

LSST 12 & Under **OctoPlus Invitational Meet**

October 9 – 10, 2021

A Short Course Yards Timed Finals Meet

HOSTED BY

Lone Star Swim Team



Sanction Number #

ENTRIES DUE TO HOST (entries@lonestarswimteam.org) BY 11:59 PM, THURSDAY, SEPTEMBER 23, 2021

LOCATION: CFISD Natatorium - CFISD Athletic Complex
12550 Windfern Rd
Houston TX 77064

DIRECTIONS: Use Beltway 8 (North Sam Houston Parkway). Take the exit for Fallbrook Dr/Windfern Rd/Gessner Rd. Travel northbound on Fallbrook toward FM 1960. Turn right on Perry Road. Turn left on Windfern Road. Destination is on your right. Parking can be accessed from Bobcat Road.

Coming from far North of Houston use US-290 E and take exit for FM 1960 E (Cypress Creek Parkway). Travel East to Bobcat Road. Take Right on Bobcat Road. Destination is on your left.

SPECIAL INSTRUCTIONS: SET UP: There will be NO SET-UP in the bleachers or standing at the railing in front of the bleachers and other areas that are roped off for spectator viewing. Parents need to watch their swimmer race and then return to their seating area or outside to allow others to see their swimmers. Swimmers are encouraged to sit on deck, in seating area not designated for viewing, or outside as a team. There is ample lawn space for set-up.

Coolers larger than 18 inch length x 18 inch width x 18 inch depth are NOT allowed in the spectator seating area. Coolers with rollers are NOT allowed in the spectator seating area.

No tent set up is allowed on any grassy areas directly adjoining to the natatorium.



WET SWIMMERS: Absolutely NO WET SWIMMERS ALLOWED IN THE COMMON AREAS. All swimmers are to be fully clothed including shoes before entering the lobby or spectator viewing area. (Parkas, towels, and/or robes over swim suits do not constitute full clothing. Shirt and shorts/pants and shoes must be worn at all times in the spectator area.) All swimmers that do not comply will be asked to leave the area.

MEET STAFF:

MEET REFEREE: Rick Tobin, tobinrc@comcast.net
Doug Davis, dodavis@flowserve.com

ADMIN OFFICIAL: Jill Wilson, jill09@hotmail.com

MEET DIRECTOR(S): Judy Siemer, headcoach@lonestarswimteam.org

SAFETY MARSHAL: MyLan Duong

COACH(ES): Taylor Adams

POOL: One eight lane, 25 yard indoor pool with non-turbulent lane lines will be used for warm-up and competition. A separate warm-up / warm-down area will be made available during the competition.

** Based on number of entries, host reserves the right to change competition to utilizing 2 pools.

If 2 pools are utilized, events will be swum as follows:
West Pool (Lobby End) – Girls’ Events
East Pool (Diving Board End) – Boys’ Events

TIME AND DATE: This is two session, 2 day, timed-finals meet with AM sessions on Saturday and Sunday.

Session 1: Saturday AM – October 9, 2021
Age Groups: Girls and Boys All Age Groups
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 2: Sunday AM – October 10, 2021
Age Groups: Girls and Boys All Age Groups
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

*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 heat sheet, and posted on the Gulf Swimming website by Monday, October 4th, 2021.

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 AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures



**USA/GULF
SWIMMING/LONE
STAR SWIM
TEAM/CY FAIR ISD
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, LONE STAR SWIM TEAM, CY FAIR ISD, ITS MEMBERS, EMPLOYEES AND AFFILIATES 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, LONE STAR SWIM TEAM, CY FAIR ISD, ITS MEMBERS EMPLOYEES AND AFFILIATES , 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

LONE STAR SWIM TEAM, CY FAIR ISD, ITS MEMBERS, EMPLOYEES AND AFFILIATES have taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while on the property. 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 the invitational event at the CyFair ISD Natatorium], you voluntarily assume all risks related to exposure to COVID-19.

**COVID-19
PROCEDURES:**

- Participants in the meet will abide by LSST's COVID-19 Preparedness Plans
- There will be limited adult volunteers that will be necessary to run the competition.
- Meet personnel and swimmers will enter through the main doors of the natatorium. Spectators will be allowed inside the facility, with no spectators allowed on deck.
- 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.
- Temperature screenings may be administered to all athletes, meet personnel, staff, and volunteers. 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 LSST 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 14 days? Temperature checks will still be taken at the gate and any temperature over 100.4 will not be allowed in the facility. Swimmers must stay home if they answer “yes” to any of the above.
- Officials, coaches, volunteers, and swimmers 10 years and older are encouraged to wear a face mask except when swimmers are in the water, or if they are appropriate social distancing.
- Lane timers are encouraged to remain socially distanced and wear a mask for all sessions. Lane timers will be assigned to each lane.
- The sessions will move FAST. We will allow adequate time between each event to provide rest for the swimmers, but each session will move fast. An estimated timeline will be provided to Coaches/ Teams prior to the meet.
- Bring a filled water bottle for your session. Bottled water will be for sale. The water fountain will be unavailable, but the Natatorium has 3 water bottle filling stations that will be open.
- Swimmers must enter and leave the facility in their swimsuits. Locker rooms may be restroom use only. Spectators allowed inside the facility and will have access to restrooms in the lobby.

SEEDING:

The meet will be pre-seeded. Coaches please inform your swimmers of pre-seeded and deck seeded rules. All events, including relays, 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 each day up to 45 minutes before the start of each session. Those swimmers missing the 11:59 pm, Thursday, September 23, 2021, deadline may enter the meet on-deck in the following manner:

1. On deck entries are open to those athletes assigned to the meet location by the TPC Chair through the meet entry procedures.
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 into open lanes in the pre-seeded events and 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: 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.

Cut-off Times: None

Qualifying Times: None

Age: As of October 9, 2021

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

Number of Events: Swimmers may compete in up to nine (9) individual events for the entire meet.

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 host team entry chair no later than **11:59 PM, THURSDAY, SEPTEMBER 23, 2021**. No late entries will be accepted.

EMAIL: entries@lonestarswimteam.org

Eligible Teams: Only Gulf registered swimmers and teams may enter this meet.

Entry Fee:	\$ 6/event
Swimmer Surcharge Fee (per swimmer):	\$ 6.00 – (includes \$ 2.00 fee for electronic heat sheet through Meet Mobile)
Make entry fee checks payable to:	Lone Star Swim Team

Mail entry fees (**POSTMARKED BY FRIDAY, SEPTEMBER 30, 2021**) to the address below:

Lone Star Swim Team
9597 Jones Road PMB 197
Houston TX 77065

281-858-7946
entries@lonestarswimteam.org



- AWARDS:** Individual events: Ribbons 1st-8th place
- SCORING:** Individual Events: 9-7-6-5-4-3-2-1
All events will be swum combined but scored separately as 6 & Under, 7, 8, 9-10, and 11-12, 13-14, and 15 & Over as applicable.
- 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.
- In applying for this sanctioned event, the Host, Lone Star Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Gulf Swimming, the State of Texas and Harris County Public Health Department
- The Gulf Swimming three (3) event rule and up/down rule does not apply.
- 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 7 feet measured from 1 meter to 5 meters on the starting end of the course, and 7 feet measured from 1 meter to 5 meters on the turning end of the course.
- TIMING SYSTEM:** A Colorado Gen 7 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 psych sheet.
- 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”.

- 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 MAAP 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:** A hospitality room will be available for coaches and officials.
- OFFICIALS:** USA Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire for all sessions will be white golf shirts over Navy slacks/skirts/shorts and white shoes. There will be an officials’ briefing one (1) hour before the start of each session.
- 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:** Swim gear will be available for sale.
- FACILITY RULES:** SET UP: There will be NO SET-UP in the bleachers or standing at the railing in front of the bleachers and other areas that are roped off for spectator viewing. Parents need to watch their swimmer race and then return to their seating area or outside to allow others



to see their swimmers. Swimmers are encouraged to sit on deck, in seating area not designated for viewing, or outside as a team. There is ample lawn space for set-up. Coolers larger than 18 inch length x 18 inch width x 18 inch depth are NOT allowed in the spectator seating area. Coolers with rollers are NOT allowed in the spectator seating area.

No tent set up is allowed on any grassy areas directly adjoining to the natatorium.

WET SWIMMERS: Absolutely NO WET SWIMMERS ALLOWED IN THE COMMON AREAS. All swimmers are to be fully clothed including shoes before entering the lobby or spectator viewing area. (Parkas, towels, and/or robes over swim suits do not constitute full clothing. Shirt and shorts/pants and shoes must be worn at all times in the spectator area.) All swimmers that do not comply will be asked to leave the area.

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

LSST 12 & Under **OctoPlus Invitational Meet**

October 9 – 10, 2021

A Short Course Yards Timed Finals Meet

HOSTED BY

Lone Star Swim Team

Entry Rules:	
Type of meet	Timed Finals
Max # individual events	Up to Nine (9) for entire meet
Swimmers eligible	Gulf teams only
Entry times in	SCY, LCM, SCM
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
Times Eligibility	Times must be achieved between Feb 1, 2020 and the entry deadline.
Fees	Individual – \$ 6 / event Facility Surcharge – \$ 6.00

All events will be seeded fastest to slowest.

Events will be swum as follows:

1 Pool Utilized

West Pool (Lobby End) – All heats and events

2 Pools Utilized

West Pool (Lobby End) – Girls’ Events

East Pool (Diving Board End) – Boys’ Events



Girls	Saturday AM – October 9, 2021			Boys
Event#	Event Name			Event#
1	10 & Under	50	Free	2
3	9 & Over	100	Back	4
5	8 & Under	25	Fly	6
7	All Age Groups	50	Breast	8
9	9 & Over	100	Breast	10
11	8 & Under	25	Back	12
13	All Age Groups	50	Fly	14
15	11 & Over	200	IM	16

Girls	Sunday AM – October 10, 2021			Boys
Event#	Event Name			Event#
17	11 & Over	50	Free	18
19	8 & Under	25	Breast	20
21	9 & Over	100	Fly	22
23	8 & Under	25	Free	24
25	All Age Groups	100	Free	26
27	All Age Groups	50	Back	28
29	10 & Under	100	IM	30



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.



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

