

# Graham Johnston Invitational

**Long Course Masters Meet**  
**Hosted by Dads Club Swim Team**



**Sunday July 12, 2020**  
**A Long Course Timed Finals Meet**

**DATE:** Sunday July 12, 2020. Warm up begins at 8:00 am. The Meet will begin at 9:00 am. There will be a cap of 100 swimmers per session. At the discretion of the meet director, a second session may be added if registration demand is high. Swimmers are asked to notify the meet director prior to the heats being seeded if they plan on not swimming any events they have entered.

**FACILITIES: RENOVATED** 50 meter outdoor pool with Spectrum starting platforms with adjustable track start wedges. A maximum of eight of the ten lanes will be used for competition. One or more, depending on entries, of the 50 meter lanes will be reserved for continuous warm up and cool down. Basic shower and locker facilities are available. Swimmers should consider bringing pop ups for shade. There will be no concessions but swimmers are welcome to bring their own drinks and food in coolers.

**POOL LENGTH:** The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

## PLEASE NOTE NEW INFORMATION FOR SWIM MEET REGARDING COVID-19:

- The new COVID-19 USMS waiver is included with registration. Please note the new verbiage in Paragraph 4.
- In the event the meet is cancelled, all swimmers will automatically have their registration fee refunded less credit card processing fees
- The meet is limited to no more than 100 swimmers per session. If registration demand is high, the Meet Director may add on an additional session and split the swimmers between both sessions. Swimmers will be notified in advance of the meet if the meet is split into more than one session and will be told what session they are in.
- **No Spectators and no Children are allowed at the meet.** Everyone needs to be a participant, official, staff or volunteer
- Swimmers should wear masks to the venue and to put them on in between events. NOTE: All staff will be required to wear masks throughout the event
- Hand sanitizer will be available around the facility
- Swimmers are advised to bring pop-up tents so that you can spread out across the grounds
- The regular locker rooms are closed. Bathroom facilities are available but that they are very limited. Plan on showering elsewhere. **THERE IS NO DECK CHANGING! COME WITH YOUR SUIT ON.**
- **WARM UPS-** both the 50 meter pool and the 25 yard pool will be open during warm ups
  - 50 meter pool (10 lanes) – General Warm Up – swimmers will enter the south (closest to I-10) **feet first** and exit the north end (closest to the bayou or new bathrooms) **ONLY**
  - 50 meter pool (10 lanes) – Dives/One Way Sprints – when the pool is open for dives/one way sprints, lanes 9 and 10 will be used. Swimmers will line up in single line on East side of pool – spaced apart 6 feet – and go to first available block. Swimmers will then continue to the opposite end and exit to get back in the line or to enter the general warm ups in lanes 1 – 8.
  - All of the lanes (7) in the 25 yard pool will be available during warm ups and competition for warm up and cool down. Swimmers may exit and enter the shallow end but they need to use social distancing
  - During General Warm up in the 50 Meter pool, lanes will be designated as follows:
    - Lane 1 – 65 and older (ladders will be kept in the pool)
    - Lane 2 and 3 – Slow pace
    - Lane 4, 5 and 6 – Medium pace
    - Lane 7 and 8 – Fast pace
    - Lane 9 and 10 **BEFORE Lanes open for Dives/One Way Sprints** – Medium or Fast pace. No Slow pace swimming.
    - The 25 yard pool will be open throughout regular warm up with no speed designation for the lanes
    - **Swimmers should not congregate at the end of the lane or in the lane. Swimmers should continue to swim and work to avoid bunching up at ends of pool or stopping to talk in the lane**
- **Conduction of race heats:**
  - Only one timer per lane. Timer will sit in their chair until the end of the race when they will stand up to get the swimmers time as usual. They will then immediately sit down to record the time on the lane timer sheets.
  - ALL Races will start from the North end. Timers will move to the South end for 50s.
  - For races 100 meters and longer, we will use flyover starts. Typical procedure will be modified as follows:
    - Contestants will enter the race end from the West (warm up pool or bathroom side) of the pool
    - Timers will stand up to get the manual time of the swimmer and immediately sit back down to write it down
    - At the end of their race, swimmer will stay in their lanes until the next heat has started and is swimming
    - Once the timers have sat down, the next heat will be instructed to go behind the blocks

- When the next heat has started, the previous heat will be instructed to exit the pool to the east (bleacher side) of the pool
  - For 50 meter races, the next heat will be allowed to move up to the blocks from the West side of the pool as soon as the previous heat is in the water. Only one heat can be behind the block at one time. Timers will move down to the South, or I-10 side, of the pool during the 50s.
- Results will be on SwimPhone (free) and Meet Mobile (paid for app). They will also be posted at the meet.
- Swimmers should screen themselves and not attend if you have any of the following symptoms as per the Governor of Texas Open Texas Plan:
  - Cough
  - Shortness of breath or difficulty breathing
  - Chills
  - Repeated shaking or chills
  - Muscle pain
  - Headache
  - Sore Throat
  - Loss of taste or smell
  - Diarrhea
  - Feverish or temperature of 100.0 degrees or higher
  - Known close contact with someone with COVID-19

**TIMING SYSTEM:** The primary timing system will be automatic timing (Colorado Timing System). Times can be submitted for world records, USMS records and USMS Top 10 consideration.

**LOCATION:** Dads Club Swim Team 1006 Voss Road, Houston, TX 77055. Swim team web site is [www.dadsclub-swimteam.com](http://www.dadsclub-swimteam.com). Map link to the pool - [DADS CLUB MAP](#).

**PARKING:** Parking is **limited** at the Dads Club. **ALL SWIMMERS** are asked to try and carpool to the meet if possible. There is no overflow parking and people who park in the neighborhood will most likely be ticketed and towed.

**DIRECTIONS:** Take I-10 and exit the Bingle/Voss exit. Facility is just west of Bingle on the North side of I-10. Turn on Voss just past the sound barrier wall. Entrance is immediately on your right.

**SANCTION:** Sanctioned by Gulf Master Swim Committee for USMS, Inc Sanction Number 250-S001. Times achieved at the meet will be submitted to USMS and eligible for Top Ten and USMS and FINA National and World records.

**RULES:** Current USMS Long Course Rules will govern the conduct of the meet.

**ELIGIBILITY:** Open to all currently registered USMS swimmers, ages 18 and over as of December 31, 2020 (Note: a competitor who is 18 years old must be 18 as of June 28, 2020). Swimmers not currently registered with USMS will be given an opportunity to register with USMS while doing their online entry.

**ENTRIES:** All entries will be done online. A maximum of 5 individual events may be entered. Enter with long course meter times or convert your yard times to long course meters. Swimmers may enter with NT (no time).

**PLEASE ENTER WITH GOOD REAL OR APPROXIMATE TIMES. THE SESSION WILL BE CAPPED AT 100 SWIMMERS. A SECOND SESSION MAY BE ADDED IF REGISTRATION DEMAND IS HIGH. ENTRY TIMES WILL BE USED TO DETERMINE SESSION LENGTH.**

**A Psych sheet will be sent out after entries close and swimmers are asked to notify the meet director prior to seeding the meet if they know in advance that they will not be swimming ANY OR ALL of the events that they entered. We are trying to avoid empty lanes.**

**FEES:** Meet entry fee is \$40. Online entry deadline is 11:59 PM on Wednesday July 8, 2020 OR WHENEVER THE SESSION HAS REACHED THE MAXIMUM SWIMMERS, WHICHEVER ONE COMES FIRST. Online entries will be charged to your credit card by "ClubAssistant.com Events". **There will be no paper entries or deck (day of) entries.**

**SEEDING:** All events EXCEPT THE 400 & 1500 FREE will be pre-seeded. The 400 & 1500 Free will require positive check in and will be deck seeded. ALL events will have women and men seeded together, swimming slowest to fastest.

**POSITIVE CHECK IN:** The 400 & 1500 Free will require positive check in. Deadline to check in for the 400 Free is 8:30 AM. Swimmers who do not check in for the 400 Free by 8:30 AM will be scratched from the event and will not be allowed to swim. The 1500 Free requires positive check in before event 8 (the Mixed 100 Fly). Swimmers who do not check in for the 1500 Free by this time will be scratched from the event and will not be allowed to swim.

**MEET PROGRAMS:** This is a Green meet. No meet programs will be printed to be handed out. The Meet Program (heat sheet) will be emailed out on Saturday before the meet. The heat and lane assignments will be posted on the fences near the pool but swimmers are asked to print and bring their own copies if needed.

**RESULTS:** Results will be posted during the meet on MeetMobile and SwimPhone. Hard copies will also be posted at the meet. Final results will be posted on the Gulf Masters Web Site and USMS.

**AWARDS:** Personal satisfaction for a job well done.

**MEET REFEREE:** Herb Schwab

**QUESTIONS:** Meet Director Nicole Christensen [ncr@creativewaters.net](mailto:ncr@creativewaters.net) or 281-352-8434

## ORDER OF EVENTS

\*Swimmers may enter up to 5 events. All times will be assumed to be Long Course Meter times. Please convert yard times to meters. Swimmers may enter with no time or NT.

**\* DUE TO TIME CONSTRAINTS, THE 800 FREE WILL NOT BE OFFERED. Event 16 can be used to swim either the 800 Free or the 1500 free BUT NOT BOTH.**

\* Swimmers **MUST** provide their own counters for the 1500 Free.

\* Swimmers who want their 800 split time from the 1500 free must fill out a Split Request Verification form prior to the event being swum.

1	Mixed	400 Free
2	Mixed	200 Breast
3	Mixed	100 Back
4	Mixed	50 Fly
5	Mixed	200 IM
6	Mixed	50 Free
7	Mixed	200 Back
8	Mixed	100 Fly
9	Mixed	50 Breast
10	Mixed	100 Free
11	Mixed	200 Fly
12	Mixed	50 Back
13	Mixed	100 Breast
14	Mixed	200 Free
15	Mixed	400 IM
16	Mixed	1500 Free