



# Fleet Summer Classic

Long Course Meters Timed Finals

Hosted by

*Cypress Fairbanks Swim Club*

May 16-18, 2025

Sanction No: **GU-LC-25-015**

**ENTRIES DUE TO THE MEET HOST ( [withers.adam254@gmail.com](mailto:withers.adam254@gmail.com) ) BY 6:00PM FRIDAY, MAY 2, 2025.**

**Location:** Fleet Aquatic Center 14654 Spring Cypress Rd Cypress TX 77429  
**Meet Referee:** Rob Morris, [robert.c.morris@gmail.com](mailto:robert.c.morris@gmail.com)  
**Asst. Meet Referee:** Russell Thomson, [russellRthomson@gmail.com](mailto:russellRthomson@gmail.com)  
**Administrative Official:** Brian Tao, Nicola Thomson, Tu-Anh Connelly  
**Meet Director:** Candice Lemons, Adam Withers, [withers.adam254@gmail.com](mailto:withers.adam254@gmail.com)  
**Meet Marshal:** **Meggan Connell**  
**Coaches:** Rick Boucher, Maryanne Svoboda  
**Pool:** One ten-lane, 50-meter outdoor pool with non-turbulent lane lines will be used for the competition. Warm-up / cool-down lanes will be made available during the competition. Entry and exit for the warm-up/ cool down lanes from one end only, no congregating or standing in the lanes.  
**Date & Time:** This is a 5 session 2 ½ day timed finals meet with a PM session on Friday, AM/PM sessions on Saturday and Sunday.

**Meet Type:** This meet will be run utilizing the “Chase Starts” procedures unless the meet referee/ Meet Operations decides otherwise. All events will swim fastest to slowest. Sessions may be combined if Meet Operations deem the sessions not long enough to provide for sufficient rest between events

100-meter and longer Events will be run utilizing chase starts alternating odd and even heats. Odd heats will start at the field end of the pool and even heats will start at the locker room end of the pool.  
All 50-meter events will start at the Locker room end of the pool.

**Special Instructions:** No spectator set-up or spectator chairs allowed on the pool deck. **No swimmer set up on the pool deck immediately surrounding the pool.** The only exception is swimmers are allowed to set up down the side walk between the office building and the pool pump room. They must leave room to walk to the warm up/cool down pool. Setup space for popup tents will be located outside of the gates of the pool. Swimmer set-up will be located on the eastern side of the pool within the gates. Come and go limited spectator seating will be available in the bleachers only. Please access that area through the main gate near the offices at the southern end of the pool. The bleachers are for come and go seating only so everybody has a chance to watch their swimmer. No setup is allowed in the bleachers. Gas generators not allowed within 25 feet of marked tent/pool areas.

**Special Needs:** Please notify the Meet Director in advance of this event with the name and age of any member on your team who needs assistance to enter the facility. The host staff will make reasonable accommodation for swimmers, coaches, or spectators who wish to enter and use our facility. A meet which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105. A disability is defined as a PERMANENT physical or mental impairment that limits one or more major life activities. Coaches and/or athletes must notify the Meet Referee before the event begins if they are to be judged under Article 105. Adaptive swimmers who would like their events to be seeded in the lane next to the starter should notify the entry chair by the second entry deadline.

**Warm Up Procedure:** See attached Safety Guidelines and Warm-up Procedures.  
**& Safety Guidelines**

**SEEDING: This meet is Deck Seeded. Circle In/ Positive Check in required for all events.** All events will be seeded with heats in the order of fastest to slowest. The 400IM and 200IM on Friday night may be limited to the fastest 260 Entries for the 400IM, and 180 fastest Entries for the 200IM.

**POSITIVE CHECK-IN FOR ALL EVENTS: All swimmers must circle in on sheets that will be available at the start of warm-up for the session, and due 45 minutes before the start of the session.** After the events are officially closed, no one may check-in or scratch. Swimmers provide their own lap counters and timers when applicable.

**FOUR HOUR RULE:** This meet will operate under the USA Swimming Four Hour Rule. The meet host may limit entries or may limit or eliminate deck entries as needed to conclude each session of the meet within four hours. In addition, Cypress Fairbanks Swim Club may limit entries or eliminate deck entries to accommodate facility availability.

**ON-DECK ENTRIES: NO ON DECK ENTRIES.**

**WEATHER:** In case of bad weather, the meet will be suspended. The Meet Referee and Meet Operations reserve the right to have swimmers scratch one event per session as timelines dictate. Meet Operations, Meet Ref, and will try to get all the events completed in a reasonable time weather permitting. A weather contingency plan is in place. Refunds will not be given for events not swum because of weather-related delays, or cancellations.

#### **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 – short course yards (Y), short course meters (S), or long course meters (L). Do not convert meter times to yard times. Times must be from USA Swimming meets.

**Cut-off Times:** None.

**Qualifying Time:** 11-12 entries for the 200 Free, 200 Fly, 200 Back, 200 Breast, 200IM events require a 2024-2028 USA Swimming Motivational Time B or better to swim the event. 10 & U Entries for the 200 IM require a 2024-2028 USA Swimming Motivational Time BB or better to swim the event. 10&U Entries for the 200 Free require a 2024-2028 USA Swimming Motivational time B or better to swim the event.

**Number of Events:** Swimmers may compete up to 7 for the meet- 1 Friday, 3 Saturday, 3 Sunday.

**DEADLINE:** Entries by Friday May 2, 2025 at 6pm. E-mail entries to Adam Withers, [withers.adam254@gmail.com](mailto:withers.adam254@gmail.com)

**ENTRIES:** All teams **MUST** submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software. The 400IM and 200IM on Friday night maybe limited to the fastest 260 Entries for the 400IM, and 180 fastest Entries for the 200IM.

**ELIGIBLE TEAMS:** Limited to teams that have previously communicated with host team. Team list: AGS, BATS, ESA, FCST, FLEET, HCCL, HTX, MAC, MARC, PACK, SSAN, TEST, TWST. All swimmers must be registered with USAS and in good standing with the team may compete in this meet. If additional space is available will fill first come first serve after the above teams.

**MEET LIMITS:** Entries will be accepted in the order they are received by the host. The meet host reserves the right to stop accepting entries when sessions approach the 4-hour limit, to be in accordance with the 4-hour rule. Once your entries are accepted, you will receive a confirmation email confirming your entries have been accepted.

**FEES:** Twelve dollars (\$12.00) per Individual Event plus a fifteen dollar (\$15.00) per Swimmer Surcharge fee. Make checks payable to CFSC. Mail entry fees payable to CFSC to the address below:

Cypress Fairbanks Swim Club, Inc.  
11659 Jones Rd. PMB # 351  
Houston, TX 77070

**AWARDS:** None

**SCORING:** None

**OFFICIALS:** USA Swimming Qualified Officials and Apprentices are welcome to come and help officiate the meet. The uniform for all sessions will be white polo shirt over navy short / pants / skirt. Meet White Polo's provided to officials limited supply.

**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. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. 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. On-deck USA Swimming membership registration will not be permitted.

**POOL MEASUREMENT:** The competition course has been certified in accordance with USA Swimming Rule 104.2.2(4). The copy of such certification is on file on USA Swimming. The water depth of the competition course is 5.5 feet measured from 1 meter to 5 meters on the starting end of the course, and 5.5 feet measured from 1 meter to 5 meters on the turning end of the course.

**TIMING SYSTEM:** A Colorado Model 6000 electronic timing system 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 WU/Timeline document posted on the Gulf website prior to meet start.

**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 to receive complimentary Heat Sheets and for admission to the Hospitality Room.

**DECK CHANGES:** Deck Changes are prohibited. Deck Change definition- "changing, 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 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 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 at least 2 weeks 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).

**CONCESSIONS:** Concessions will be available. **Credit Card only accepted for payment.**

**HOSPITALITY:** A hospitality room will be available for Coaches and Officials.

**MERCHANDISE:** None

**MEDICAL SUPERVISION:** First Aid will be available for minor injuries.

**MAAPP:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet. 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.

**SAFE SPORT:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

**MEET RESULTS:** Meet results will be posted on the Gulf Swimming Web Page ([www.gulfswimming.org](http://www.gulfswimming.org)) and [www.fleetswimming.com](http://www.fleetswimming.com), within three days after the conclusion of the meet. Meet Mobile will be utilized by searching 2025 Fleet Summer Classic.

**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.

# Summer Classic '25

by Fleet

<b>Entry Rules:</b>	
Type of meet	Time Finals
Max # of Individual events per day	1 Friday, 3 Saturday, 3 Sunday
Max # individual events per meet	Seven (7)
Entry Times in	LCM, SCY
Qualifying times	Yes
	11-12 entries for the 200 Free, 200 Fly, 200 Back, 200 Breast, 200IM events require a 2024-2028 USA Swimming Motivational Time B or better to swim the event. 10 &U Entries for the 200 IM require a 2024-2028 USA Swimming Motivational Time BB or better to swim the event. 10&U Entries for the 200 Free require a 2024-2028 USA Swimming Motivational time B or better to swim the event.
Out-off times	None
Enter with no time	No, Coaches please estimate swimmers times
Fees	Individual -\$12.00
Swimmer Surcharge	\$15.00 per swimmer (Fee includes Electronic Heat Sheet)

## Pool Layout



Coaches Tents- No swimmer Chairs  
No Swimmer Setup  
Coaches ONLY, No Parents



No Setup allowed  
No Tents, No Chairs



Officials & Timers Only  
No Pictures / No Recording

### Friday PM—May 16, 2025

Open Warm Up 4:15pm ----- Meet Starts at 5:10pm

Girls Qualifying Time	Mixed Event	Friday PM		Boys Qualifying Time
	1	Mixed 13 & Over 400 IM		
3:03.89 Y/ 3:30.59 L	2	Mixed 12 & Under 200 IM		2:59.29 Y/ 3:24.39 L
3:18.79 Y/3:48.89 L	2*	Mixed 10 & Under 200 IM		3:15.99 Y/3:43.69 L

**Swimmers must provide 2 timers for Events on Friday night.**

### Saturday AM – May 17, 2025

Warmups Starts at 7:30 am --- Meet Starts at 9:00am

Qualifying Time	Girls Event #	<u>Saturday AM 13 &amp; Over</u>	Boys Event #	Qualifying Time
	3	13 & Over 200 Free	4	
	5	13 & Over 100 Back	6	
	7	13 & Over 200 Breast	8	
	9	13 & Over 50 Free	10	
	11	13 & Over 100 Fly	12	

### Saturday PM – May 17, 2025

Warmups Start Immediately after the AM Session

Qualifying Time	Girls Event #	<u>Saturday PM 12 &amp; Under</u>	Boys Event #	Qualifying Time
2:42.59 Y/ 3:06.39 L	13	12 & Under 200 Free	14	2:35.99 Y/2:59.19 L
3:22.79 Y/ 3:50.99 L	13*	10 & Under 200 Free	14*	3:09.49 Y/ 3:36.69 L
	15	12 & Under 50 Breast	16	
	17	12 & Under 100 Back	18	
3:25.69 Y/ 3:56.79 L	19	11-12 200 Breast	20	3:16.39 Y/ 3:47.89 L
	21	12 & Under 50 Free	22	
	23	12 & Under 100 Fly	24	

### Sunday AM – May 18, 2025

Warmups Stat at 7:30am ----- Meet Starts at 9:00am

Qualifying Time	Girls Event #	<u>Sunday AM 13 &amp; Over</u>	Boys Event #	Qualifying Time
	25	13 & Over 200 IM	26	
	27	13 & Over 100 Free	28	
	29	13 & Over 200 Back	30	
	31	13 & Over 100 BR	32	
	33	13 & Over 200 Fly	34	

### Sunday PM – May 18, 2025

Warmups Start Immediately after the AM Session

Qualifying Time	Girls Event #	<u>Sunday PM 12 &amp; Under</u>	Boys Event #	Qualifying Time
	35	12 & Under 50 Back	36	
	37	12 & Under 100 Free	38	
	39	12 & Under 50 Fly	40	
2:59.49 Y/ 3:28.09 L	41	11-12 200 Back	42	2:52.89 Y/ 3:22.99 L
	43	12 & Under 100 Breast	44	
3:03.39 Y/ 3:31.09 L	47	11-12 200 Fly	46	2:56.59 Y/ 3:24.79 L

## ENTRY VERIFICATION

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.

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Signature

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Title

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Date

## 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 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 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. 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 back stroker 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.

#### USA/GULF SWIMMING/CFSC DISCLAIMER:

- 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.
- USA Swimming, Inc., Gulf Swimming, and CFSC 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 against 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.
- 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, CFSC, 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
- Cypress Fairbanks Swim Club (CFSC) has taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while on our 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 CFSC event, you voluntarily assume all risks related to exposure to COVID-19.