

Times Eligibility: None

Age: As of December 31st 2023**Enter in age group as determined by Southern Zone Open Water Championship rules**

Number of Events: Each swimmer may enter a single event at this meet. Swimmers aged 10 (aging up to 11 for Zone Team eligibility) and 11-12 may swim the 2.5 KM race only. Swimmers aged 12 (aging up to 13 for Zone Team Eligibility) and 13 & Over may swim the 5 KM race only.

Entries: All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.
Teams, please submit a cell phone number for contact purposes in case of inclement weather.

Entry Deadline: 11:59pm on Thursday, April 6th 2023

EMAIL: shuston@rice.edu



Eligible Teams: Gulf LSC teams are encouraged to enter. Teams from other LSC's are allowed to enter, but are not eligible for Gulf Zone team qualifying slots.

Individual Event Entry Fee (per event): \$ 35

Swimmer Facility Surcharge Fee (per swimmer): \$8

Make entry fee checks payable to: RICE AQUATICS MASTERS

Mail entry fees (POSTMARKED BY APRIL 12th 2021) to the address below:

Seth Huston
RICE AQUATICS
4312A Stanford St
Houston TX 77006

713-539-3041

shuston@rice.edu

SCORING: This meet will not be scored.

**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.

PROOF OF TIME: N/A at this meet

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. The deck is defined as the fenced area surrounding the start and finish docks of the lake.

Coaches and Officials must present their membership cards to be admitted. There will be no Hospitality at this meet. Coaches must supervise their swimmers and reiterate and insure social distancing practices.



WARM UP:

All swimmers will enter the starting dock at the designated warm up area based on age group/gender and be directed by lifeguard into the water off the starting dock, swim the course and exit the water one at a time onto the finish dock. Any swimmer who would like to warm up more can line back up at the starting dock for another loop.

Swimmers will be asked to walk from the warm up area to the competition area and are expected to arrive at the competition entrance at least 10 minutes prior to their assigned race start time.

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.

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.

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:

There will be no hospitality offered at this meet.

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.

CONCESSIONS:

There are no concessions offered at this meet. Swimmers are encouraged to bring filled water bottles and snacks – no glass containers allowed in the Scuba Park.



SAFETY RULES / MEET INFORMATION

Safety is our primary consideration. All pre-race information and safety information as well as all policies and procedures will be posted online and sent to each participating team for swimmer/coach/parent review prior to meet attendance.

Masks / Social Distancing: All attendees (swimmers, coaches, officials, volunteers, spectators) masking is optional

Accounting for Swimmers: Each swimmer will be given a race number prior to meet arrival/check in phase of meet. Swimmers will check-in and race numbers verified during the temperature check prior to entry. Meet volunteers and officials will track and guide the swimmers from the staging area to the meet start and meet finish. These volunteers will be taking the total number of swimmers entering the water and their race numbers. During the finish phase of the competition, the swimmers will exit from the finish dock and have their finish time, race number and order finish recorded.

Safety Marshals will be positioned in both the warm-up area and at the start/finish area of the lake.

Rescue Personnel and Equipment: Rescue personnel will be in kayaks positioned at each turn buoy and at the start and finish of the race. There will be one officiated motorized watercraft monitoring the course throughout the race. All rescue personnel will have lifesaving buoys throughout the race. There will be lifeguards positioned at the warm up area and at the actual race start/finish site. Water will also be available for emergency situations on the platforms. There will be safety stations set up on shore nearest to the turn buoys.

Medical Evacuation Plan: If a swimmer is struggling or needs assistance, they should swim to the nearest shoreline and wait for the safety staff to arrive. If unable to make it to the shore, the swimmer should wave their hand and stay in the same location, rescue personnel will come to their assistance. Swimmers will then be transported to the nearest shoreline or finish line by kayak. The safety marshal will determine the severity of the situation and take the necessary action. EMT has been requested to be on site to treat any swimmers if necessary.

Weather Evacuation Plan: The meet will be swum under all conditions except thunder and lightning. If there is hazardous weather in the area, we will delay the meet :30 minutes per occurrence. We will make every attempt to swim the races. There will be no entry fee refunds.

If there is hazardous weather during a race, foghorns will be used to alert swimmers to exit the lake at the nearest point. Swimmers are meet back at the registration area and proceed to their vehicles.

Coaches or contact persons will be notified of any delays or cancellations through messaging with meet management and will be responsible for relaying this information to their athletes and families. All information regarding weather situations will be posted on Twitter (@RICEAquatics).



ATTACHMENTS:

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



Gulf Open Water All-Star Team Qualifying Event for Southern Zones

April 16th, 2023

An Open Water Meet hosted by
RICE Aquatics

Entry Rules:	
Type of meet	Open Water Timed Finals
Max # individual events per day	One (1)
Swimmers eligible	All USA Swimming
Entry times in	SCY, LCM, SCM
Qualifying times	None. Swimmers 10 yrs old may only enter if aging up to 11 based on the age up ruling for Zone Open Water team selection. Those swimmers and swimmers aged 11-12 may only swim the 2.5 KM FR. Swimmers aged 12 yrs but aging up to 13 based on the age up ruling for Zone Open Water Team selection and those 13 & Over may swim only the 5 KM FR.
Enter with no time?	Yes
Gulf "three event rule" applies?	No
Gulf "up/down rule" applies?	No
Gulf "beyond IMX" rule applies?	No
Times Eligibility	There are no qualifying times for this event
Fees	Individual – \$35 for single event
Facility Surcharge	\$8 per swimmer

Sunday, April 16th, 2023

Meet starts at 10am with men's 5km.

BOYS	Event	GIRLS
1	17-18 5 km Free	2
3	15-16 5 km Free	4
5	13-14 5 km Free	6
7	11-12 2.5 km Free	8





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USA Swimming # GULC

Today's Date _____

Please type or print clearly

First Name _____ Middle Initial _____ Last Name _____

Address _____

City _____ State _____ Zip _____ Email _____

DOB: Month ____ Date ____ Year ____ Team _____ USA Swimming ID: _____

Gender (please circle) Male Female

Please check races to be entered: **Race Entry Fees**

2500 meter race (USA Swimming) \$35 _____

5000 meter race (USA Swimming) \$35 _____

Swimmer Surcharge \$8 per swimmer _____

Total Due: _____

Make check payable to Rice Aquatics Masters and mail forms to:

Seth Huston

Rice Athletics/Swimming

4321A Stanford St

Houston TX 77006



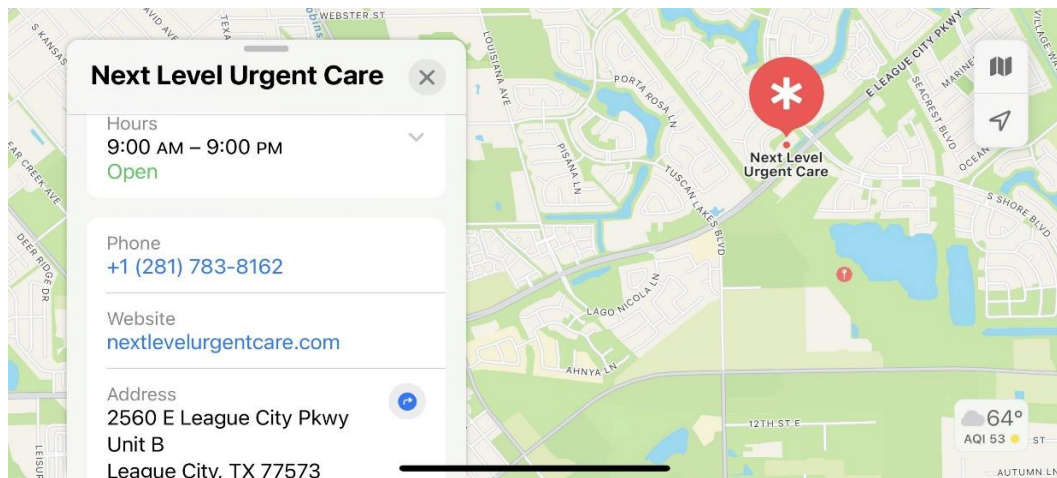


Gulf Open Water All-Star Team Qualifying Event for Southern Zones

April 16th, 2023

An Open Water Meet hosted by RICE Aquatics # Sanction

Lake Longhorn, 2391 Gun Range Rd., League City, TX.





Gulf Open Water All-Star Team Qualifying Event for Southern Zones

April 16th, 2023

An Open Water Meet hosted by
RICE Aquatics

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



