



RICE Aquatics/Twin Lakes 2016 Open Water Swimming Carnival Sunday, April 24th, 2016

Benefitting Rice University Women's Swimming Team

USA Swimming # **GULC 16-006**

Location: Twin Lakes Scuba Park is a 31 acre aquifer fed lake. It is located on Highway 6 just 1.8 miles east of Texas 288 in Manvel, TX. 77578. Please note that Twin Lakes charges \$5 per vehicle into the park.

Directions: Coming from Houston, go south on Texas 288, past the Sam Houston Toll way about 8 miles, exit Highway 6 and go east (left). Twin Lakes Scuba Park is 1.8 miles down on the right side of the road.
Entry into the park and parking is \$5 per vehicle. There are no changing rooms available, but there are portable bathrooms

Coaches: Seth Huston

Meet Director: Amanda Caldwell 832-275-0035 acaldwell@rice.edu

Race Referee: Louis Davis Louis.Davis@fluor.com

Admin Official Gerald Lewis

Safety Marshall: Michael Peron 832-620-5183

Eligibility: All participants must be currently registered with USA Swimming to be eligible. Proof of eligibility must be provided with entry. One day event registration fee is available for ten dollars, \$10. Form attached.

Event Schedule: There are three events offered are listed below. Staggering start on all races.

1. 800 meter swim - **9:00 am**, check in 8:00 am to 8:30 am
2. 1600 meter swim – **10:00 am**, check in 8:00 am to 9:30 am
3. 3200 meter swim – **11:00 AM**, check in 8:00 am to 10:00AM.

All USA swimmers will be started at the scheduled start time. Staggered starts by age or sex may be used at the discretion of the meet referee dependent upon the number of swimmers entered in each event.

Check In: All swimmers must check in with the clerk of course. All swimmers will be numbered by clerk of course for identification. Each swimmer must be numbered 30 minutes prior to the start of their race.

Race Info: The race course will be 800meters. The race will start and finish in the water. It will be swum in a clockwise direction with buoys staying on your right shoulder. The finish shall take place at the floating dock.
USA Swimmers are not allowed to wear any device that will aid their speed.

Weather: The meet will be swam under all conditions except thunder and lightning. If there is hazardous weather in the area we will delay the meet 15 minutes per occurrence. We will make every attempt to swim the races.

Awards: All participants will receive a race t-shirt. All male and female first place finishers in each age group of each race will receive a race and age group champion award.

Entry Info: The entry deadline is Tuesday, April 12th, 2016, 6:00pm. The race entry fee is \$30 for the first race and \$10 for each additional race the swimmer enters. Late entries will be accepted through the end of race check-in for a \$20 late fee.

USA Swimming entries are encouraged to enter using Hy Tek Team Manager. Find meet file on Gulf web page. Email USA Entries to Amanda Caldwell at acaldwell@rice.edu
Send all entry fees and any entries not using Hy Tek to:

Amanda Caldwell
Rice Athletics/Swimming
MS 548
PO Box 1892
Houston, TX 77251-1892

Make checks to Rice Aquatics Masters and inquiries to Seth Huston, shuston@rice.edu or call at 713-539-3041.

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.

Safety:

Safety is our prime consideration. While there are no qualifying standards for this event, you should previously complete a one mile swim in 40 minutes or faster in order to swim in this event. You should be healthy and in reasonably fit swimming shape. Swimmers will be allotted 20 minutes per .5 mile to complete the course.

Accounting for Swimmers – Each swimmer will be given a race number during the check in phase of the meet. After the pre-race meeting the swimmers will enter the lake from one dock and check in with the volunteers in charge of tracking the swimmers. These volunteers will be taking the total number of swimmers entering the water and their race numbers. During the finish phase of the competition the swimmers will exit from the opposite pier and have the same volunteers record their finish time, race number and order finish.

Location of Safety Marshall – The safety marshal will be located on land at the start and finish location.

Rescue Personnel and Equipment – Rescue personnel will be in kayaks positioned at each turn buoy and at the start and finish of the race. There will also be a motorized platform that will follow the lead pack of the race. All rescue personnel will have lifesaving buoys throughout the race. Water will also be available for emergency situations on the platform.

Location of First Aid and Safety Station- The first aid kit is located at the registration table near the start and finish line. There will be safety stations set up on shore nearest to the turn buoys in the water.

Medical Evacuation Plan- If a swimmer is struggling or needs assistance they should swim to the nearest shoreline and wait for the safety staff to arrive. If unable to make it to the shore the swimmer should wave their hand and stay in the same location, rescue personnel will come to their assistance. Swimmers will then be transported to the nearest shoreline or finish line by kayak. The safety marshal will determine the severity of the situation and take the necessary action. A M.D and EMT will be on site, and an ambulance to transfer any swimmers if necessary.

Weather Evacuation Plan – The meet will be swum under all conditions except thunder and lightning. If there is hazardous weather in the area we will delay the meet 30 min. per occurrence. We will make every attempt to swim the races. If there is hazardous weather during a race foghorns

will be used to alert swimmers to exit the lake at the nearest point. Swimmers are to meet back at the registration area.

Deck Changing

Prohibition: 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.



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Gulf Swimming Event Information:

Only Gulf registered swimmers are eligible to receive awards.	
Entry Rules	
Type of Meet	Open Water
Max # of events	1 for 9-10, 2 for 11-12 and 3 for 13 & over
Swimmers Eligible	All Registered USA Swimming athletes
Entry Times	None
Qualifying Times	None
Enter with no time	Yes
Gulf "three event" rule applies?	Does not apply
Gulf "up/down" rule applies?	Does not apply
Fees	1 st event \$30, 2 nd event \$10, 3 rd event \$10

Order of Events:

Event #	Age Group	Event
1-2	9 & over girls and boys	800 meter free *
3-4	11 & over girls and boys	1600 meter free **
5-6	13 & over girls and boys	3200 meter free ***

Please note that events will be swum combined and scored separately for boys and girls by 9-10, 11-12, 13-14 and 15-18, 19 & Over.

* 9-10 year olds are eligible for the 800 meter event only.

** 11-12 year olds are eligible for the 800 meter and the 1600 meter events.

*** 13 years old and over are eligible for all three events



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Please type or print clearly

Today's Date _____

First Name _____ Middle Initial _____ Last Name _____

Mailing Address _____ Phone Number _____

City _____ State _____ Zip _____ Email _____

Birthdate
Month _____ Date _____ Year _____ Team _____ Gender (please circle) Male Female

USA Swimming ID: _____
T-shirt (please circle)
adult sizes Small medium large x-large

Please check races to be entered:

800 meter swim (US\$) _____
1600 meter race (US\$) _____
3200 meter race (US\$) _____

Race	Entry	Fees
1st race entered		\$30
2nd race entered		\$10
3rd race entered		\$10
Late Fee		\$20

Make check payable to Rice Aquatics Masters
and mail forms to:

Amanda Caldwell
Rice Athletics/Swimming
MS 548
PO Box 1892
Houston, TX 77251-1892

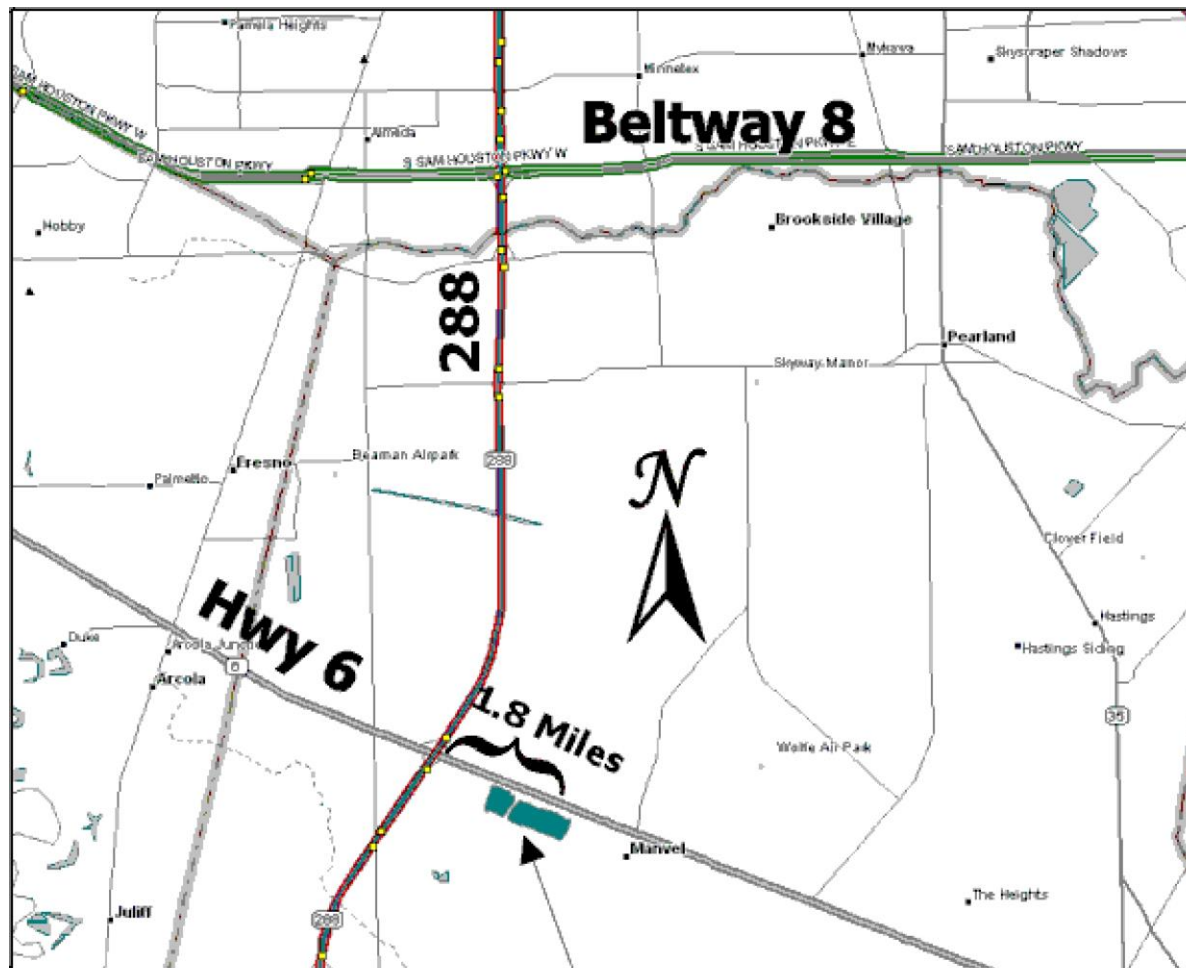
Total _____



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We are located on Hwy 6, just 1.8 miles East of 288 at 19230 Morris Ave., Manvel, TX 77578



Scuba Park
At
Twin Lakes

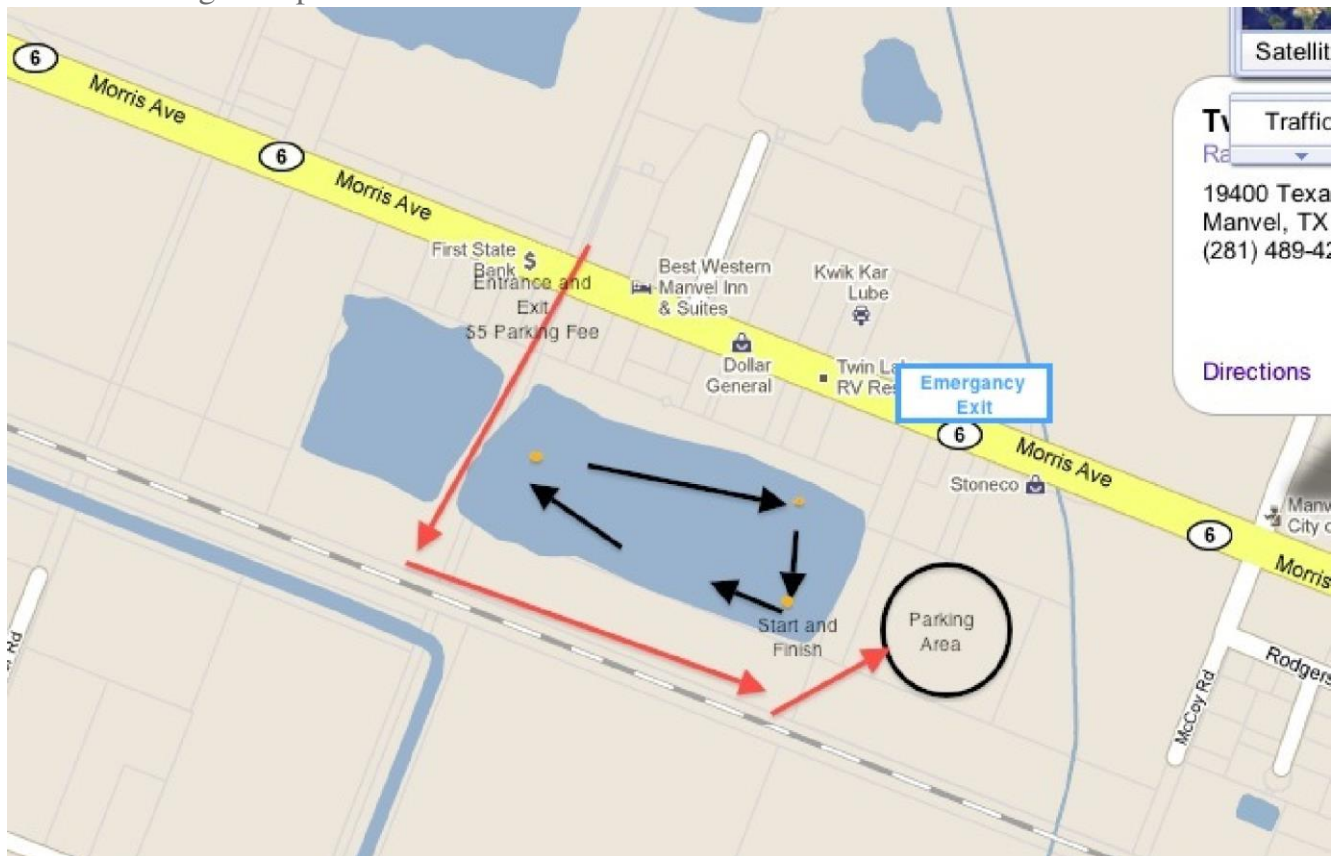


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Twin Lakes RV Resort

19400 Texas 6
Manvel, TX 77578
(281) 489-4225

Show on Google Maps





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Get Directions My Maps

emergency care

Emergency Care Houston Ads
24 Hour Houston Emergency Center.
Immediate Physicians Available 24/7
www.elitecareemergency.com

A Alvin Emergency Center - more info »
301 Medic Lane, Alvin, TX
(281) 331-6141
6 reviews
"I took my 5 year old son here because he was screaming in pain saying his ..."

B Dr. Abel R. Longoria, MD - more info »
301 Medic Lane, Alvin, TX
(281) 331-6141
Category: Emergency Medicine
1 review
"Nurse was extremely rude. Did not realize no more than two people could ..."

C Dr. Karla Dressel, MD - more info »
301 Medic Lane, Alvin, TX
(281) 331-6141
Category: Emergency Medicine

D Dr. Tracey A. Antill, DO - more info »
301 Medic Lane, Alvin, TX
(281) 331-6141
Category: Emergency Medicine

Directions to Alvin Emergency Care Center

1. Head east on Tx-6 S/Morris Ave toward Wilson Dr.
2. Turn left at N Gordon St./Loop 409
3. Take the 1st right onto Diling St.
4. Take the 2nd left onto Medic Ln.

301 Medic Ln, Alvin Tx 77511