

2023 Autumn Invitational
Co-Hosted by
AQUASTAR & PACE
A SHORT COURSE TIMED FINALS MEET
Saturday, October 14, 2023 - Sunday, October 15, 2023
SANCTION # **GU-XX-XX-XXX**



ENTRIES DUE BY 9:00 PM, Thursday, October 5th, 2023 – Amy Schauss - amyschauss@yahoo.com

LOCATION: Angleton ISD Aquatic Center
2 Stadium Drive
Angleton, TX 77515

DIRECTIONS: Hwy 288 South; Exit 523; turn right at Angleton High School onto Campus Drive; turn left on Stadium Drive; Aquatic Center is on the visitor side parking lot of the football stadium.

SPECIAL INSTRUCTIONS: There is parking directly in front of the facility. There is additional parking directly across from the facility parking lot next to the AISD Junior High as well as parking next to the football stadium. Pop Up tents are welcome on the outside of the facility behind the bleacher side of the pool.

POOL: One 8-lane, 25-yard competition pool with non-turbulent lane lines, 13' TO 7' DEPTH, with one 8-lane and one 4-lane pool for warm up and cool down. All - events will be swum in 1 pool. One Colorado timing system and scoreboard.

MEET STAFF: **MEET REFEREE:** Lisa Blok lisablok.tx@att.net

ADMIN OFFICIALS: Amy Schauss amyschauss@yahoo.com

MEET DIRECTORS: Ginger LaRaia jlaraia@angletonisd.net

SAFETY MARSHALS: Mary Foote

COACHES: Pace: Rick Veal rdveal@angletonisd.net

Aquastar: Jay Ferguson coach@swimaqua.org



TIME AND DATE: This is a 2 day, four session, timed-finals meet with AM & PM sessions on Saturday and Sunday.

Session 1: Saturday 9:00 AM – October 14, 2023

Age Groups: 11 & over girls and boys

Warm-up starts: 7:15 – 8:45 am / Meet Start: 9:00 am

Session 2: Saturday PM – October 14, 2023

Age Groups: 10 & under girls and boys

Warm-up*: will begin 15 minutes after the conclusion of AM session 1. The Meet will start 15 minutes after the conclusion of the warm-up.

Session 3: Sunday 9:00 AM – October 15, 2023

Age Groups: 11 & over girls and boys

Warm-up starts: 7:15 – 8:45 am / Meet Start: 9:00 am

Session 4: Sunday PM – October 15, 2023

Age Groups: 10 & under girls and boys

Warm-up*: will begin 15 minutes after the conclusion of AM session 1. The Meet will start at 15 minutes after the conclusion of the warm-up.

*Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website. Lane assignments for warm-ups and timing and meet start times will be designated in the heat sheet and posted on the Gulf Swimming website by Wednesday, October 11, 2023.

MEET TYPE: This meet will be a pre-seeded, timed final event. All events will be swum fastest to slowest. In case of bad weather, the meet will be suspended. This meet will be run utilizing the “Flyover Starts” procedures. At the conclusion of each heat, the swimmers shall remain in the water until the next heat starts. Coaches, please remind your swimmers of the “Flyover Start” procedures.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

USA/GULF SWIMMING/AQUASTAR & PACE DISCLAIMER:

1. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
2. USA Swimming, Inc., Gulf Swimming, and Aquastar Swimming and Pace cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
3. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND (GULF SWIMMING) EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.



4. Aquastar and Pace Swimming has taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while on the property. An inherent risk of COVID-19 exists in any public or private place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in this event, you voluntarily assume all risks related to exposure to COVID-19.

SEEDING:

The meet will be a pre-seeded meet for all events. All events will be seeded fastest to slowest. Coaches please inform your swimmers of pre-seeded rules. All events will be seeded with heats in the order of fastest to slowest. As a courtesy to the host, coaches should inform the meet director of swimmers not attending the meet.

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – long course meters (L), short course meters (S), or short course yards (Y). Do not convert meter (yard) times to yard (meter) 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., L, S, or Y). If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested. Times must be from USA Swimming meets.

Cut-off Times: None

Qualifying Times: None

Times Eligibility: None

Age: As of October 14, 2023

Number of Events: Swimmers may compete in up to four (4) individual events per session with a total meet limit of eight (8) events.

Entries: All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.

ON-DECK ENTRIES:

Those swimmers missing the 9:00 pm, Thursday, October 5th, 2023, deadline may enter the meet on-deck in the following manner:

1. On deck entries are open to those athletes in the Gulf Swimming LSC attached to a team in good standing that has approved swimmers entered in the meet by the October 5, 2023 deadline.
2. Swimmers must pay double the entry fee at the time of entry.
3. Swimmers must supply completed entry forms. The swimmers will be seeded into open lanes in the pre-seeded events according to their best times in deck seeded events.
4. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
5. Swimmers must be qualified to swim the event entered.
6. Swimmers must not exceed the allotted number of events allowed each day.
7. Heats may be added, if necessary and if the timeline permits.

****Deck Entries will not be accepted if adding entries puts the meet over capacity.**

Deadline: Entries must be submitted to Meet Entry Chair by 9:00 PM Thursday, October 5th, 2023
Email entries to Amy Schauss at: amyschauss@yahoo.com



Eligible Teams: Open to all swimmers who are registered with USAS and in good standing with the team may compete in this meet. AQUA/PACE reserves the right to limit sessions in order to adhere to the Gulf 4-hour rule. Updates will be posted on the Gulf Swimming website.

Individual Event Entry Fee (per event): \$10.00

Swimmer Surcharge Fee (per swimmer): \$6.50

Make entry fee checks payable to: **AQUASTAR Swimming**

Mail entry fees **(POSTMARKED BY Friday, October 6th, 2023)** to the address below:

AQUASTAR Swimming
P.O. Box 591637
Houston, TX 77259

Amy Schauss, 832-630-6512
amyschauss@yahoo.com

AWARDS: Individual events: Ribbons 1st -8th place

SCORING: Individual Events; 9-7-6-5-4-3-2-1

All 11 & over events will be swum combined but scored separately as 11-12, 13-14 and 15 & over.

All 10 & under events will be swum combined but scored separately as 6 & under, 7-8, and 9-10.

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.

In applying for this sanctioned event, the Host, Aquastar & Pace agree to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Gulf Swimming, the State of Texas and Brazoria County Public Health Department

The Gulf Swimming three (3) event rule, up/down rule, do not apply.

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 thirteen (13) feet measured from 1 meter to 5 meters on the starting end of the course, and seven (7) feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM: A Colorado electronic timing system will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers. Timing assignments will be published in the heat sheet.

Swimmers in the 500 Free and 400 IM must provide timer 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, marshalls, officials, meet personnel, and timers. All registered nonathletes are required to display their current USA Swimming registration card.



- DECK CHANGES:** Deck Changes are prohibited. Deck Change definition – “changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes”.
- 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.
- MAAP POLICY:** All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, Athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, Coaches, officials and/or spectators are present. Exceptions may be granted with prior Written approval by the Vice President of Program Operations.
- 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).
- HOSPITALITY:** A hospitality area will be available for coaches and officials.
- OFFICIALS:** USA Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire for final sessions will be white golf shirts over Navy slacks/skirts/shorts and white shoes. There will be an officials’ briefing one (1) hour before the start of each session.
- 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. Unofficial real-time results will be available on MEET MOBILE provided a reliable Wi-Fi connection is available.
- CONCESSIONS:** Concessions will be available during the meet.
- MEDICAL SUPERVISION:** During the meet AED devices will be present to provide any necessary medical supervision and treatment for athletes participating in the meet.
- WEATHER INFO-THUNDER LIGHTENING** In the event of stormy weather, remember 30-30. We evacuate the pool when lightning to thunder is within 30 seconds and we stay out of the pool until 30 minutes after the last rumble of thunder.
- ATTACHMENTS:** Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form

2023 AQUA PACE AUTUMN INVITATIONAL

OCTOBER 14-15, 2023

A Short Course Yards Timed Finals Meet

HOSTED BY

AQUASTAR & PACE

Entry Rules:	
Type of meet	Timed Finals
Max # individual events per day	Four (4) per session, total of eight (8) for the entire meet
Swimmers eligible	Any USA Swimming Team
Entry times in	LCM, SCM, SCY
Qualifying times	None
Cut-off times	None
Enter with no time?	Yes
Gulf "three event rule" applies?	No
Gulf "up/down rule" applies?	No
Gulf "Beyond IMX Rule" applies?	No
Fees	Individual Event – \$10.00 Facility Surcharge per swimmer – \$6.50

Notes

- All events will be seeded fastest to slowest.
- The 400 I.M. and 500 Free will be swum alternating girl's and boy's heats, and must provide 2 timers and a lap counter.

Session 1 - Saturday AM – 11 & over Girls and Boys		
October 14, 2023		
Girls Event #	Event Name	Boys Event #
1	200 Free	2
3	50 Breast	4
5	100 Fly	6
7	200 Breast	8
9	100 Back	10
11	50 Free	12
13	400 IM	14

Session 2 - Saturday Afternoon – 10 & Under Girls and Boys		
October 14, 2023		
Girls Event #	Event Name	Boys Event #
15	200 Free	16
17	25 Back (8 & Under)	18
19	50 Fly	20
21	100 Back	22
23	25 Breast (8 & Under)	24
25	50 Free	26
27	100 Breast	28
29	100 IM	30

Session 3 - Sunday AM – 11 & Over Girls and Boys		
Oct 15, 2023		
Girls Event #	Event Name	Boys Event #
31	100 Breast	32
33	200 FLY	34
35	50 Back	36
37	100 Free	38
39	200 Back	40
41	50 Fly	42
43	200 I.M.	44
45	500 Free	46

Session 4 - Sunday Afternoon – 10 & Under Girls and Boys		
October 15, 2023		
Girls Event #	Event Name	Boys Event #
47	200 IM	48
49	25 Free (8 & Under)	50
51	50 Breast	52
53	100 Fly	54
55	25 Fly (8 & Under)	56
57	50 Back	58
59	100 Free	60

GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES-

WARM-UP PROCEDURE

- 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 block's 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 breaststrokes need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokes 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 backstroke 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.

ENTRY VERIFICATION

I, the undersigned coach or team representative, verify that all 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

