

Texas Senior Circuit Long Course Meet #2

Hosted by Texas A&M University

3 Days, Prelim/Final LCM

June 7-9, 2013

Gulf Sanction#: GULC 13-014

USMS Sanction#:



AGGIE
SWIMMING
& DIVING

FACILITY

- **Texas A&M University Student Recreation Center Natatorium**
Olsen Boulevard
College Station, TX 77843
- Indoor 50 meter course, eight lanes, depth 7-9 feet. Separate diving well, 8 lanes, 25 meters. Lane lines are non-turbulent
- Daktronics timing system, color scoreboard.
- Directions and more facility information can be found here:
http://recsports.tamu.edu/facilities/student_rec_center/
- Natatorium host of:
 - 2013 SEC Championships
 - 2010 USA AT&T Diving Nationals
 - 2009 Women's and Men's NCAA Championships
 - 2005, 2007, 2010 Big 12 Championships
 - 2004 Women's NCAA Championships
 - 2001 Men's NCAA Championships
 - 1998 US Open and World Cup

HEAD COACHES: Jay Holmes – Men's Head Coach
Steve Bultman – Women's Head Coach

MEET SCHEDULE

| | | |
|------------------|---|--|
| Thursday, June 6 | Warm-up 4 - 8 p.m. 50-meter course only | |
| Friday, June 7 | Prelims Warm-up 7:30-8:45am Start 9:00 am | Finals Warm-Up 4:30pm Start 6:00 pm |
| Saturday, June 8 | Prelims Warm-up 7:30-8:45am Start 9:00 am | Finals Warm-up 4:30pm Start 6:00 pm |
| Sunday, June 9 | Prelims Warm-up 7:30-8:45am Start 9:00 am | Finals Warm-up 3:30 pm Start 5:00 pm |

The pool will not be available for earlier warm-up times on these days. **Lap swim will be open for Student Rec members based on any available time between prelims and finals.**

MEET AND ADMINISTRATIVE PERSONNEL

| | | | |
|-----------------|----------------|--|--------------|
| Meet Referee: | Herb Schwab | Herb.Schwab@gmail.com | 281.242.1334 |
| Meet Director: | Alex Dawson | adawson@athletics.tamu.edu | 979.458.3302 |
| Meet Manager: | Nicole Rembach | ncr@creativewaters.net | |
| Safety Marshal: | Reed Gerhart | | |

See attached safety guidelines and warm up procedures.

SEEDING

All heats of individual events 200 meters and below will be circle seeded and swum fastest to slowest. (Every individual heat 200 meters and below will have a seeded swimmer in it.)

Events 400 meters and above will be deck-seeded requiring a positive check-in at the clerk of course. The 400 IM and 400 Free will swim: 3 circle seeded heats women, 3 circle seeded heats men, then alternating women-men fastest to slowest.

CHECK-IN

There will be a positive check-in required at the clerk of course for all events 400 meters and above (excluding relays). For the 400 freestyle and 400 IM, the check-in deadline is 9 a.m. on the day of the event. For the 800/1500s, check-in will close at 7 p.m. on Saturday night.

FORMAT

This is a three-day prelim/final event with bonus, consolation, and championship finals. At the discretion of the Meet Referee and Meet Director, an A and B prelim session and/or chase starts will be conducted. This decision will be made based on number of entries and estimated time lines. This decision will be posted on www.texaseniorcircuitswimming.org and www.gulfswimming.org on or before Monday, June 3, 2013.

The women's 800 and the men's 1500 will be timed final events. The fastest heat of each event will be swum in event order in Finals. All other heats will be swum slowest to fastest alternating women 800/men 1500 such that the last heat will end at 3:30 pm. All competitors in these two events must provide two timers and one lap counter for their swim.

SCRATCHES

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals or consolation finals or any other bonus finals if he has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet and a fine of \$50.00. Thirty minutes after the announcement no further scratches shall be accepted. The existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals. The alternates, after the existing scratches are tabulated, will not be penalized if they are unavailable to compete in finals.

Alternately, a swimmer may make a declaration of intent to scratch within 30 minutes of the announcement of the preliminary event results, with final decision to scratch or not scratch being reported to the scratch official within 30 minutes of the completion of the swimmer's last individual preliminary event of the session. A swimmer declaring their intention to scratch and failing to return to the scratch official to make final resolution on the intent to scratch will result in the swimmer being seeded into the respective final heat. This rule also applies to alternates announced for each of the individual events.

RELAYS

The final three heats of each relay will be swum as timed finals at the end of each Finals session, with any additional heats swum in event order during prelims. All relays will be swum slowest to fastest in event order. Relay cards for teams swimming in Finals are due to the meet manager at 6 p.m. the day of the event or the relay will be considered scratched. Relay cards for teams swimming in Prelims are due to the meet manager at 10 a.m. the day of the event or the relay will be considered scratched.

Only two relay entries per event per team are allowed.

HOTEL CONTACTS

| | | |
|-----------------------------|--|----------------|
| Comfort Suites on Texas Ave | \$100 K / \$105 D | (979) 680-9000 |
| Econolodge | \$72 | (979) 260-9150 |
| Holiday Inn Hotel & Suites | \$115 D / \$135 D Suite w Sleeper Sofa | (979) 485-8300 |
| Howard Johnson | \$75 K / \$80 D | (979) 693-6810 |
| Hyatt Place | \$115 | (979) 846-9800 |
| Towneplace Suites | \$89 K / \$149 D w Pullout | (979) 260-8500 |

For hotel and restaurant information, contact the Visitor's Bureau at 979-260-9898, or visit www.visitaggieland.com.

PROOF OF TIME

This is a Dual Sanctioned USA Swimming and USMS meet.

Masters swimmers will need to supply proof of time with their entries.

USMS swimmers may use printouts from the USMS meet results database. Pdf copies of Meet Manager results may be emailed or mailed in. Additionally email entries may include links to meet results for proof of times. Proof of time will be enforced. If proof of time is not included with entry, that swimmer or the swimmer's event in question will not be entered in the meet and will have to be entered (and paid) as a deck entry. Deck entries will need to supply proof of time at time of deck entry.

Relay swimmers must be entered in an individual event that meets proof of time criteria.

ENTRY INFORMATION

This is a Dual Sanctioned USA Swimming and USMS meet.

A swimmer may only enter up to three (3) individual events per day.

Enter events with the athlete's best real qualifying time in any course. Do not enter at the cut-off. Entry **times will be converted to LCM before events are seeded.**

Swimmers who have one or more Sectional Standard in any event can swim a maximum of two additional events (except the 800/1500) in which they own a Sectional Bonus standard. To swim the 800/1500 swimmers must have the Sectional cut in either the 400 Free or the 800/1500. A female having the 1500 cut qualifies her to swim the 800. A male having the 800 cut qualifies him to swim the 1500.

50s of Stroke must be entered with 100 times. Time standards for the 50s of stroke are also determined by 100 standards.

Relay swimmers must be entered in an individual event that meets proof of time criteria.

Deadline: All entries must be received by the Meet Entry Chairman on or before **Tuesday, May 28th at 6 p.m.** No phone or fax entries will be accepted. Late entries will require proof of time and will only be accepted on deck.

Email entries: Masters swimmers must use the attached Paper Entry form and include their proof of time and email or mail their entry by the above deadline. Send entries to adawson@athletics.tamu.edu. Please include a proof of times reports/scans with your entries. If you need to mail your proof of time, include them with your entry fees. For overnight mail please indicate that a signature is NOT required.

OVERNIGHT

Alex Dawson
730 Olsen Blvd
Reed Arena 326D
College Station, TX 77842
Phone (979) 458-3302

OTHER

Alex Dawson
Texas A&M Swimming & Diving
1228 TAMU
College Station, TX 77843

FEES

Entry fees must accompany entries. Make entry checks payable to: **TAMU Athletics**

- \$15.00 per individual event (\$75 cap on individual event fees per swimmer, excluding deck entries)
- \$25.00 for each relay event

ON-DECK ENTRIES & TIME TRIALS

Late entries will be accepted each day for those events swum up to 30 minutes before the start of the meet. You may enter the meet on deck in the following manner:

- Swimmers must pay late entry fee of \$30 for individual events and \$45 for relay events.
- Late entries will close at 8:30 am each morning.
- Swimmers must be qualified to swim the event entered and must supply proof of time
- Swimmers must supply completed entry forms entered at best time.
- Deck entered relays will be seeded in the preliminary heats unless there is an open lane in finals.

Time trials will be offered after the Friday preliminary session. Entries can be made at the clerk of course at the cost of \$15 per individual event and \$25 per relay event. Entries must be received by the clerk of course by 11:00 am on Friday.

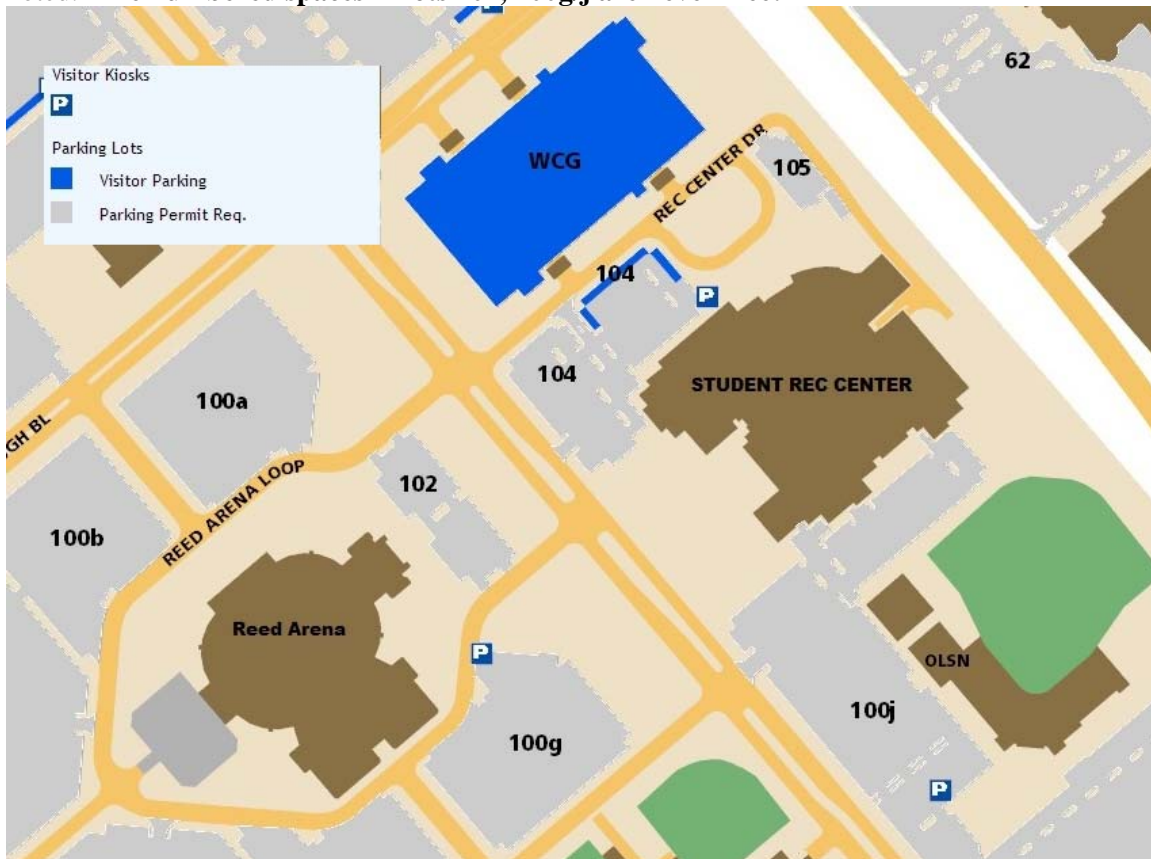
The swimmer must be entered in TSC #2 and provide their own timers and counters.

The maximum number of individual events per day is 3 including time trials. Relay swimmers must be entered in an individual event that meets proof of time criteria.

Order of events: 200 free relay, 400 free relay, 800 free relay, 200 medley relay, 400 medley relay, 50 free, 100 free, 100 stroke (back, breast, fly), 200 free, 200 stroke (back, breast, fly), 200 IM, 400 IM, 500 free, 800 free (men and women) and 1500 free (men and women).

PARKING ON SATURDAY AND SUNDAY:

Parking is free on the surface lots of the TAMU campus after 5:00 p.m. on Friday, except where noted. **The numbered spaces in lots 104, 100g/j are never free!**



RULES AND SANCTIONS

The meet will be held under the sanction of USA Swimming, Gulf Swimming and USMS Swimming. No entries can be accepted unless the entrant is registered or certified by USA Swimming or USMS. The 2013 USA Swimming, Gulf Swimming and USMS will apply.

POOL MEASUREMENT:

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Course measurements will be verified each session in accordance with Gulf Swimming Rules. 202.3.6 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.

SWIMMERS ELIGIBLE

All USA Swimming registered teams and swimmers and USMS registered swimmers. We welcome international athletes wishing to be invited to compete, however this is not a FINA approved meet.

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 the Gulf Swimming equipment (remote strobe).

Coaches and officials must present their current membership card in order to receive complimentary psych/heat sheets and for admission to the hospitality room.

MEET RESULTS

Results will be posted on: Texas A&M Athletic web page: www.aggieathletics.com
Gulf Swimming web page: www.gulfswimming.org

Live results will be provided on aggieathletics.com and on meet mobile.

POOL DECK RESTRICTION

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf sanctioned swim 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 registered personnel, please do so, it is for your safety.

See attached safety guidelines and warm-up procedures.

AUDIO/VIDEO RECORDING DEVICES

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms

LIABILITY

Gulf Swimming and Texas A&M University accepts no responsibility or liability for injuries sustained by any individual, athlete or spectator, while traveling to and from, while participating in or viewing the meet.

ORDER OF EVENTS

Friday, June 7

| | | | |
|-----------------|------------------------------|----------------|------------------------------|
| <i>Prelims:</i> | <i>Warm-up 7:30 a.m.</i> | <i>Finals:</i> | <i>Warm-up 4:30 p.m.</i> |
| | <i>Meet starts 9:00 a.m.</i> | | <i>Meet starts 6:00 p.m.</i> |

| Women # | Event | Men # |
|---------|---------------------|-------|
| 1 | 50 Fly | 2 |
| 3 | 200 Back | 4 |
| 5 | 100 Free | 6 |
| 7 | 200 Breast | 8 |
| 9 | *400 Free | 10 |
| 11 | 400 FR ¹ | 12 |

Saturday, June 8

| | | | |
|-----------------|------------------------------|----------------|------------------------------|
| <i>Prelims:</i> | <i>Warm-up 7:30 a.m.</i> | <i>Finals:</i> | <i>Warm-up 4:30 p.m.</i> |
| | <i>Meet starts 9:00 a.m.</i> | | <i>Meet starts 6:00 p.m.</i> |

| | | |
|----|---------------------|----|
| 13 | 100 Fly | 14 |
| 15 | 100 Breast | 16 |
| 17 | 200 Free | 18 |
| 19 | 50 Back | 20 |
| 21 | *400 IM | 22 |
| 23 | 400 MR ¹ | 24 |

Sunday, June 9

| | | | |
|-----------------|------------------------------|----------------|------------------------------|
| <i>Prelims:</i> | <i>Warm-up 7:30 a.m.</i> | <i>Finals:</i> | <i>Warm-up 3:30 p.m.</i> |
| | <i>Meet starts 9:00 a.m.</i> | | <i>Meet starts 5:00 p.m.</i> |

| | | |
|----|-------------|----|
| 25 | 50 Breast | 26 |
| 27 | 200 Fly | 28 |
| 29 | 100 Back | 30 |
| 31 | **800 Free | -- |
| 32 | 200 IM | 33 |
| -- | **1500 Free | 34 |
| 35 | 50 Free | 36 |

*400 Free & IM swim 3 circle seeded women, 3 circle seeded men. Then alternate women/men fast to slow.

** 800/1500 Freestyle – top seeded heat swims in finals. All others alternate women/men slowest to fastest so as to end at 3:30 pm.

¹ The final three heats of each relay will be swum as timed finals at the end of each Finals session, with any additional heats swum in event order during prelims. All relays will be swum slowest to fastest in event order.

2013 Senior Circuit Time Standards

| 2013 TSC Women | Sectional Standards | | Sectional Bonus Standards | |
|----------------|---------------------|----------|---------------------------|----------|
| Event | SCY | LCM | SCY | LC |
| 50 FREE | 24.99 | 28.49 | 25.79 | 29.09 |
| 100 FREE | 53.49 | 1:01.39 | 54.69 | 1:02.19 |
| 200 FREE | 1:55.19 | 2:12.59 | 1:57.39 | 2:13.69 |
| 400/500 FREE | 5:10.49 | 4:39.69 | 5:14.89 | 4:43.59 |
| 800/1000 FREE | 10:31.39 | 9:30.49 | 10:40.19 | 9:37.19 |
| 1500/1650 FREE | 17:58.99 | 18:23.29 | 18:12.39 | 18:36.29 |
| 100 BACK | 59.49 | 1:10.99 | 1:01.09 | 1:12.39 |
| 200 BACK | 2:07.69 | 2:32.79 | 2:10.99 | 2:35.69 |
| 100 BREAST | 1:09.79 | 1:20.89 | 1:10.89 | 1:21.99 |
| 200 BREAST | 2:29.99 | 2:54.79 | 2:33.69 | 2:57.19 |
| 100 FLY | 58.79 | 1:07.99 | 1:00.69 | 1:09.69 |
| 200 FLY | 2:11.99 | 2:34.79 | 2:15.09 | 2:37.39 |
| 200 I.M. | 2:11.49 | 2:32.89 | 2:15.19 | 2:34.39 |
| 400 I.M. | 4:39.29 | 5:22.89 | 4:47.69 | 5:26.39 |

| 2013 TSC Men | Sectional Standards | | Sectional Bonus Standards | |
|----------------|---------------------|----------|---------------------------|----------|
| Event | SCY | LCM | SCY | LCM |
| 50 FREE | 22.29 | 25.49 | 22.79 | 26.09 |
| 100 FREE | 48.39 | 55.49 | 49.29 | 56.49 |
| 200 FREE | 1:45.59 | 2:01.69 | 1:47.49 | 2:03.79 |
| 400/500 FREE | 4:46.09 | 4:21.69 | 4:49.19 | 4:24.59 |
| 800/1000 FREE | 9:49.79 | 8:59.49 | 10:00.59 | 9:03.89 |
| 1500/1650 FREE | 16:34.29 | 17:05.59 | 16:46.99 | 17:21.89 |
| 100 BACK | 54.49 | 1:04.29 | 55.39 | 1:05.29 |
| 200 BACK | 1:57.19 | 2:20.29 | 1:59.09 | 2:23.09 |
| 100 BREAST | 1:01.79 | 1:12.69 | 1:02.69 | 1:13.79 |
| 200 BREAST | 2:14.89 | 2:40.59 | 2:16.79 | 2:42.59 |
| 100 FLY | 53.09 | 1:01.09 | 54.09 | 1:02.19 |
| 200 FLY | 1:59.69 | 2:21.09 | 2:01.89 | 2:23.29 |
| 200 I.M. | 1:59.09 | 2:19.09 | 2:01.09 | 2:21.09 |
| 400 I.M. | 4:14.39 | 4:56.79 | 4:18.99 | 5:01.29 |

Texas Senior Circuit Long Course Meet #2
June 7-9, 2013 - Hosted by Texas A&M University

Name: _____ Gender: _____
 USMS #: _____
 Address: _____

 Phone: _____
 Email: _____
 DOB: _____
 Age: _____

| Event # | Event Description | Entry Time | Course of Time (LCM, SCY) |
|---------|-------------------|------------|------------------------------|
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Liability Waiver
 USMS Waiver of Release



"I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all risks.

AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS OR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTER SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING ACTIVITIES.

In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ Date _____

If you are a member of both USA Swimming and USMS, you MUST declare which organization you are representing at the meet in advance of the competition. Please indicate below if you are swimming for USMS or USA Swimming at this meet.

USMS _____
 USA Swimming _____

POOL DECK RESTRICTIONS

- 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 breaststrokers 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.

TEXAS A&M UNIVERSITY STUDENT RECREATION CENTER NATATORIUM RULES:

- Participants and spectators are not allowed to use other areas of the Student Recreation Center Complex during this event.
- Swimming is allowed only when the area is supervised.
- NO glass containers, tobacco, or alcoholic beverages are allowed within the natatorium area.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. All spectators and parents must remain in the grandstand.
- Participants are not allowed to climb over the grandstand railings or pass any posted barriers.
- Don't hang on the lane lines.
- There will be NO SHAVING within the Student Recreational Complex. All shaving should be completed prior to arrival at the natatorium. Safety marshals will be monitoring the locker rooms and restrooms to enforce this policy.
- Safety rules will be enforced during warm-ups before each event session and in the diving well during the meet. The diving well is a warm-up area. Recreational swimming is prohibited.
- Diving Boards will be closed and off-limits to all competitors and spectators.
- Please be neat. Throw your trash in the trash containers.
- NO LAWN CHAIRS are allowed in the facility.
- The Texas A&M Recreational Sports staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for nonemergencies is prohibited. Team Banners must not exceed 5' X 8' and will be hung by event staff. No handmade signs are allowed in the facility.
- No pets allowed in the Rec Center complex or on the pool deck