



The Fort Hood Dolphins 2012 Sizzlin' Summer Races (LCM)

Meet Name: -2012 ST Fort Hood Dolphins Sizzlin' Summer Races (LCM)

**Sanction
Number:** -ST-12-42

Meet Date(s): -July 21, 2012

Venue: -Comanche Pool, Fort Hood, TX
-Tank Destroyer Blvd.
-Fort Hood, TX 76544
-254-287-4648 (Fort Hood Aquatics)
-Instructions for entering a Military Installation are listed on page 6 of this sanctioning sheet.

Facility: -Outdoor, 8 lane 50 meter pool.
-Depth is 5 feet at the start, and 4 feet at the turn end.
-All automatic Colorado Timing System and Hy-Tek Meet Manager software.
-Limited seating, but there is space for spectators to bring chairs and overhead shade.
-Concessions will be available.

**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 accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

**Cell Phone
Restrictions:** -The presence or use of cell phones, smart phones or any other devices capable of producing audio recordings, photographic or video images in locker rooms, restrooms or changing areas is strictly and specifically prohibited at all times. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility and arrest.

Unaccompanied

Swimmers: -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 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

And Videos: -There may be one or more photographers and/or videographers on deck at this meet. In the event such personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made, are required to contact the Meet Director prior to the beginning of warm-ups. Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race.

USA Swimming

Registration: -All swimmers, coaches, and officials participating in this competition must be currently 2012 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)** late enter when possible; **2)** need to be late-entered because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID Card.
-South Texas Swimming does not permit on-deck USA Swimming Registrations.
-Current National and LSC Regulations do not allow for exceptions to these policies.

Rules: -2012 USA Swimming Rules and any relevant sections of the STSI Policies and Procedures Manual will apply.

Meet Format: -This is a one-day, two session meet.
-Pre-seeded.
-Timed finals in Long Course Meters (LCM).
-All events seeded by time and gender, and swum fastest to slowest.
-No proof of time required.
-No time trials.
-Depending on the number of swimmers, flyover starts may be used.
-We reserve the right to split sessions differently or combine sessions based on the number of entries.
-**We reserve the right to cap the number of swimmers entered in order to stay within the four hour rule.**

Entry

Restrictions: -Swimmers may enter a maximum of five (5) individual events per day.

Age up Date: -July 21, 2012

Entry

Dates: -Entries will OPEN on Tuesday, June 19, 2012. Entries will close the earlier of:
a) Friday, June 29, 2012 at 6:00 PM or
b) When a session reaches an estimated 4 hours in length.

Late/Deck

Entries: -Deck entry fee: \$15.00 per individual event.
-Only to fill empty lanes.
-No new heats will be created and standbys will not be permitted.
-Deck entries close 30 minutes prior to start of session.
-Swimmers not previously entered in the meet must present 2012 USA-S Registration card.

General

Entry

Procedures: -Entries must be submitted by Hy-Tek Commlink File to Jennifer Hammer at board@fhdolphins.com.
-A copy of the Meet Entry Report by athlete name in Word/PDF MUST accompany your entry zip file. Entries with only a zip file will not be accepted.
-Gate Access Roster MUST be emailed with entries to allow time for screening. See page 7 of this document.
-All entries must have the name, e-mail and phone number of the individual submitting the entries.
-Entries may be submitted ONLY via e-mail.
-You will receive a confirmation that your entries have been received. If you do not get one please contact Jennifer Hammer, Meet Entry Chair.
-Swimmers will not be permitted to compete in the meet until satisfactory fee payment arrangements have been made with the Meet Director or her / his designee.
-NT Entries will be accepted but we encourage you to estimate a time to ensure your swimmer is seeded in the proper heat.

Entry Fees: -\$.75 per event (Includes \$1.25 Splash Fee).
-Please include a Meet Entry Fee Report with your check.
-No refunds will be issued for any reason.
-Full Payment must be received by: July 11th, 2012 or your entries will be removed.
-Make checks payable to and mail to: -Fort Hood Dolphins
-PO Box 6091
-Fort Hood, TX 76544

Heat Sheets: -Heat sheets will be available for purchase.

Administration:	-Entries Chair -Jennifer Hammer -2416 Catawba Loop -Harker Heights, TX 76548 -254-768-0087 -board@fhdolphins.com	Meet Director: -James Cole -3208 Brownsville Dr. #B -Killeen, TX 76549 -512-632-9648 -coach@fhdolphins.com	Meet Referee: -Jennifer Pierce -3724 Laurel Bay Loop -Round Rock, TX 78681 -512-203-4437 -pierce9973@sbcglobal.net
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Warm-Ups: -Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures on page five.
-Warm-up lane assignments will be posted with the Psych Sheet NLT Noon, July 18th, 2012 at www.fhdolphins.com.
-The Diving Well will be available for warm-up and cool-down for the entire meet.

Scratch Rules: -There is no penalty for scratching an event.

Check-in: -Positive Check-in is required for the 400 IM and the 400 Free. Check-in will be due two hours before the event is scheduled to swim. Exact times will be posted on the day of the event.

Awards: -Ribbons will be awarded for places 1-8 for age groups: boys and girls 8 & U, 9-10, 11-12, 13-14, 15-18.
-Awards will not be mailed out. Coaches must pick up awards for their teams.

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 at 512-632-9648 in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
-The facility staff will make reasonable accommodations for swimmers coaches, or spectators who wish to enter and use our facility.
-In any meet sanctioned or approved 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.

Daily Schedule:

-Saturday - 10 & Under	-Warm Up: 1 st Session 7:10-7:55 AM -Warm Up: 2 nd Session 7:55-8:40 AM -Meet Start: 9:00 AM
-Saturday - 11 & Over	-Warm Up will begin immediately after the conclusion of the morning session, but not before 1:00pm.

Timers: -The host team will attempt to provide backup timers for this meet.
-Volunteers will no doubt be needed.
-Swimmers competing in the 400IM and the 400 Free must provide their own backup timers.

Officials: -All currently 2012 certified and in training USA Swimming officials are cordially invited to participate.
-All deck officials must be registered with USA Swimming and STSI Swimming for 2012 and have a current Background Check acknowledged by USA Swimming.
-Deck officials are required by Rule to prominently display both their USA Swimming and LSC Credentials while on deck as an official.
-Please report to the Meet Referee at least 30 minutes prior to the scheduled start time of any session to receive your assignments
-The wearing of nametags is strongly encouraged

Order of Events

Distances are in Meters

Saturday Morning, July 21st, 2012

Session 1 – 10 & Under

Girls Event #	Event	Boys Event #
1	200 IM	2
3	100 Back	4
5	50 Fly	6
7	200 Breast	8
9	100 Free	10
11	50 Back	12
13	200 Fly	14
15	100 Breast	16
17	50 Free	18
19	200 Back	20
21	100 Fly	22
23	50 Breast	24
25	200 Free	26

Saturday Afternoon, July 21st, 2012

Session 2 – 11 & Over

Girls Event #	Event	Boys Event #
27	200 IM	28
29	100 Back	30
31	50 Fly (12 & Under)	32
33	200 Breast	34
35	100 Free	36
37	50 Back (12 & Under)	38
39	200 Fly	40
41	100 Breast	42
43	50 Free	44
45	200 Back	46
47	100 Fly	48
49	50 Breast (12 & Under)	50
51	200 Free	52
	5 Minute Break	
53	*400 IM	54
55	*400 Free	56

*Positive Check-In Required For The 400 IM and 400 Free.

*Swimmers Must Provide Their Own Back Up Timers.

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.

LANE USE

POOL	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 backstroke 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.

VERY IMPORTANT

ACCESS TO THE FORT HOOD MILITARY INSTALLATION

-Gate Access Roster (Page 7 of this Sanction Sheet)

1. ALL Teams must complete the Gate Access Roster form with Name, Date of Birth, Current Drivers License Number and State of Issue including all adults that are accompanying swimmers onto Fort Hood. This list will be screened by the Department Of Emergency Services on Fort Hood. This list will allow easy and quick access to the installation for swimmers, coaches and their families. Failure to submit this list will result in either a) having to go through the Marvin Leath Visitors Center at the Main Gate or b) not being allow to come onto the installation.
2. **The Gate Access Roster is due with your Entries that are submitted to Jennifer Hammer, NLT Friday, June 29, 2012. NO exceptions will be made. The list must be submitted by e-mail only.**
3. You will receive a confirmation e-mail including a list of all drivers that have been screened and their status regarding their method of entry to Fort Hood.
4. If you need a copy of the Gate Access Roster in Excel Format, please e-mail board@fhdolphins.com
5. Point of Contact for the Gate Access Roster will be LTC Brian Hammer.

-All attending and participating in this swim meet are reminded that they are entering a Federal Military Reservation. As such they are subject to all laws, regulations and policies when entering Fort Hood to include consent to search upon entry. All vehicles must have a valid registration and proof of insurance. All adults must have a valid picture I.D. -

-All privately owned firearms may not be brought on the military installation.

-Department of Defense Military ID Card Holders and their families are permitted to use all facilities and services located on the installation.

-Non-Department of Defense ID Card Holders may be permitted to patronize the Food Court on Clear Creek Blvd.

-Non-Department of Defense ID Card Holders may NOT use the Shoppette, Gas Stations or Post Exchange.

-Please park in designated parking spaces. Military Police will tow violators.

-All vehicles with trailers must enter through the Clarke Road Gate Truck Inspection Facility.

Directions to Fort Hood:

Fort Hood Main Gate

-From I-35 or 195 West: Take US-190 W and Exit on the Right towards the Main Gate. Proceed through the Main Gate and turn Left on the Tank Destroyer Blvd. Take Tank Destroyer all the way out to Comanche Pool, approximately 3-4 miles.

-From US-190 East: Take US-190 E and Exit on the Left towards the Main Gate. Proceed through the Main Gate and turn Left on the Tank Destroyer Blvd. Take Tank Destroyer all the way out to Comanche Pool, approximately 3-4 miles.

