

FORT HOOD DOLPHINS

Meet Information



- Meet:** •2012 Fort Hood Dolphins Last Chance Winter Competition
- Sanction Number:** •ST-12-05
- Date:** •Saturday, January 7, 2012
- Venue:** •Abrams Field House and Pool
•Fort Hood, Texas
•Bldg 23001, NE corner of Support Ave and 62nd street
•Fort Hood, TX 76544
•Phone: 254-287-4648 (Fort Hood Aquatics)
- Facility:** •Indoor, eight-lane, 25-meter racing course
•Depth: 4.0 feet at start end / 11.5 feet at turn end
•All automatic Colorado Timing System
•Stadium seating available for 325. No seating or standing on pool deck for spectators
•**IMPORTANT:** ENSURE ALL COACHES and PARENTS read Attachment 1 regarding driving directions and entry procedures into Fort Hood
- Course Certification:** •The competition course has not been certified in accordance with 104.2.2C(4).
- 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.
- Cell Phone Restrictions:** •The presence and / or use of cell phones, and / or any other equipment capable of producing audio recordings, photographic or video images in locker rooms, rest rooms or changing areas is strictly and specifically prohibited at all times
•There are no exceptions to this prohibition
•Violators are subject to disqualification from the meet, disbarment from the facility and arrest
- Format:** •Unclassified, timed final competition in a short course meter (SCM) pool.
•No qualifying times or proof of time required
•No relays
•Not scored
•One session
•All events are pre-seeded by gender and swum slowest to fastest
•The 2011 USA Swimming Rules and any applicable portions of the STSI Policies and Procedures Manual will apply
•The Meet Host reserves the right to cap entries in order to stay within the Four Hour Rule
•Swimmers will be entered in the order entries are received
•There is no penalty for scratching from an event; however, no refunds will be made
•Age Groups may be combined for competition in the interest of time at the discretion of the Meet Referee
•Positive check in at the scorer's table is required for 400 IM and 500 Free NLT not later than 9:00 A.M.
•Only coaches are permitted to check in athletes

Racing Start

Proficiency:

- Swimmers 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 in 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

USA

Swimming

Registration:

- All swimmers, coaches, and officials participating in this competition must be currently (2011) registered with USA Swimming
- All should also 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)** chose to enter time trials, **2)** late enter when possible, or **3)** 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

Entry

Restrictions:

- This Meet is open to all 2012 Registered USA Swimming or FINA athletes
- Entries received without a proper and current USA Swimming ID Number will not be accepted and no re-funds will be made
- Age as of January 7, 2012 determines age for the entire meet
- Maximum of five events per day
- All entries should include a seed time to ensure proper seeding
- Entries received without a seed time (NT) will be seeded last by lot

Entry

Procedures:

- The only acceptable mode of entry is via Hy-Tek Commlink File
- Hard copy **MUST** accompany
- Submit entries in short course yards (SCY)
- Please do not convert SCM or LCM
- E-mail, hand deliver or snail mail entries to the Entries Chair noted below
- An HYV File for importing events and time standards into Team Manager is available at: www.stswim.org OR www.fhdolphins.com

E-Mail

Entries:

- Entries in Commlink Format only, MUST be sent ONLY to: board@fhdolphins.com
- E-mail submissions to any other address cannot be accepted.
- The Commlink File must be renamed to clearly identify the entering team, the shorter the better
- Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded
- Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (hard copy) is received as an attachment to the e-mail, via FAX (210-561-5280), or hand-delivered.
- Athletes WILL NOT be entered into the meet until entry fee payment has been received by the Meet Director or designee
- If you do not receive an e-mail confirmation message, your entries were not received

FAX Entries:

- Under no circumstances will entries be accepted via FAX
- Entry Reports WILL be accepted via FAX

Entry / Open

Deadline:

- Entries will be accepted beginning at 12-noon December 13, 2011
- Entries will be processed in the order received
- Entries will close:
 - The earlier of 11:00 PM December, 28th, 2011 or
 - When a session reaches an estimated 4 hours in length.

- Entry Fees:**
- \$7.25 per Individual event (includes \$1.25 splash fee).
 - Full payment must be postmarked by January 3, 2012 or entries will be removed from the meet.
 - Please include a meet fee report with your check
 - Refunds will not be made for any reason
 - Checks payable to the Fort Hood Dolphins and mail to:**

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

Late/Deck

- Entries:**
- Late deck entries will only be accepted to fill open lanes – no new heats will be created
 - The deck entry fee is \$11.25(includes \$1.25 splash fee) per individual event.
 - Swimmers not previously entered in the meet must present their 2012 USA Swimming registration card to enter
 - Deck entries will close 30 minutes prior to the start of the meet.

- Heat Sheets:**
- Heat sheets will be available for sale for the entire meet for \$3.00.

Meet Management:

- Meet Director:**
- Paige McCord
 - 3507 Llano Estacabo
 - Killeen, TX 76549
 - 423-736-0189
 - coach@fhdolphins.com

- Meet Referee**
- Roland Smits
 - 2612 Linville Ridge Lane
 - Pflugerville, TX 78660
 - roland@patriotdetection.com
 - 512-415-7314

- Entries Chair:**
- Jennifer Hammer
 - 2416 Catawba Loop
 - Harker Heights. TX 76548
 - board@fhdolphins.com
 - 254-368-2482

- Administrative Referee:**
- Bob Lang
 - 4149 Lomita Lane
 - Dallas, TX 75220
 - dogmatic.lang@gmail.com
 - 214-350-7314

- Warm-ups:**
- Warm-ups will be conducted IAW the current STSI Policies and Procedures on page five (5)
 - There is no warm up/cool down pool available
 - Warm up lanes and times will be posted with the Psych Sheet at www.fhdolphins.com no later than 12:00-noon Thursday, January 5, 2012
 - 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

- Awards:**
- Custom ribbons from will be awarded for places one through eight by age group as follows: 8 and under, 9-10, 11-12, 13-14

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

- Schedule:**
- Start time for warm-ups is 07:30 A.M. Meet start time is 09:15 A.M.
 - Coaches meeting will occur at 08:45 A.M.
- Timers:**
- Entering teams will be expected to provide backup timers in proportion to their entries
 - Swimmers competing in Session III must provide their own timers and lap counters
- Officials:**
- All certified and in training USA Swimming officials are invited to participate
 - All officials must be currently registered with USA Swimming and STSI Swimming for 2012 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
- Final Results:**
- Results and Commlink Files will be emailed to entering teams and posted at: www.fhdolphins.com and www.stswim.org

Order of Events

Saturday, January 7th , 9:15 AM		
Girls	Age / Event	Boys
1	200 IM (ALL)	2
3	100 Back (ALL)	4
5	50 Breast (12 and Under)	6
7	200 Free (ALL)	8
9	100 Fly (ALL)	10
11	50 Back (12 and Under)	12
13	200 Breast (ALL)	14
15	100 Free (ALL)	16
17	50 Fly (12 and Under)	18
19	200 Back (ALL)	20
21	100 Breast (ALL)	22
23	100 IM (12 and Under)	24
25	200 Fly (ALL)	26
27	50 Free (ALL)	28
	Ten Minute Break	
29	400 IM (11 and above)	30
31	500 Free (11 and above)	32

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 warm-ups 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.

STSI Safety Guidelines and Warm-up Procedures last Revised 29-SEP-04

ATTACHMENT 1:

DIRECTIONS and IMPORTANT INFORMATION REGARDING ENTERING A FEDERAL MILITARY INSTALLATION

All personnel 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 valid registration and proof of insurance. **All** adults must possess **VALID** form of picture identification. Individuals not possessing valid identification, insurance, and proof of registration will be denied access to the installation. There are no exceptions to this policy due to United States Army and Fort Hood force protection measures.

Teams are encouraged to provide driver and license information found in Attachment 2 (Pre Screened Visitors List). Teams should submit the (Pre-Screened Visitors List worksheet with their meet entry fees when paying for the meet. This will facilitate participants not having to stop at the Visitors' Center to obtain an entry pass. Drivers not listed on the worksheet will be denied entry to the installation and will have to proceed to the Visitors Center to obtain an entry pass in order to obtain access to the installation.

DIRECTIONS:

**From
North &
East:**

From I-35, take HWY 190 West towards Killen and Fort Hood. Enter Fort Hood at the Main Gate Entrance/TJ Mills BLVD. Continue on TJ Mills BLVD to enter the installation. You will pass under two overpasses and the installation visitor's center will be on your right. If you are not on the Pre-Screened Visitors List stop at the Visitors Center to obtain an installation access pass. Move to the far right lanes and enter at the two most right entry points at the gate. Continue with directions for "ALL" below.

**From the
South:**

Take Texas HWY 195 towards Killeen. Turn left onto HWY 190. Enter Fort Hood at the Main Gate Entrance/TJ Mills Blvd. Continue on TJ Mills Blvd to enter the installation. You will pass under two overpasses and the installation visitor's center will be on your right. If you are not on the Pre-Screened Visitors List stop at the Visitors Center to obtain an installation access pass. Move to the far right lanes and enter at the two most right entry points at the gate. Continue with directions for "ALL" below.

**From the
West:**

Take Texas HWY 190 East from Lampasses or Copperas Cove to Fort Hood. Follow sign to enter the Fort Hood Main Gate/TJ Mills Blvd. Continue on TJ Mills Blvd to enter the installation. You will pass under two overpasses and the installation visitor's center will be on your right. If you are not on the Pre-Screened Visitors List stop at the Visitors Center to obtain an installation access pass. Move to the far right and enter at the two most right entry points at the gate. Continue with directions for "ALL" below.

ALL:

Enter through the far right two lanes of the access control point and present ID to the security personnel. Once complete proceed north on TJ Mills Blvd, take next left onto Tank Destroyer Blvd at the first traffic light. Travel west on Tank Destroyer and turn right at the 3rd traffic light onto 62nd St. Proceed north one block to the traffic light, continue through the light, Abrams pool will be on your right and parking will be on your left.

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

All privately owned firearms must be registered with the Fort Hood Provost Marshall's office at the visitors center. It is recommended not to have any firearms in the vehicle.

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 Hood Street and the Clear Creek PX. Maps to available facilities will be provided at the concession stand. Non-military may NOT use the Shoppette, gas station, or PX.

ATTACHMENT 2:

PRE-SCREENED VISITORS LIST

TEAM: _____

Last Name	First name	Street Address	Town State	Driver's License Number	State