



# 2012 Gulf Open Water Swimming Championships

## Sunday, October 7th, 2012

*Hosted by Rice Aquatics Masters and Rice University at Twin Lakes*

**USA Swimming #**

**USMS #**

**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, Head Coach, Rice University

**Eligibility:** All participants must be currently registered with USA Swimming to be eligible. Proof of eligibility must be provided with entry.

**Warm Up:** The race course will be open for warm up after the 8:00 am start of a USMS masters race, please stay to the outside edge of the course so competitors have an unobstructed path. Warm up will end at 8:45 am or prior to the completion of the first Masters Open Water Racer. Only registered swimmers may enter the course. There will not be a continuous warm up location, although swimmers will be allowed to loosen up just prior to the start of the race.

**Event Schedule:** **USMS 8:00 AM, 2.5 K Open Water Swim, check in 7:00-7:45 am.**

USAS event schedule as follows:

1. 9:30 am, 800 meter swim, check in 8:00 am to 9:00am,
2. 10:00 am, 1 mile swim, check in 8:00 am to 9:30 am
3. 11:00 am, 2 mile swim, check in 8:00 am to 10:30 am

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. There will be pre-race instructions given 10 minutes prior to each race.

**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. USMS swimmers may wear a wet suit, but will not be eligible for awards.

**Weather:** 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.

**T Shirts:** Each swimmer participating will receive a meet T Shirt. Please include size in individual entry form. If entering as a team via Hy Tek file please include shirt sizes in entry email.

**Awards:** We will have 1st place through 3<sup>rd</sup> place medals for male and female 9-10, 11-12, 13-14, and 15 & over Gulf Swimmers. Open to all USA Swimming registered athletes only Gulf registered swimmers are eligible for awards.

**Scoring:** Only Gulf registered teams and swimmers are eligible to score points. Scoring will be 9-7-6-5-4-3-2-1, 1<sup>st</sup> place through 8<sup>th</sup> place.

**Entry Info:** The entry deadline is Tuesday, September 25<sup>th</sup>, 6:00pm for USA Swimmers and Thursday, September 30<sup>th</sup> for USMS swimmers. The race entry fee is \$25 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 an additional \$25 late fee.

USA Swimming entries are encouraged to enter using Hy Tek Team Manager. Find meet file on Gulf web page.  
Send all entries and entry fees to:

Seth Huston  
RICE Aquatics Masters  
710 Cheltenham  
Katy, TX. 77450

Email USA/USMS Entries to Amanda Caldwell at [acaldwell@rice.edu](mailto:acaldwell@rice.edu)

Make checks to **Rice Aquatics Masters** and inquiries to Seth Huston, [shuston@rice.edu](mailto:shuston@rice.edu) or call at 713-539-3041.

**Meet Director:** Amanda Caldwell 832-275-0035 [acaldwell@rice.edu](mailto:acaldwell@rice.edu)  
**Race Referee:** Herb Schwab 281-242-1334 [Herb.Schwab@gmail.com](mailto:Herb.Schwab@gmail.com),  
**Safety Marshal:** Mike Peron 832-620-5183

**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 or motorized boat. The safety marshal will determine the severity of the situation and take the necessary action. The safety marshal will transport any swimmer needing to be driven to a medical facility.

**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.



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### Gulf Swimming Event Information:

| Gulf Custom Medals Awarded   |  |
|--|--|
| <b>Only Gulf registered swimmers are eligible to receive awards.</b> |  |
| <b>Entry Rules</b>   |  |
| 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 <sup>st</sup> event \$25, 2 <sup>nd</sup> event \$10, 3 <sup>rd</sup> event \$10 |

### Order of Events:

| <b>Event #</b> | <b>Age Group</b>         | <b>Event</b>        |
|----------------|--------------------------|---------------------|
| 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 & 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 \_\_\_\_\_ Or USMS Swimming ID \_\_\_\_\_ T-shirt (please circle) adult sizes small medium large x-large

### 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 \_\_\_\_\_

Sanctioned by Gulf Local Masters Swimming Committee, Sanction # \_\_\_\_\_ and Gulf Swimming, sanction # GULC \_\_\_\_\_

| Please check races to be entered:     | <b>Race</b>                  | <b>Entry</b> | <b>Fees</b> |  |
|---------------------------------------|------------------------------|--------------|-------------|--|
| 800 meter swim (USS) _____            | 1st race entered             |              | \$25        |  |
| 1 mile race (USS) _____               | 2nd race entered             |              | \$10        |  |
| 2 mile race (USS) _____               | 3rd race entered             |              | \$10        |  |
| <b>2.5 K race (USMS)</b> _____        | Late Fee USA 9/25 ,USMS 9/30 |              | \$30        |  |
| Make check payable and mail forms to: | One day USMS registration    |              | \$12        |  |

**Rice Aquatics Masters  
Attention: Twin Lakes Race  
710 Cheltenham  
Katy, TX. 77450**

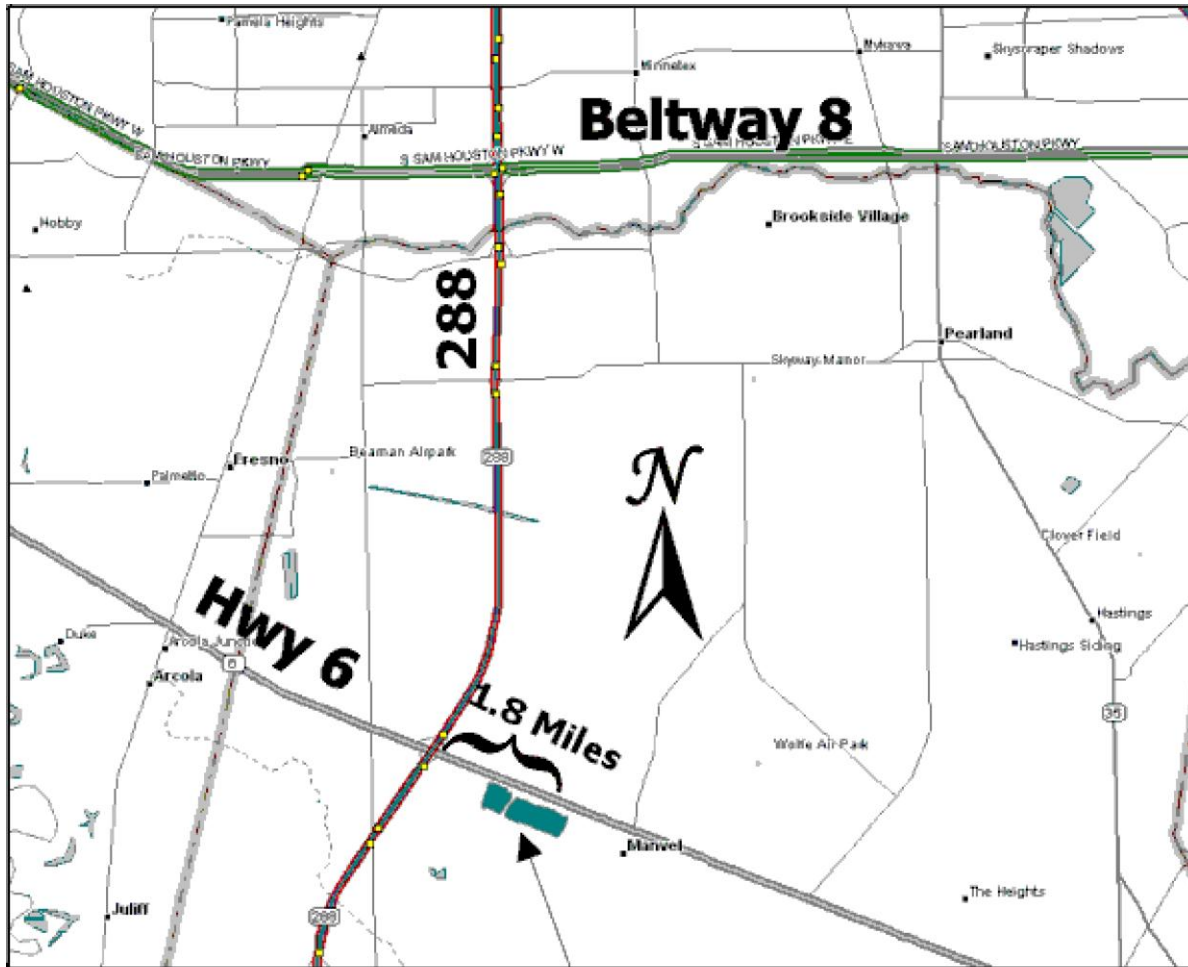
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We are located on Hwy 6, just 1.8 miles East of 288 at 19230 Morris Ave.,  
Manvel, TX 77578



**Scuba Park**  
**At**  
**Twin Lakes**



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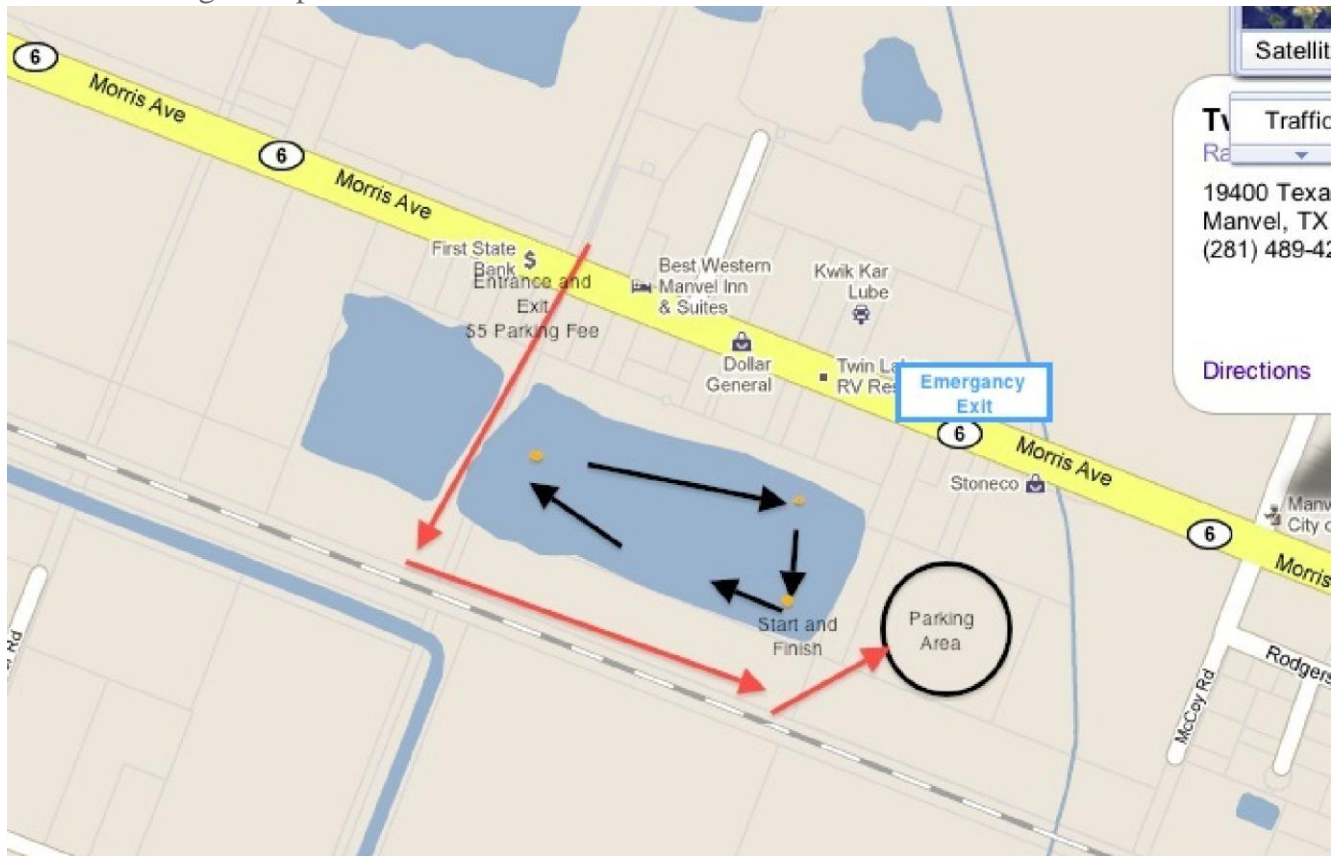
USA Swimming #

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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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A screenshot of a Google Maps search for "emergency care" in Alvin, TX. The search results on the left list four locations: "Emergency Care Houston" (an advertisement), "Alvin Emergency Center", "Dr. Abel R. Longoria, MD", "Dr. Karla Dressel, MD", and "Dr. Tracey A. Antill, DO". The map on the right shows the Alvin area with several red location pins labeled A through I. Pin A is at the Alvin Emergency Center, and pin I is at the Alvin Emergency Care Center. The map includes street names like Loop 409, N Gordon St, Dickinson Rd, and Alvin Bypass, as well as highway markers for 35 and 6. A scale bar at the bottom left indicates 1 mile.

## 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 1<sup>st</sup> right onto Diling St.
4. Take the 2<sup>nd</sup> left onto Medic Ln.

301 Medic Ln, Alvin Tx 77511