



RICE IMX Meet
June 7th-8th, 2014
HOSTED BY
RICE Aquatics
GULC 14-020

LOCATION: RICE University Pool @ RICE University
6100 Main Street
Houston, TX 77005-1827

Directions: RICE University is located just across from the Texas Medical Center. From US 59 exit Shepherd/Greenbriar. Turn south on Greenbriar (one way) and proceed to Rice Blvd. Make a right turn onto the Rice campus at entrance 17, one block east of the Shepherd traffic light. Parents will need to park in "Visitor Lot 1." This is a pay lot that uses credit card for entry.

COACHES: Seth Huston Program Director

POOL: Eight (8) lane, 50 meter, outdoor pool with non-turbulent lane lines.

TIME AND DATE: *This is a timed final long course meet.*

Saturday, June 7 th	warm up	8-8:50 AM	start 9:00 AM
Sunday, June 8 th	warm up	8-8:50 AM	start 9:00 AM

Lane assignments for warm up and timing will be designated in the psych sheet and posted on the GULF Swimming website by Monday, June 2nd.

MEET TYPE: This meet will be run utilizing the "Flyover Starts" procedures unless a waiver is received from the Technical Planning Committee Chair. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the "Flyover Start" procedures.

This meet is limited to the first two-hundred (200) participants that sign up

MEET REFEREE: Louis Davis E: Louis.Davis@Fluor.com

**ADMINISTRATIVE
OFFICIAL:** Gerald Lewis

MEET DIRECTOR: Amanda Caldwell E: acaldwell@rice.edu

SAFETY MARSHAL: Michael Peron

**SAFETY GUIDELINES
AND WARM-UP
PROCEDURES:**

See attached Safety Guidelines and Warm-up Procedures.

SEEDING: The meet will be a pre seeded meet. All late entries after the production of the heat sheet and/or deck entries will be added to open lanes if space is available with a NT. Additional heats may be added at the discretion of meet management. Seeding shall be in time order.
There will be check in for all races of a 200 meter or above distance.



ON-DECK ENTRIES: Late entries will be accepted each day up to 30 minutes before the start of the meet for empty lanes only. Adding additional heats is up to the discretion of meet management.

1. Swimmers must pay double the entry fee at the time of entry.
2. Swimmers must supply completed entry forms. Swimmers will be entered with a NT.
3. Swimmers must enter all events for the day thirty (30) minutes prior to the start of the day'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.

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best USAS LCM time. Do not convert times. If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested.

Age: As of *June 7, 2014*.

Number of Events: Limited to three (3) events a day, with the exception of 12 & Unders two events (2) on Sunday.

Deadline: Entries must be in the hands of the Meet Entry Chair no later than 8:00 a.m. on Tuesday, June 3rd. 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 Chair at:

Seth Huston
RICE Aquatics
710 Cheltenham
Katy, TX. 77450

Eligible Teams: All USA Swimming registered teams.

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/HY-TEK 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).

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 Announcement.

Fees: Twenty-five dollars (\$25.00) per individual swimmer 12 & Under, thirty dollars (\$30.00) per individual swimmer 13 & Over. There will be a \$2 facility surcharge. 12 & Under swimmers may swim up to five (5) events. 13 & Over swimmers may swim up to six (6) events. Make checks payable to **RICE Aquatics**. Entry fees must accompany entries, if delivered by any method other than email.

AWARDS: Top eight finishers in each individual event by age group (8 & Under, 9-10, 11-12, 13 14, 15 & Over) will receive a ribbon.



**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 not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct.

The water depth of the competition course is 6.7 feet measured from 1 meter to 5 meters on the starting end of the course, and 6.7 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM: A Colorado 5 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.

**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 heat sheets and for admission to the Hospitality Room.

DECK CHANGING: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and 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 swimmer entered in the meet, must be certified by a USA swimming member coach as proficient in performing a racing start or must start each race from in 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).

HOSPITALITY: A hospitality room will be available for coaches and meet officials.

MEET RESULTS: Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org) within three days after the conclusion of the meet.





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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.

Signature

Title

Date





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MEET ENTRY FORM
RICE Aquatics
RICE Double Up Invitational Meet
May 31, 2014

A Long Course Timed Final Meet

TEAM _____ ABBREV. _____

ENTRY CHAIRMAN _____

PHONE _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS _____

ENTRIES FOR: BOYS: _____ GIRLS: _____

Swimmers Name	USS #	Birthdate	Event # Description	Time





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SAFETY GUIDELINES AND WARM-UP PROCEDURES
APPENDIX G

WARM-UP PROCEDURES

- 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

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.





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Type of Meet	Timed Finals
Max # of individual events per day	Limited to three (3) events a day, with the exception of 12 & Unders two events (2) on Sunday.
Entry times in	LCM/SCM/SCY from a USAS meet
Qualifying times	None
Enter with no time? (NT)	Yes
Fees	\$25 per 12 & Under Individual \$30 per 13 & Over Individual
Facility Surcharge	\$2/swimmer
Swimmers Eligible	USA Swimming registered teams and GULF swimmers attached to Gulf Swimming teams or swimmers in the documented process of transferring to a Gulf Swimming team may participate in this meet.

Saturday, June 7th
Meet Starts at 9AM

Girls #	Event Name	Boys#
1	12 & Under 100 Meter Backstroke	2
3	13 & Over 200 Meter Backstroke	4
5	12 & Under 100 Meter Breaststroke	6
7	13 & Over 200 Meter Breaststroke	8
9	12 & Under 200 Meter IM	10
11	13 & Over 400 IM	12

Sunday, June 8th,
Meet Starts at 9AM

Girls #	Event Name	Boys#
13	13 & Over 200 IM	14
15	12 & Under 100 Fly	16
17	13 & Over 200 Fly	18
19	12 & Under 200 Free	20
21	13 & Over 400 Free	22

*All events will be seeded Fastest to Slowest





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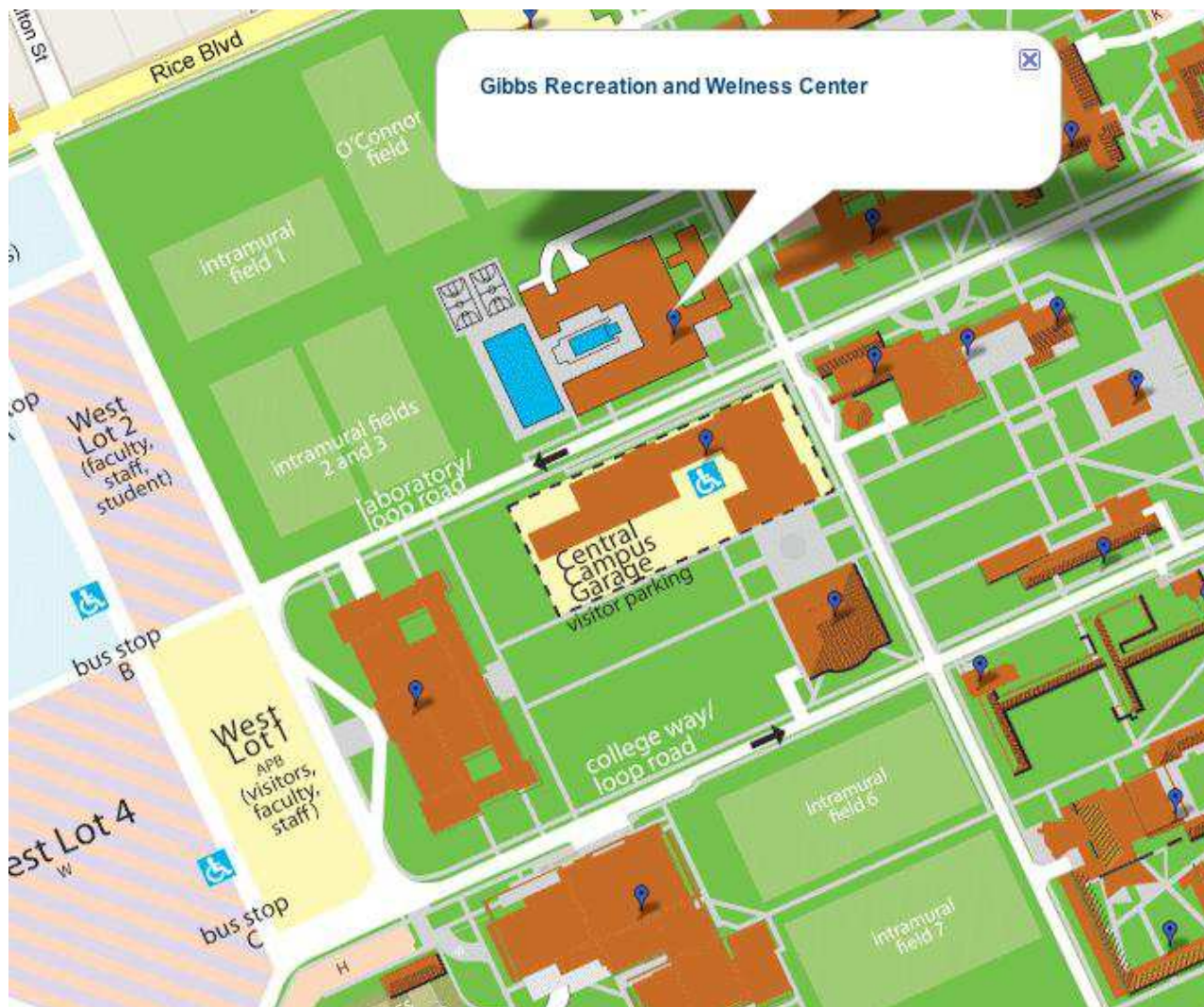


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Swimmers and Family will need to park in the West Lot 1 visitor parking lot. This is a pay lot that requires a credit card or ATM card for entry. Parking will not be allowed on Laboratory/ Loop Road. Campus police will ticket cars left here for extended periods of time. One dollar parking is available on the other side of RICE Stadium in the Green briar lot.

A map of RICE Campus can be found at <http://www.rice.edu/maps/maps.html>





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Parking Facilities & Rates

Greenbriar Lot	\$1 per entry per day
West Lot 1 (Alice Pratt Brown)	\$1 per 20 min, \$11 daily maximum
North Lot	\$1 per 12 minutes, \$11 daily maximum

BY CREDIT CARD (All Surface Lots)

Machines at the entrance gates will instruct the driver to insert a credit card (American Express, VISA, MasterCard or Discover). When the gate opens and the vehicle enters, the computer's "parking meter" begins. Upon leaving, the visitor drives to the exit gate and inserts the same credit card. It is very important to use the same credit card used at entry while exiting, otherwise the computer will not recognize the card. The gate will open within a few seconds, at which time the meter stops. The computer calculates the time, checks for fee approval and automatically bills the credit card. **IMPORTANT** - if you are issued a validation, please insert it **FIRST** into the machine, it will keep the validation. Then, insert the credit card used at the entry and the gate will open. <https://www.advocare.com/110110904/default.asp>

