

FORT HOOD DOLPHINS

“2011 Summer Splash”



- Meet:** ■ 2011 ST Fort Hood Dolphins Outdoor Long Course Meet (LCM)
- Dates:** ■ Saturday and Sunday, June 18-19, 2011
- Sanction Number:** ■ ST-11-54
- Venue:** ■ Comanche Pool, Fort Hood, Texas
■ Tank Destroyer BLVD
■ Fort Hood, TX 76544
■ 254-287-4648 (Fort Hood Aquatics)
- Facility:** ■ Outdoor, eight-lane, 50 meter pool
■ Depth: 5.0 feet at start / 4.0 feet at turn end
■ All automatic Colorado Timing System
■ There will be space for spectators, but limited seating. Bring lawn chairs and overhead shade.
■ Concessions will be available
■ The competition course has not been certified in accordance with 104.2.2C(4)
- Directions:** **NORTH/EAST:** From I-35, take HWY 190 West towards Killen and Fort Hood. Enter Fort Hood at the Clear Creek Road Entrance. Clear Creek Road Entrance is the 2nd Fort Hood entrance travelling west. Turn right onto Clear Creek Road and proceed towards the entry control point. Continue with directions for “ALL” below.
- SOUTH:** Take Texas HWY 195 towards Killeen. Turn left onto HWY 190. Enter Fort Hood at the Clear Creek Road Entrance. Clear Creek Road Entrance is the 2nd entrance traveling West. Turn right onto Clear Creek Road and proceed towards the entry control point. Continue with directions for “ALL” below.
- WEST:** Take Texas HWY 190 East from Lampasses or Copperas Cove to Fort Hood. Take the Clear Creek North exit and proceed north on Clear Creek to the entry control. Continue with directions for “ALL” below.
- Military Installation:** **ALL:** Enter through the gate marked SWIM and present ID to the security personnel. You will be provided an entry pass by security. Once complete proceed north on Clear Creek to the 2^d Stoplight and turn left on Tank Destroyer Blvd. Proceed on Tank Destroyer Blvd for approximately 1.5 miles. Parking lot is on the right and will be identified at entrances with signs. Follow signs to pool.

PARK IN ONLY DESIGNATED PARKING SPACES. MILITARY POLICE WILL TOW VIOLATORS.

- All attending and participating in this swim meet are reminded they are entering a Federal Military reservation and as such are subject to all laws, regulations, and policies when entering a military reservation to include consent to search upon entry. All vehicles must have a valid registration, and proof of insurance. All adults must have a valid form of picture identification.
- All privately owned firearms must be registered with the installation Fort Hood Provost Marshall's office. Department of Defense Military members, families and approved ID card holders are permitted to use all facilities and services located on the installation. Non-military may be permitted to patronize the food court on Clear Creek Blvd. Non-military may NOT use the Shoppette, gas station, or PX.
- There will be a concession stand at the meet location open to all swimmers and their families.

Liability:

■ In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Fort Hood Dolphins Swim Club, The United States Army and Fort Hood and all meet officials and volunteers shall be free from any liabilities for claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.

USA Swimming Registration:

- All swimmers, coaches, and officials participating in this competition must be currently registered with USA Swimming (2011) by the entry deadline. All should be prepared to present their USA Swimming ID Card as proof of their registration to the Meet Director or designee at any time.
- Swimmers who 1) enter late or 2) need to be entered because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID Card or acquire a USA Swimming Registration Form and pay the necessary fees prior to being allowed to compete.

Sanction/Rules

- This meet is sanctioned by South Texas Swimming and the 2011 USA Swimming Rules and any relevant sections of the STSI Handbook will apply.
- USA Swimming entries received without a valid and accurate 2011 USA Swimming Registration number will not be accepted
- Athletes who fail to meet this requirement will not be allowed to compete

Cell Phone Restrictions:

- The presence and / or use of cell phones, and any other equipment capable of producing photographic or video images in locker rooms is strictly and specifically prohibited at all times.
- There are no exceptions to this prohibition.
- Violators are subject to disqualification from the meet and disbarment from the facility.

Unaccompanied Swimmers:

■ Any swimmer entered in this 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.

Swimmer Photographs:

- There may be one or more photographers on deck at this meet
- In the event photographers are on deck, parents or guardians of swimmers under the age of 18 who do not wish to have photographs of their athletes taken, are required to contact the Meet Director prior to the beginning of competition.

Format:

- All events are pre-seeded, timed finals in Long Course Meters
- Non-conforming times will be seeded last—do not convert entry times
- All events will be seeded by time and gender and swum slowest to fastest
- Meet Manager SD Files will be utilized to verify registration
- No proof of time required
- Heat sheets will be available for sale at the beginning of each session
- USA Swimming Technical Rules will be observed and all deck officials will be Currently Certified USA Swimming Officials.
- We reserve the right to cap the number of swimmers entered in order to stay within the four hour rule.**
- Entering teams will be expected to provide backup timers in proportion to their entries
- All events will be pre-seeded and there is no penalty for scratching from an event.

Entry**Procedures:**

- All entries must contain the name, email and phone number of the person submitting the entries
- Age up date is June 18, 2011
- Entry times should be in long course meters if available, do not convert non-conforming times
- Swimmers may enter a **maximum of five (5) individual events per day plus (1) one relay**
- NT times will be accepted, however, we recommend that you estimate a time
- Entries should be in HY-TEK or SD3 file format and sent to Jennifer Carpenter, at board@fhdolphins.com
- Include a Word/PDF document of entries **by swimmer** with your entry zip file.
- If you don't receive an email confirmation, your entries were not received.
- No phone, mail, or fax entries will be accepted

Entry**Fees:**

- \$6.25 per Individual event (includes \$1.25 splash fee), \$15.00 per relay
- Full payment must be received by June 15, 2011 or entries will be removed from the meet.
- Please include a meet fee report with your check
- Refunds will not be given for any reason
- Make checks payable to the Fort Hood Dolphins and mail to:**

Jeff Sauer
511 Crazy Horse Circle
Harker Heights, TX 76548
254-319-7589

Entry**Deadline:**

- Entries will close the earlier of 6:00 PM June 7, 2011 or **when a session reaches an estimated 4 hours in length**

Late/Deck:**Entries:**

- The deck entry fee is \$15.00 per individual event, \$30.00 per relay. Swimmers not previously entered in the meet must present their 2011 USA Swimming registration card to enter
- Deck entries will only be accepted to fill open lanes
- Deck entries will close 30 minutes prior to the start of the session
- No new heats will be created

Relay Entries:

- Relays are timed finals
- Relay cards are due to the Meet Director on the day of the event at a time announced at the coaches meeting. Team times may be the combined sum of individual member times or an actual time of that relay team achieved in competition.
- Unlimited number of relay teams
- The order of swimmers on the relay team will be strictly enforced and relay only swimmers are not permitted.

Meet Mgt:

Entries Chair	Meet Director	Meet Referee
Jennifer Carpenter 420 Rain Cloud Trl Harker Hts, TX 76548 board@fhdolphins.com 913-683-8425	Paige McCord 704 Aries Drive Killeen, TX 76542 coach@fhdolphins.com 423-736-0189	Minerva Martinez 4140 Travis Country Cir Austin, TX 78735 minervacmartinez@yahoo.com 512-905-5300

Warm-ups:

- Warm-ups will be conducted IAW the current STSI Policies and Procedures
- The diving well will be available for warm-up and cool-down throughout the meet
- Warm up lanes and times will be posted with the Psych Sheet at www.fhdolphins.com no later than 12:00 PM, Wednesday June 15, 2011
- Warm ups lanes and times may be split and will be assigned based on the number of entrants and distances traveled.
- Warm-ups must be conducted under the direct supervision of a certified coach at all times

Special Needs:

- A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities
- Please notify the Meet Director in advance of this event at 423-736-0189 with the name and age of any member on your team who needs assistance to enter the facility
- The facility staff will make reasonable accommodations for swimmers, coaches, or spectators who wish to enter and use our facility
- In any meet sanctioned by South Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105
- Coaches and / or athletes must notify the Meet Referee before the event begins if they are to be considered to be judged under Article 105

Awards:

- Custom ribbons from will be awarded for places one through eight by age group as follows: 8&under, 9-10, 11-12, 13-14, 15-18. Age Groups may be combined for competition in the interest of time.

Results:

- Results will be emailed to entering teams and posted on FHD website, at www.fhdolphins.com

Schedule:

Saturday:	Session I :	Warm-ups begin at 07:30 AM	Meet begins at 09:00 AM
	Session II	Warm-ups begin at 12:00 PM	Meet begins at 13:30 PM
Sunday:	Session III	Warm-ups begin at 07:30 AM	Meet begins at 09:00 AM

Officials:

- All currently certified and in training USA Swimming officials are invited to participate.
- All officials must be currently registered with USA Swimming and STSI Swimming for 2011 and have a current and Background Check acknowledged by USA Swimming.
- Please report to the Meet Referee at least 30 minutes prior to the scheduled start time of the session to receive your assignments
- The wearing of nametags is strongly encouraged

Order of Events

Saturday, June 18th , 9:00 AM		
Session I		
Girls No.	Age / Event	Boys No.
1	12 & Over 400 IM	2
3	11 & Over 200 Back	4
5	12 & Under 50 Fly	6
7	12 & Under 50 Breast	8
9	Open 200 Free	10
11	11 & Over 400 Medley Relay	12
Saturday, June 18th , 1:30 PM		
Session II		
13	Open 100 Free	14
15	13 & Over 200 Fly	16
17	12 & Under 50 Back	18
19	Open 200 Breast	20
21	12 & Under 50 Free	22
23	11 & Over 400 Free Relay	24

Sunday, June 19th , 9:30 AM		
Session III		
Girls No.	Age / Event	Boys No.
25	11 & Over 200 IM	26
27	Open 100 Back	28
29	Open 100 Fly	30
31	Open 100 Breast	32
33	Open 50 Free	34

SOUTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

I. Assigned warm-up Procedures.

- a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
- b. All warm-up activities will be coordinated by the coach(es) supervising that lane
- c. Dive sprints may be done only under the direct supervision of the coach

II. Open warm-up procedures.

POOL	LANE USE		
	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first ½ of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace Lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times - one way only!
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes - circle swimming only.
- f. No kick boards, pull buoys, or hand paddles may be used.

III. Safety Guidelines

- a. Coaches are responsible for the following:
 1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices
 2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
 3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
- b. The host team will be responsible for the following.
 1. A minimum of four (4) marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
 2. Marshals must be members of United States Swimming.
 3. Marshals will have authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these Procedures.
 4. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 5. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and the following statement will appear in the meet information: "South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
 6. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
 7. Hazards in locker rooms, on deck, or areas used by coaches, swimmers, or officials will be either removed or clearly marked.

B. MISCELLANEOUS NOTES

- I. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warmups unless approved by the Referee.

NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.