



# RICE Aquatics/Twin Lakes Open Water Time Trials Meet

October 18<sup>th</sup> 2020

HOSTED BY

RICE AQUATICS

Benefiting the RICE University  
Women's Swim Team

Sanction number: **GU-SC-21-006 (RI)**

**ENTRIES DUE TO MEET HOST ([coachjennie@riceaquatics.com](mailto:coachjennie@riceaquatics.com)) BY 11:59 PM, Monday, OCTOBER 5th, 2020**

## LOCATION:

Twin Lakes Scuba Park is a 31 acre aquifer fed lake. It is located on Highway 6 just 1.6 miles east of Texas 288 in Manvel, TX 77578. Please note that Twin Lakes charges \$5 cash per vehicle into the park. No dogs or smoking allowed in the Scuba Park.

## DIRECTIONS:

Coming from Houston, go south on Texas 288 past the Sam Houston Tollway about 8 miles, exit Highway 6 and go east (left). Twin Lakes Scuba Park is 1.8 miles down on the right side of the road. Entry into the park and parking is \$5 per vehicle.

## SPECIAL INSTRUCTIONS:

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

## MEET STAFF:

**MEET REFEREE:** Louis Davis [louis.davis1776@gmail.com](mailto:louis.davis1776@gmail.com)  
Donna Dormiani [donnadormiani@hotmail.com](mailto:donnadormiani@hotmail.com)  
**ADMIN OFFICIAL:** Lisa Ganguly  
**MEET DIRECTOR(S):** Jennie Shamburger [coachjennie@riceaquatics.com](mailto:coachjennie@riceaquatics.com) 936.444.3790  
**SAFETY MARSHAL:** Jessica Rodriguez Hobie Huston  
**COACH(ES):** Seth Huston Jason Wedlick

## ELIGIBILITY:

All participants must be currently registered with USA Swimming to be eligible for this meet. Proof of eligibility must be provided with entry.

## TIME AND DATE:

This is multi-session single day meet. Meet will start at 9am and run in hourly sessions. Teams will be assigned a session based on total number of entries received. Max number of swimmers per session is 50 swimmers.

**Session 1:** Sunday – October 18<sup>th</sup> 2020

Meet Start: 9:00 am

\*Host team will publish the sessions / team assignments /warm-up and start times on the Gulf webpage. Warm-up for Session 1 will begin :40 minutes prior to the start of the first



session and all subsequent warmups will begin :40 min prior to the start of the specific session.

\*All information will be posted on the Gulf Swimming website and Rice Aquatics website by Monday October 12th.

**MEET TYPE:**

This is an Open Water lake swim. The race course will be 800 meters. Race will start from a dock entry / timed start. It will be swum in a clockwise direction with buoys staying on your right shoulder. The finish shall take place at the floating dock. 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 three events offered in each session of this meet. Swim order per session will be: 800 meter (single loop around lake) , 3200 meter (four loops around lake) and 1600 meter (two loops around lake). Maps with race course will be posted online.

**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 their 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. Ingress to facility must include completion of online wellness screening day of meet. A temperature screening and competition number check will be done prior to entry, no person shall be admitted with a temperature over 100.4 F or in accordance with CDC or local health department recommendations.
2. Officials, coaches, volunteers, and swimmers must wear a face mask at all times except for swimmers when they are in the water. Swimmers should plan on bringing extra face masks as theirs may get wet and plastic baggies to put used masks in throughout the meet.
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. Some suggestions to help maintain social distancing are, but not limited to:
  - a. Swimmers within a session will be assigned an area to wait to be called to the dock. This will also help with contact tracing if a positive test of COVID-19 were to be reported after the meet. These swimmers, if not in the water, should only be in their assigned area. **Each swimmer may have ONE parent/guardian with them inside the park.** Swimmers should bring their own chair to use during the meet or an extra towel to sit on.
  - b. Line swimmers up off to the side, in order of their lane assignment, for the next heat instead of having the swimmers line up behind the blocks. Once swimmers have exited the water, have the lined up swimmers proceed to the blocks. Interval times may be increased in between heats to allow for social distancing of the swimmers.
  - c. Swimmers will be assigned a start time based on their specific race. Swimmers should be at the starting dock at least :10 minutes prior to their race start time. **Swimmers who miss their start time will be considered scratched from the meet.**
  - d. Swimmers will discard their face masks as they step onto the starting dock and will be given a new disposable face mask when exiting the lake after their swim.
  - e. Swimmers will be expected to go straight from the race finish to outside the competition area and directly to their vehicles.



**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. All swimmers will be assigned a meet start time within their session and will be called to the dock in :30 second increments. 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 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 (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., Y, S, 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.

*While there are no qualifying standards for this event, you should be able to complete the one mile swim within :30 minutes or faster to swim in this meet. You should be healthy and in reasonably fit swimming shape. Swimmers will be allotted :15 min per ½ mile to complete the course.*

**Cut-off Times:** None

**Qualifying Times:** None

**Times Eligibility:** None

**Age:** As of October 18<sup>th</sup> 2020

**Number of Events:** Each swimmer may enter a single event at this meet. Swimmers aged 10 & Under may swim the 800 meter race only. Swimmers aged 11-12 may swim the 1600 meter race only. Swimmers aged 13 & Over may choose either the 1600 meter or 3200 meter race as their event.

**Entries:** All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.



Teams entering this meet will be assigned a meet session time based on the total number of entries received. Teams may be combined with other teams in a session to achieve the 50 swimmer max number. All entries must be confirmed by the meet director and entries will be cut off once the max number is received. There will be a 6 session maximum at this meet.

Coaches, please submit one cell phone number for contact purposes on race day and in case of inclement weather.

**Deadline: 11:59pm on October 5<sup>th</sup> 2020**

**EMAIL: [coachjennie@riceaquatics.com](mailto:coachjennie@riceaquatics.com)**

**Eligible Teams:** Gulf teams are encouraged to enter.

**Individual Event Entry Fee (per event):** \$ 25

**Swimmer Surcharge Fee (per swimmer):** \$5

**Make entry fee checks payable to:** RICE AQUATICS MASTERS

Mail entry fees (**POSTMARKED BY OCTOBER 5<sup>th</sup> 2020**) to the address below:

Seth Huston  
RICE AQUATICS  
4312A Stanford St  
Houston TX 77006

936.444.3790  
[coachjennie@riceaquatics.com](mailto:coachjennie@riceaquatics.com)

**AWARDS:** All participants will receive a meet swim cap.

**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. **Only Gulf Swimming teams and athletes may participate in this meet.**

**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 Gulf Administrative Vice-Chairman.



**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 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 one at a time 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](http://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) must be masked when not in the water.

Each swimmer may bring only one parent/guardian on site with them. They will be required to remain in designated areas throughout the race.

**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 water-craft 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 will 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







# RICE AQUATICS/TWIN LAKES Open Water Time Trials Meet

October 18<sup>th</sup> 2020

An Open Water Meet benefiting the  
RICE University Women's Swim Team  
hosted by RICE Aquatics

| <b>Entry Rules:</b>              |   |
|----------------------------------|---|
| 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 aged 10 & Under may only swim the 800 FR. Swimmers aged 11-12 may only swim the 1600 FR. Swimmers aged 13 & Over may swim either the 1600 FR or the 3200 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                | Times must be achieved between Feb 1, 2018 and the entry deadline.  |
| Fees                             | Individual – \$25 for single event  |
| Facility Surcharge               | <b>\$5 per swimmer</b>  |

**Sunday, October 18<sup>th</sup> 2020**

**Meet starts at 9am with assigned sessions each hour  
and final session starting at 2pm.**

| GIRLS | Event          | BOYS |
|-------|----------------|------|
| 1     | Open 800 Free  | 2    |
| 3     | Open 3200 Free | 4    |
| 5     | Open 1600 Free | 6    |





RICE Aquatics/Twin Lakes  
2020 Open Water Swimming Time Trials  
Sunday, October 18<sup>th</sup> 2020

Benefitting Rice University Women's Swimming Team  
USA Swimming # GULC

Today's Date \_\_\_\_\_

Please type or print clearly

First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_ Last Name \_\_\_\_\_

Mailing Address \_\_\_\_\_ Phone Number \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Birthdate Month \_\_\_\_\_ Date \_\_\_\_\_ Year \_\_\_\_\_ Team \_\_\_\_\_ USA Swimming ID: \_\_\_\_\_

Gender (please circle) Male Female

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

800 meter swim (USA Swimming) \_\_\_\_\_ 1st race entered \$25 \_\_\_\_\_

1600 meter race (USA Swimming) \_\_\_\_\_

3200 meter race (USA Swimming) \_\_\_\_\_

Swimmer Surcharge \$5 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

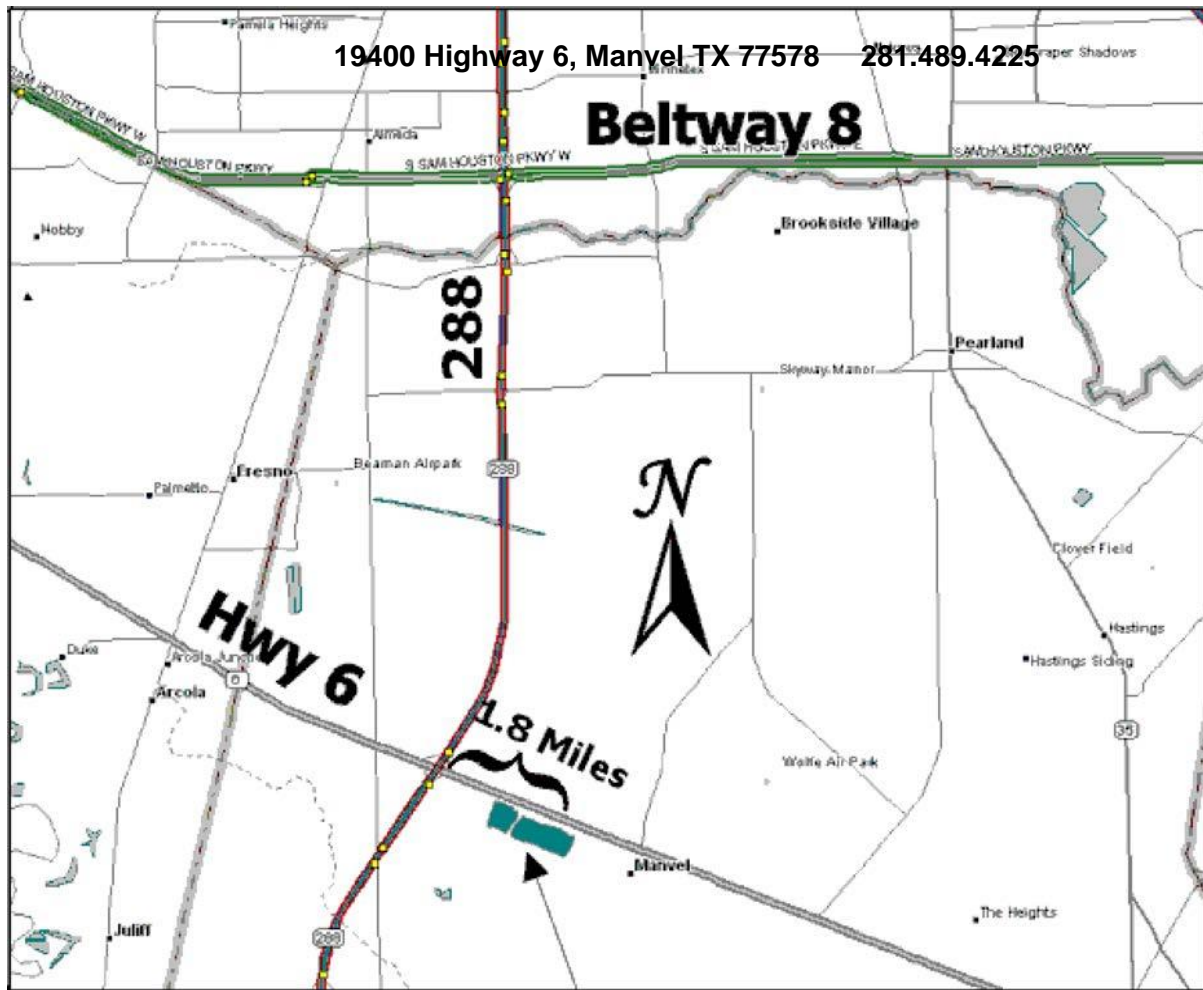




RICE Aquatics/Twin Lakes  
2020 Open Water Swimming Time Trials  
Sunday, October 18<sup>th</sup> 2020

*Benefitting Rice University Women's Swimming Team*  
USA Swimming  
# Sanction

**Twin Lakes RV Resort / SCUBA PARK**



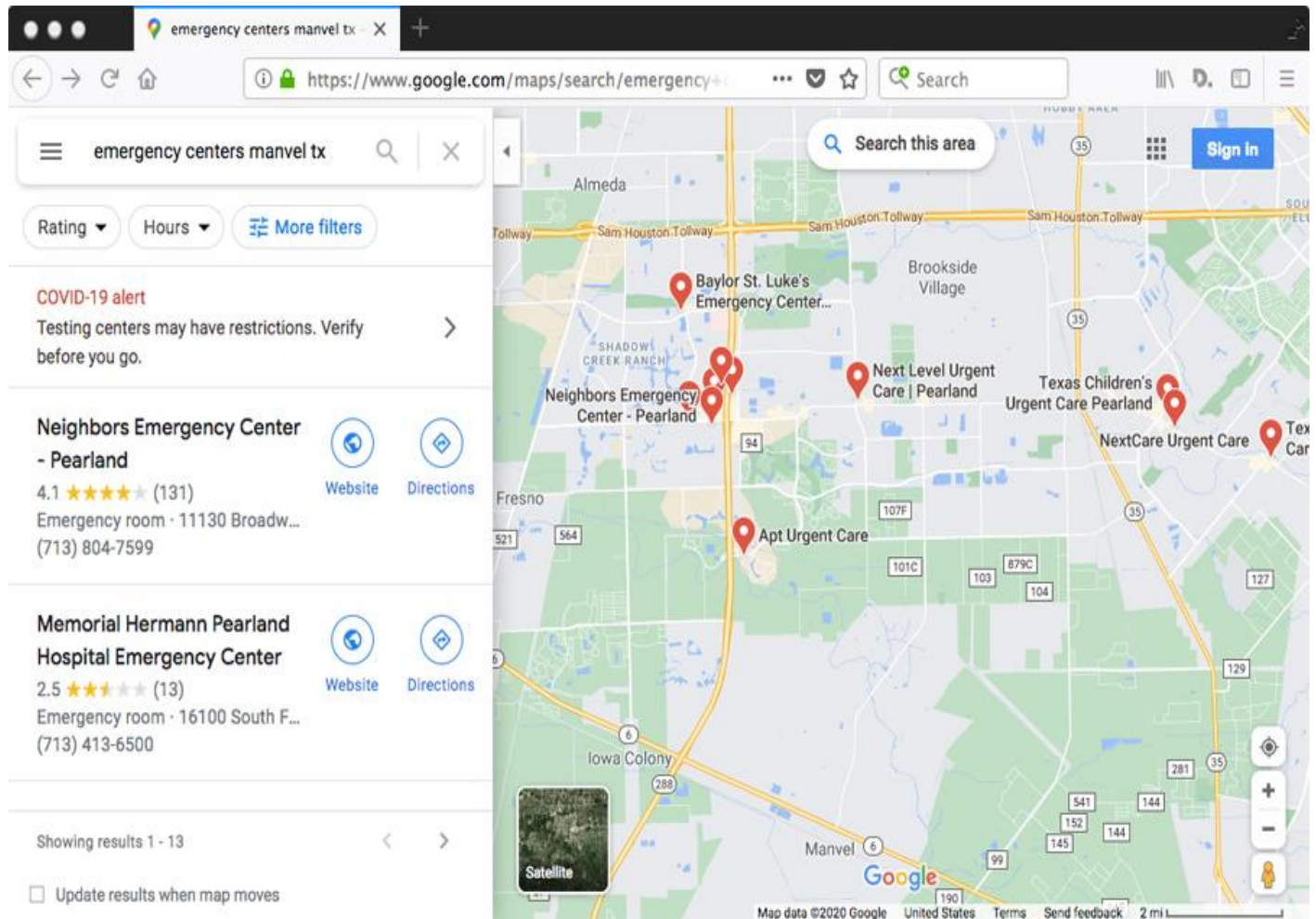
**Scuba Park  
At  
Twin Lakes**





**RICE Aquatics/Twin Lakes  
2020 Open Water Swimming Time Trials  
Sunday, October 18<sup>th</sup> 2020**

***Benefiting Rice University Women's Swimming Team  
USA Swimming #GULC***



**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.

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Signature

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Title

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Date

