



## 2015 CFSC APRIL TRI MEET

hosted by  
Cy-Fair Swim Club – Fleet Swimming  
Long Course Timed Final  
April 11-12, 2015  
SANCTION # GULC 15-001R3



**LOCATION:** Fleet Aquatic Center  
14654 Spring Cypress Rd.  
Cypress, Texas 77429  
See Attached Map

**COACHES:** Jack Maddan Head Coach  
Colin Kennedy Head Age Group Coach

**POOL:** Ten lane, 50 meter pool with non-turbulent lane lines. There is a separate warm-up/warm-down area.

**WARM UP LANE:** During the meet, the Fleet FIRST lesson pool will be open for warm up and warm down. It is a 6 lane, 25 yard indoor pool. No diving is allowed. **On the Saturday morning session, there will only be 2 warm up/warm down lanes available.** Lingering in the lanes or playing will not be permitted. A safety marshal will be assigned to monitor the WU/WD lanes and enforce these rules throughout the meet. The safety marshal has the authority to remove from the WU/WD lane any swimmer who does not comply with these rules. The Meet Referee may exercise additional adjudication authority as necessary.

**TIME AND DATE:** This is a Timed Finals Meet.

**Saturday Session**

April 11, 2015: Warm ups at 12:30 pm, meet starts at 2:00 pm.

**Sunday Session**

April 12, 2015: Warm ups at 7:00 am, meet starts at 8:30 am.

Split warm-ups will be in effect for all sessions, with assignments posted on the Gulf Swimming web site.

Lane assignments for warm-ups and timing will be designated in the psych sheet, and posted on the Gulf Swimming website by Monday, April 6, 2015.

**MEET TYPE:** This meet will be run utilizing chase starts.

\*\* 400 IM, 400 Freestyle events will utilize chase starts alternating girls and boys heats. Girls heats will start from the locker room end of the pool and boys heats will start at the field end of the pool.

100 and 200 meter events: Odd heats will start at the field end of the pool and even heats will start at the locker room end of the pool.

**All 50 meter events will start from the locker room end of the pool.**

**MEET REFEREE:** Brian Walls, [walls.brian@gmail.com](mailto:walls.brian@gmail.com)

**ADMINISTRATIVE OFFICIAL:** Holger Luebsen

**MEET DIRECTORS:** Carolyn Reed, [deerjc@gmail.com](mailto:deerjc@gmail.com)  
713-725-4604

Michele Gallagher, [michelegallagher@mindspring.com](mailto:michelegallagher@mindspring.com)

**SAFETY MARSHAL:** Efrain Rovira

**SAFETY GUIDELINES AND WARM-UP PROCEDURES:** See attached Safety Guidelines and Warm-up Procedures.

**SEEDING:** The meet will be a deck-seeded meet. Coaches please inform your swimmers of seeding on deck rules. **Once the circle-in period closes at 45 minutes BEFORE the session begins, all events will be seeded.** All events will be seeded fastest to slowest including relays.

**CHECK-IN:** All swimmers must check in with the Clerk of the Course for **all** events. **Swimmers are required to circle-in at least 45 minutes before the beginning of the meet session.** After the events are officially closed, no one may check in or scratch. After circling in, failure to appear at the starting blocks will result in the swimmer being assessed a \$5.00 fine, payable to Gulf Swimming Administrative Vice-Chairman, Jason Wedlick, for each event in which he/she fails to appear. ~~Relay cards due by 1:15 pm for the Saturday session or the entry will be considered scratched. Sunday session relay cards will be due at 8:15 am.~~

**ON-DECK ENTRIES:** Late entries will be accepted each session up to **45 minutes** before the start of each session. Those swimmers missing the 6:00 p.m. Tuesday March 31, 2015 deadline may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry.
2. Swimmers must supply completed entry forms entered at the swimmers' best times. The swimmers will be seeded into open lanes.
3. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of each session's first event.
4. Swimmers must be qualified to swim the event entered.
5. Swimmers must not exceed the allotted number of events allowed each day.
6. A heat 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 from USAS meets and 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 times to yard 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.

**Cut-off Times:** None.

**Qualifying Times:** None.

**Age:** As of April 11, 2015.

**Number of Events:** Swimmers may compete in up to five (5) individual events per day and up to one (1) relay event per day.

**Deadline:** Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Tuesday, March 31, 2015. No late entries will be accepted. Do not send entries via Federal Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required. Mail or hand deliver entries to the Meet Entry Chairman at:

CFSC  
Attn: Carolyn Reed  
11659 Jones Rd. PMB #351

Houston, TX 77070  
713-725-4604  
deerjc@gmail.com

**Entries:** All teams entering 10 or more swimmers MUST submit their entries on a diskette or electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software, along with a hard copy printout of the entries. Teams without Hy-Tek should submit their entries on the enclosed Entry Form. A \$25.00 fee must be included with the entry fees for teams that enter 10 or more swimmers using an entry form only (without sending Hy-Tek files). Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission.

Teams may electronically mail their Meet Manager files. Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Invitation.

**Eligible Teams:** Swimmers must be members of Lakeside Aquatic Club, Cypress Fairbanks Swim Club or Katy Aquatics.

**Fees:** Five dollars (\$5.00) per Individual Event and ~~nine dollars (\$9.00)~~ for each Relay event plus a two dollar (\$2.00) per Swimmer Surcharge fee. Make checks payable to CFSC. Entry fees must accompany entries, if delivered by any method other than email.

**AWARDS:** No awards.

**SCORING:** Individual Events: 11-9-8-7-6-5-4-3-2-1  
Relay Events: 22-18-16-14-12-10-8-6-4-2

~~12 & Under individual and relay events~~ will be swum combined but scored separately as 8 & Under, 9-10 and 11-12.

~~13 & Over individual and relay events~~ will be swum combined but scored separately 13-14 and 15 & Over.

**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

**POOL MEASUREMENT:**

The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming.

The water depth of the competition course is 5.5 feet measured from 1 meter to 5 meters on the starting end of the course, and 5.5 feet measured from 1 meter to 5 meters on the turning end of the course.

**TIMING SYSTEM:** A Colorado Model 6000 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. Swimmers in the 400IM and 400 Freestyle must provide 2 timers and a lap counter where applicable.

**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 Psych Sheets and for admission to the Hospitality Room.

**DECK CHANGING:** Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**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.

**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).

**CONCESSIONS:** Concessions will be available for breakfast and lunch.

**HOSPITALITY:** A hospitality room will be available for Coaches and Officials.

**MERCHANDISE:** D&J Sports will be at the meet selling a complete line of swim gear and apparel.

**MEET RESULTS:** Meet results will be posted on the Gulf Swimming Web Page ([www.gulfswimming.org](http://www.gulfswimming.org)) and [www.fleetswimming.com](http://www.fleetswimming.com) , within three days after the conclusion of the meet.

**PARKING:** **Parking will be onsite. *In the instance of inclement weather only, we will be utilizing offsite parking at the local elementary for all swimmers.***



*ENTRY VERIFICATION*  
APPENDIX F

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

**Entry rules:**

|                         |                                      |
|-------------------------|--------------------------------------|
| Type of Meet            | Timed Finals                         |
| Max # Individual events | Five (5) per day                     |
| Swimmers eligible       | CFSC, Katy and LAC                   |
| Entry times in          | LCM/SCM/SCY                          |
| Qualifying times        | None                                 |
| Enter with no time?     | Yes                                  |
| Fees                    | Individual - \$5.00; Relays - \$9.00 |
| Facility surcharge      | \$2/swimmer                          |

**CFSC Tri Meet**  
**April 11-12, 2015**  
**CFSC**  
**14654 Spring Cypress**  
**Cypress, Texas 77429**



**Girl Event #                      Event Description                      Boy Event #**

**Saturday, April 11, 2015, Warm Ups 12:30 PM, Meet Starts 2:00 PM**

|    |  |    |
|----|--|----|
| 1  | 12 & Under 200 Free                      | 2  |
| 3  | 13 & Over 200 Free                       | 4  |
| 5  | 12 & Under 50 Back                       | 6  |
| 7  | 13 & Over 100 Back                       | 8  |
| 9  | 12 & Under 100 Free                      | 10 |
| 11 | 13 & Over 100 Free                       | 12 |
| 13 | 12 & Under 100 Breast                    | 14 |
| 15 | 13 & Over 100 Breast                     | 16 |
| 17 | 12 & Under 100 Fly                       | 18 |
| 19 | 13 & Over 200 Fly                        | 20 |
| 21 | <del>12 &amp; Under 200 Free Relay</del> | 22 |
| 23 | <del>13 &amp; Over 200 Free Relay</del>  | 24 |
| 25 | 11 & Over 400 IM**                       | 26 |

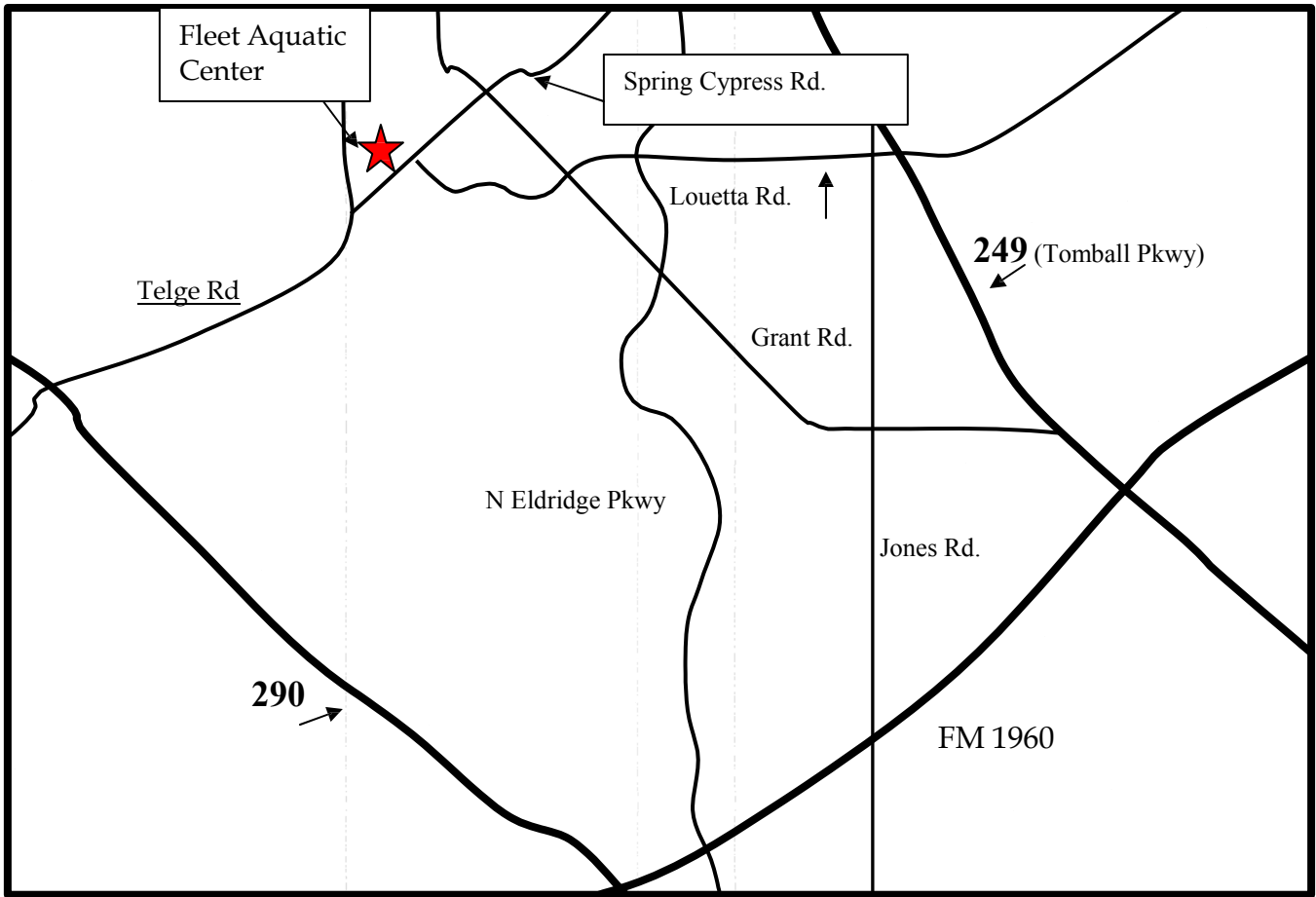
**Sunday, April 12, 2015, Warm Ups 7:00 AM, Meet Starts 8:30 AM**

|    |  |    |
|----|--|----|
| 27 | 12 & Under 200 IM                        | 28 |
| 29 | 13 & Over 200 IM                         | 30 |
| 31 | 12 & Under 50 Free                       | 32 |
| 33 | 13 & Over 50 Free                        | 34 |
| 35 | 12 & Under 100 Back                      | 36 |
| 37 | 13 & Over 200 Back                       | 38 |
| 39 | 12 & Under 50 Fly                        | 40 |
| 41 | 13 & Over 100 Fly                        | 42 |
| 43 | 12 & Under 50 Breast                     | 44 |
| 45 | 13 & Over 200 Breast                     | 46 |
| 47 | <del>12 &amp; Under 200 Free Relay</del> | 48 |
| 49 | <del>13 &amp; Over 200 Free Relay</del>  | 50 |
| 51 | 12 & Under 400 Free**                    | 52 |
| 53 | 13 & Over 400 Free**                     | 54 |

All events will be seeded fastest to slowest.

\*\* 400 IM and 400 Free events will alternate girls and boys heats.

\*\* These events will need to provide their own timers and counters if needed.



**Fleet Aquatic Center**

**14654 Spring Cypress Rd.**

From 290, come to the Telge Rd. exit. Head north on Telge past several lights and stop signs. When you come to the first Telge and Spring Cypress stop sign, take the right and cross over Little Cypress Creek to another Spring Cypress stop sign. Take a right and head 0.3 miles down Spring Cypress to drive on left with Fleet sign.

From 249 either take Louetta exit, head west, go past Grant Rd. to where Louetta dead ends at Spring Cypress and take a left. Go down and pool will soon be on your right. Or take Spring Cypress, past Grant and look for Fleet sign on your right.

From 1960, go west to 249 & take a right to head north. Get off Grant Rd. Take a left and go west. Go past Jones, Eldridge Pkwy and Louetta. Take a left at Spring Cypress stop sign. Pool will be shortly on right. Look for sign.

