



## Gulf Swimming Summer Championships A prelim-finals long course meet

HOSTED BY

FIRST COLONY SWIM TEAM

July 11-13, 2008

Sanction # GULC 08-016

**LOCATION:**

Don Cook Natatorium  
16255 Lexington Blvd  
Sugar Land, Texas 77478

**DRIVING DIRECTIONS:**

From Houston take 59 towards Victoria, exit Highway 6 south, turn right on Lexington, drive four blocks and turn left at the first entrance to Mercer Stadium. Park in the lot between the football stadium and the Natatorium.  
(Map Attached)

**COACHES:**

Allison Beebe            Co-Head Coach  
Terri Fritch              Co-Head Coach

**POOL:**

One eight lane 50 meter indoor pool with non-turbulent lane lines for warm-up and competition.

A separate 3-lane pool will be available for warm-up and warm-down during the meet

Preliminaries and finals will be run in one 50 meter pool.

Men and Women will alternate starting ends each day. Friday and Sunday men's starting end will be the scoreboard end and Saturday men's starting end will be the lobby end. Friday and Sunday women's starting end will be the lobby end and Saturday women's starting end will be the scoreboard end.

**TIME AND DATE:**

This meet is scored. This is a prelim finals meet for 11 and older swimmers with one (1) heat of finals swimming in the evening session. This is a timed finals meet for 10 and under swimmers. Chase starts will be in effect for all preliminary sessions.

Friday, July 11:	Prelims: Warm-up at *7:00-8:15 a.m. /meet starts at 8:30 a.m. Finals: Warm-up at 5:30-6:15 p.m. /meet starts at 6:30 p.m.
Saturday, July 12:	Prelims: Warm-up at *7:00 - 8:15 a.m. /meet starts at 8:30 a.m. Finals: Warm-up at 5:30-6:15 p.m. /meet starts at 6:30 p.m.
Sunday, July 13:	Prelims: Warm-up at *7:00 - 8:15 a.m. /meet starts at 8:30 a.m. <b>Finals: Warm-up at 5:00 - 5:45 p.m. /meet starts at 6:00 p.m.</b> <b>Sunday's final session will start 30 minutes earlier.</b>

\* The Don Cook Natatorium will open at 6:30 a.m.

Note: "Split warm-ups will be in effect. Lane assignments for warm-up and timing will be designated in the psych sheet and posted on the Gulf website ([www.gulfswimming.com](http://www.gulfswimming.com)) three (3) days prior to the meet.

**SAFETY GUIDELINES AND WARM-UP PROCEDURES:**

See attached Safety Guidelines and Warm-up Procedures

**REFEREE:**

Tom O'Brien, mailto:tobrien930@earthlink.net

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**MEET DIRECTORS:** Chris Landeck, <mailto:clandeck@alltel.net>  
Michael Wilson, <mailto:mwilson@nol.net>

**SAFETY MARSHAL:** Jeff Myerson

**SEEDING:** The meet will be a deck-seeded meet. Coaches please inform your swimmers of seeding on deck rules.

**CHECK-IN:** All swimmers must check-in with the clerk of the Course for all events. Swimmers are required to circle-in at least 45 minutes before their event, **except entrants in the 400 Free on Friday and the 400 IM on Saturday must check in with the Clerk of Course by 11 a.m. and confirm their intention to compete.** After this time, all events are officially closed and no one may check in or scratch. After circling in, failure to appear at the blocks will result in the swimmer being fined \$5, payable to Gulf Swimming Administrative Vice Chairman, Herb Schwab. Properly completed relay cards must be submitted to the Clerk of Course by 9:30 a.m. the day of the event. Relay cards not received by the Deadline will be considered scratches.

**FINALS AND SCRATCHING:** Except as otherwise stated, there will be one finals heat for each event for 11 and over swimmers.

Any finalist who fails to report to the starting blocks for finals, for which he/she has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the *USA Swimming Rules and Regulations* and will be assessed a fine of \$50.00. A Club which has not paid the fine will not be allowed to register for membership in the Gulf LSC until the fine is paid.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals if he/she has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet and a fine of \$50.00. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals.

The National Championships Meets "reserve the right to scratch" rule is not applicable to any Gulf Swimming meets. The "intent to scratch" rule is not applicable to any Gulf Swimming 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 - short course yards (Y), short course meters (S), or long course meters (L). Do not convert meter times to yards 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., Y, S, or L). Swimmers must have swum each event entered at some time previous to this meet. **Swimmers may not enter with a no time (NT).**

Qualifying Times:

9 -12 USAS - Motivational "BB" times  
8 & under – Gulf "BB" times  
13 & over – no qualifying times

Cut-off Times: 2007-08 Gulf Champ time standards. Swimmers with either a short course yard, short course meter, or long course time equal to or faster than the appropriate cut-off time in an event may NOT swim that event in this meet.

Age: As of July 11, 2008

Number of Events: No bonus events. Swimmers may compete in three (3) individual events per day, and up to one (1) Relay event per day.

On Deck Entries: Late entries will be accepted each day beginning 90 minutes before the start of the meet and ending 30 minutes before the start of the meet. Those swimmers missing the 6:00 p m Friday July 4, 2008 deadline may enter the meet on deck in the following manner:

- 1 Swimmers must pay double the entry fee at the time of entry.
- 2 Swimmers must supply completed entry cards entered at the swimmers' best times. The swimmers will be seeded into the events according to their best times.
- 3 Swimmers must enter all events for the day thirty (30) minutes prior to the start of the day's first event.
- 4 Swimmers must be qualified to swim the event entered.

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- 5 Swimmers must not exceed the allotted number of events allowed each day.
- 6 Swimmers who on-deck to change an entry time in an event already entered must circle in on the posted circle-in sheet. The new time will be used for seeding. The on-deck entry fees still apply to such swimmers.

Deadline: Entries must be in the hands of the Entry Chairperson no later than 6:00 p.m. on Friday, July 4, 2008. No late entries will be accepted. Mail or hand deliver entries to the Meet Entries Chairperson:

Valerie Wolterman  
P.O. Box 16220  
Sugar Land, TX 77479  
281-565-4881  
Email: vwolterman@comcast.net

All Express mail or Fed Ex must be signed for release. E-mail entries should be sent to vwolterman@comcast.net. Entries sent by e-mail must have the check and hard copy of entries postmarked within 24 hours of the meet entry deadline.

Entries: All teams entering 10 or more swimmers MUST submit their entries on a diskette or electronically via e-mail, using the Hy-Tek Meet Manager Team Manager computer software, along with a hard copy printout of the entries. Teams without Hy-Tek should submit their entries on the enclosed Entry Form. A \$25.00 fee must be included with the entry fees for teams that enter 10 or more swimmers using an entry form only (without sending Hy-Tek files). Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission. Teams may electronically mail their Meet Manager files. Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Invitation.

Eligible Teams: All Gulf registered teams and Gulf registered swimmers.

**ENTRY FEES:** Entry fees are \$4.50 per individual event, \$7.50 for relays.

Make checks payable to: **First Colony Swim Team**  
Mail checks to: **P.O. Box 16220**  
**Sugar Land Texas, 77479**

**AWARDS:** Individual events: Gulf high point plaques for each age group and gender.  
Gulf Custom Medals will be awarded for 1st-3rd place, Gulf custom ribbons for 4th-8th place.  
Relays: Medals for 1st, ribbons for 2nd-3rd place.  
Team Awards will be presented to the top 3 teams in the meet.

**SCORING:** Individual events: 9-7-6-5-4-3-2-1 Relays events: 18, 14, 12, 10, 8, 6, 4, 2

**RULES AND SANCTIONS:** The 2007-2008 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 either registered or certified by USA Swimming. The Gulf three (3) event rule does not apply to this meet. The up down rule is in effect for this meet. Swimmers are not eligible to swim an event, if they have times equal to or better than the listed cut-off times for that event. Once swimmers have qualified for a particular division in an event, prior to the entry deadline stated in the meet invitation, they may not swim that event in a slower division. Swimmers entering events in a slower division are subject to disqualification from the meet by the Referee. Any swimmer is eligible to be a swimmer of a relay team competing at a meet as long as the swimmer is not competing in a stroke and distance in which they have equaled or bettered the cut off time for the division in which the relay is competing. i.e., swimmers do not compete in "BB" meet relays in a stroke and distance in which they have an "A" time. Further swimmers age 13 and over are not eligible to swim the breaststroke, backstroke or butterfly leg in a 200 yard or meter medley relay, if they have equaled or bettered the cut off time in the 100 yard or meter distance of that stroke for the division in which the relay is competing.

**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)

**TIMING SYSTEM:** Colorado electronic timing system will be used. Two watches per lane per end will be used as back up. Teams will be required to furnish timers based on their percentage of swimmers at the meet. Timing assignments will be published in the heat sheet. Swimmers competing in the 1500 Freestyle events must provide their own timers and lap counters. Swimmers competing in the 400 Freestyle events must provide their own timers.

**POOL DECK:** 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

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present their registration cards in order to receive complimentary psych sheets and for admission to the hospitality room. **Attention Coaches and Swimmers, coolers and eating on deck are prohibited. Any person eating on deck will be required to leave the deck for the remainder of the meet. Coaches please enforce these rules with your swimmers.**

**PROOF OF TIME:** Any swimmer who cannot prove the he/she was eligible to swim an event in a meet will be fined \$20.00 for each event the he/she fails to prove. The fine or proof of time is sent to the Administrative Vice-Chair Herb Schwab. Swimmers are not eligible to swim an event if they have times faster than the cut-off. Once swimmers have qualified for a particular division in a particular event, PRIOR to the entry deadline stated in the meet invitation, they MAY NOT swim that event in a slower division. Swimmers entering events in a slower division are subject to disqualification from the meet by the Meet Director or the Referee. Swimmers shall be fined \$50.00 for each event in which they competed and are over qualified.

**MEET RESULTS:** Meet results will be posted on the Gulf Swimming Web page within three days after the conclusion of the meet.

**FOOD & SWIM SHOP:**

Swim Shops of the Southwest will be at the meet with suits, etc.  
Concessions will be selling food and drinks to meet attendees.  
There will be a Hospitality Room for coaches, officials and meet volunteers.

**ATTACHMENTS:**

Safety Guidelines & Warm-up Procedures  
Order of Events  
Official Entry Form  
Map to the Don Cook Natatorium

**SAFETY GUIDELINES AND WARM-UP PROCEDURES**

**WARM-UP PROCEDURES**

- 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 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 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 breaststrokers 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. A swimmer will not step upon the blocks when a swimmer 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 invitation.
  - 4 **ABSOLUTELY, NO FOOD ALLOWED ON POOL DECK! ANY PERSON FOUND WITH FOOD ON THE POOL DECK WILL HAVE IT IMMEDIATELY CONFISCATED AND WILL BE REQUIRED TO LEAVE THE POOL DECK!**
  - 5 **No Taping** on Natatorium walls or painted surfaces. Team Banners must not exceed 5'X 8'.

**FCST Swimming Summer Championships  
Meet Format and Entry Rules**

<b>Entry Rules</b>	
Type of Meet (11 & Over)	Prelim/Finals
Type of Meet (10 & Under)	Timed Finals
Max # individual events per day	Three (3)
Swimmers eligible	Gulf Swimmers Only
Entry times in	LCM/SCM/SCY
Qualifying times	USAS Motivational "BB"
9-12	Gulf "BB" times
8 & Under	No qualifying times
13 & Over	Gulf Champs Time Standards
Cut-off times	No
Enter with no time?	No
Gulf "three event" rule applies?	No
Gulf "up/down" rule applies?	Yes
Fees	Individual - \$4.50; Relays - \$7.50

<b>Friday July 11th Summer Champs at the Don Cook Natatorium</b>						
<b>Event # &amp; Description</b>	<b>LCM Qual</b>	<b>LCM Cut Off</b>	<b>SCY Qual</b>	<b>SCY Cut Off</b>	<b>SCM Qual</b>	<b>SCM Cut Off</b>
Event 1 Girls 11-12 200 Breast	3:40.59	3:14.69	3:12.49	2:52.99	3:32.69	3:18.59
Event 2 Boys 11-12 200 Breast	3:37.99	3:25.99	3:07.39	3:03.19	3:26.99	3:25.19
Event 3 Girls 15&O 200 Fly		2:40.89		2:21.69		2:29.19
Event 4 Boys 15&O 200 Fly		2:27.09		2:04.49		2:16.19
Event 5 Girls 13-14 200 Fly		2:52.59		2:26.29		2:40.79
Event 6 Boys 13-14 200 Fly		2:46.59		2:21.59		2:34.89
Event 7 Girls 9-10 50 Fly	48.59	43.49	42.99	37.69	47.49	41.99
Event 8 Boys 9-10 50 Fly	46.89	44.99	41.99	38.59	46.39	42.69
Event 9 Girls 8&U 50 Fly	56.49	43.49	48.49	37.69	53.79	41.99
Event 10 Boys 8&U 50 Fly	53.89	44.99	46.19	38.59	51.29	42.69
Event 11 Girls 11-12 50 Fly	39.69	35.19	35.39	31.79	39.09	35.09
Event 12 Boys 11-12 50 Fly	39.99	37.59	35.49	33.59	39.19	37.09
Event 13 Girls 15&O 200 IM		2:38.39		2:18.79		2:33.19
Event 14 Boys 15&O 200 IM		2:27.09		2:06.39		2:19.59
Event 15 Girls 13-14 200 IM		2:40.79		2:20.69		2:35.19
Event 16 Boys 13-14 200 IM		2:37.89		2:15.49		2:30.09
Event 17 Girls 11-12 200 IM	3:15.19	2:45.79	2:51.79	2:31.49	3:09.79	2:47.19
Event 18 Boys 11-12 200 IM	3:13.89	2:56.39	2:49.69	2:37.99	3:07.49	2:53.49
Event 19 Girls 10&U 200 IM	3:47.29	3:25.59	3:19.39	2:57.49	3:40.29	3:15.89
Event 20 Boys 10&U 200 IM	3:44.79	3:25.99	3:18.09	3:01.19	3:38.89	3:20.09
Event 21 Girls 15&O 100 Back		1:16.09		1:04.69		1:11.09
Event 22 Boys 15&O 100 Back		1:09.39		57.39		1:03.89
Event 23 Girls 13-14 100 Back		1:16.69		1:06.29		1:12.69
Event 24 Boys 13-14 100 Back		1:13.29		1:04.09		1:10.29
Event 25 Girls 11-12 100 Back	1:34.39	1:21.29	1:21.89	1:11.39	1:30.49	1:18.49
Event 26 Boys 11-12 100 Back	1:31.39	1:24.79	1:19.09	1:13.99	1:27.39	1:21.99
Event 27 Girls 10&U 100 Back	1:48.89	1:34.49	1:33.99	1:23.79	1:43.79	1:32.29
Event 28 Boys 10&U 100 Back	1:46.09	1:39.99	1:32.49	1:28.79	1:42.19	1:35.69
Event 29 Girls 15&O 400 Free Relay ***						
Event 30 Boys 15&O 400 Free Relay ***						
Event 31 Girls 13-14 400 Free Relay ***						

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Event 32 Boys 13-14 400 Free Relay ***						
Event 33 Girls 11-12 400 Free Relay ***						
Event 34 Boys 11-12 400 Free Relay ***						
Event 35 Girls 15&O 400 Free**		4:46.29		5:27.09		4:42.39
Event 36 Boys 15&O 400 Free**		4:32.69		4:56.49		4:16.59
Event 37 Girls 13-14 400 Free**		4:57.39		5:29.69		4:49.09
Event 38 Boys 13-14 400 Free**		4:53.29		5:26.89		4:38.99
Event 39 Girls 11-12 400 Free**	6:00.09	5:16.59	6:40.09	5:53.89	5:50.09	5:05.59
Event 40 Boys 11-12 400 Free**	5:56.59	5:25.79	6:35.09	5:58.29	5:45.79	5:10.09
Event 41 Girls 10&U 400 Free****	6:55.79	6:11.39	7:39.49	6:52.39	6:42.09	5:56.09
Event 42 Boys 10&U 400 Free****	6:52.69	6:15.69	7:35.19	6:47.09	6:38.39	5:52.39

\* The 1500 Freestyle will be swum as a timed final event and will be combined into one event for girls and one event for boys. Each event will be seeded by entry time and scored separately by age group. All heats will be swum, fastest to slowest, alternating girls and boys, as the final event in Sunday's prelim session. Swimmers must provide their own timers and a lap counter.

\*\* The 400 IM/400 Free will be swum as timed finals and will not be combined. **Entrants must check in with the Clerk of Course by 11 a.m. on the day the 400Free/400 IM will be swum and confirm their intention to compete.** Fastest 8 swimmers who check in for the event, and who do not elect to swim in the prelims, will swim in finals during the evening session. Swimmers in the 400 Free must provide their own timers.

\*\*\* All Relays will be timed final events. All Relays will be swum in Prelims.

\*\*\*\* This event will be swum fastest to slowest alternating girls and boys heats.

All 10 & Under events are timed finals. 11 & Up events are prelim/final except relays and 1500 Free.

Saturday July 12<sup>th</sup> Summer Champs at the Don Cook Natatorium

Event # & Description	LCM Qual	LCM Cut Off	SCY Qual	SCY Cut Off	SCM Qual	SCM Cut Off
Event 43 Girls 11-12 200 Back	3:15.79	3:02.39	2:50.19	2:33.39	3:08.09	2:49.99
Event 44 Boys 11-12 200 Back	3:15.29	3:03.99	2:46.59	2:36.99	3:04.09	2:54.09
Event 45 Girls 15&O 200 Free		2:17.79		2:03.09		2:15.69
Event 46 Boys 15&O 200 Free		2:07.59		1:51.79		2:03.79
Event 47 Girls 13-14 200 Free		2:21.49		2:04.59		2:17.29
Event 48 Boys 13-14 200 Free		2:17.49		2:01.79		2:13.09
Event 49 Girls 11-12 200 Free	2:52.39	2:29.49	2:31.79	2:14.29	2:47.79	2:27.99
Event 50 Boys 11-12 200 Free	2:48.69	2:37.49	2:27.99	2:18.09	2:43.49	2:28.29
Event 51 Girls 10&U 200 Free	3:23.79	3:03.49	2:58.29	2:40.29	3:16.99	2:57.09
Event 52 Boys 10&U 200 Free	3:13.99	3:00.69	2:50.89	2:39.29	3:08.89	2:56.29
Event 53 Girls 15&O 100 Breast		1:26.09		1:13.79		1:22.39
Event 54 Boys 15&O 100 Breast		1:17.69		1:06.99		1:14.39
Event 55 Girls 13-14 100 Breast		1:27.19		1:16.29		1:25.19
Event 56 Boys 13-14 100 Breast		1:24.49		1:14.19		1:21.19
Event 57 Girls 11-12 100 Breast	1:41.89	1:31.99	1:29.29	1:21.69	1:38.69	1:30.89
Event 58 Boys 11-12 100 Breast	1:41.99	1:38.99	1:28.39	1:22.99	1:37.59	1:31.29
Event 59 Girls 10&U 100 Breast	2:02.39	1:50.29	1:46.69	1:36.79	1:57.89	1:47.99
Event 60 Boys 10&U 100 Breast	1:59.79	1:52.99	1:44.79	1:37.99	1:55.79	1:48.59
Event 61 Girls 15&O 50 Free		29.59		26.19		29.19
Event 62 Boys 15&O 50 Free		25.99		22.99		25.49
Event 63 Girls 13-14 50 Free		30.19		26.69		29.59
Event 64 Boys 13-14 50 free		29.09		25.49		27.09
Event 65 Girls 11-12 50 Free	36.39	31.69	32.19	28.09	35.49	31.09
Event 66 Boys 11-12 50 Free	35.69	33.79	30.99	28.79	34.29	31.99
Event 67 Girls 9-10 50 Free	40.89	36.09	36.19	33.19	39.99	37.09
Event 68 Boys 9-10 50 Free	40.39	38.69	35.59	33.09	39.29	36.69
Event 69 Girls 8&U 50 Free	45.59	36.09	41.49	33.19	46.09	37.09

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Event 70 Boys 8&U 50 Free	43.49	38.69	39.59	33.09	43.79	36.69
Event 71 Girls 15&O 100 Fly		1:11.19		1:02.69		1:08.09
Event 72 Boys 15&O 100 Fly		1:03.59		56.19		1:01.49
Event 73 Girls 13-14 100 Fly		1:13.29		1:04.99		1:12.09
Event 74 Boys 13-14 100 Fly		1:11.99		1:02.29		1:08.29
Event 75 Girls 11-12 100 Fly	1:30.79	1:18.19	1:20.59	1:11.29	1:29.09	1:18.39
Event 76 Boys 11-12 100 Fly	1:30.19	1:25.99	1:19.29	1:13.99	1:27.59	1:20.69
Event 77 Girls 10&U 100 Fly	1:56.19	1:42.39	1:42.09	1:29.89	1:52.79	1:38.99
Event 78 Boys 10&U 100 Fly	1:53.99	1:45.99	1:40.59	1:31.29	1:51.09	1:39.09
Event 79 Girls 15&O 200 Medley Relay***						
Event 80 Boys 15&O 200 Medley Relay***						
Event 81 Girls 13-14 200 Medley Relay***						
Event 82 Boys 13-14 200 Medley Relay***						
Event 83 Girls 11-12 200 Medley Relay***						
Event 84 Boys 11-12 200 Medley Relay***						
Event 85 Girls 10&U 200 Medley Relay***						
Event 86 Boys 10&U 200 Medley Relay***						
Event 87 Girls 8&U 200 Medley Relay***						
Event 88 Boys 8&U 200 Medley Relay***						
Event 89 Girls 15&O 400 I.M.**		5:37.09		4:53.19		5:23.29
Event 90 Boys 15&O 400 I.M.**		5:20.29		4:34.59		5:03.99
Event 91 Girls 13-14 400 I.M.**		5:43.59		4:57.19		5:33.09
Event 92 Boys 13-14 400 I.M.**		5:54.79		4:47.39		5:20.29

\* The 1500 Freestyle will be swum as a timed final event and will be combined into one event for girls and one event for boys. Each event will be seeded by entry time and scored separately by age group. All heats will be swum, fastest to slowest, alternating girls and boys, as the final event in Sunday's prelim session. Swimmers must provide their own timers and a lap counter.

\*\* The 400 IM/400 Free will be swum as time finals and will not be combined. **Entrants must check in with the Clerk of Course by 11 a.m. on the day the 400Free/400 IM will be swum and confirm their intention to compete.** Fastest 8 swimmers who check in for the event, and who do not elect to swim in the prelims, will swim in finals during the evening session. Swimmers in the 400 Free must provide their own timers.

\*\*\* All Relays will be timed final events. All Relays will be swum in Prelims.

\*\*\*\* This event will be swum fastest to slowest alternating girls and boys heats.

All 10 & Under events are timed finals. 11 & Up events are prelim/final except relays and 1500 Free.

**Sunday July 13<sup>th</sup> Summer Champs at the Don Cook Natatorium**

Event # & Description	LCM Qual	LCM Cut Off	SCY Qual	SCY Cut Off	SCM Qual	SCM Cut Off
Event 93 Girls 9-10 50 Back	49.89	46.09	43.49	39.19	48.09	43.59
Event 94 Boys 9-10 50 Back	50.49	45.39	43.89	38.69	48.49	42.59
Event 95 Girls 8&U 50 Back	57.99	46.09	48.39	39.19	53.69	43.59
Event 96 Boys 8&U 50 Back	54.19	45.39	47.39	38.69	52.59	42.59
Event 97 Girls 11-12 50 Back	42.49	38.19	37.09	33.29	40.99	37.09
Event 98 Boys 11-12 50 Back	42.29	40.29	36.79	34.29	40.59	37.99
Event 99 Girls 13-14 200 Back		2:45.09		2:21.29		2:37.09
Event 100 Boys 13-14 200 Back		2:42.19		2:19.09		2:34.49
Event 101 Girls 15&O 200 Back		2:43.09		2:18.89		2:33.99

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Event 102	Boys 15&O 200 Back		2:32.89		2:09.69		2:24.09
Event 103	Girls 9-10 100 Free	1:32.99	1:19.99	1:22.09	1:10.29	1:30.69	1:17.29
Event 104	Boys 9-10 100 Free	1:31.09	1:23.89	1:19.99	1:12.19	1:28.29	1:20.39
Event 105	Girls 8&U 100 Free	1:37.29	1:19.99	1:27.69	1:10.29	1:36.89	1:17.29
Event 106	Boys 8&U 100 Free	1:40.39	1:23.89	1:28.39	1:12.19	1:38.09	1:20.39
Event 107	Girls 11-12 100 Free	1:20.19	1:07.99	1:08.29	1:01.89	1:15.49	1:07.59
Event 108	Boys 11-12 100 Free	1:17.49	1:12.59	1:08.09	1:04.99	1:15.19	1:10.29
Event 109	Girls 13-14 100 Free		1:04.99		58.19		1:03.99
Event 110	Boys 13-14 100 Free		1:02.39		55.49		1:00.99
Event 111	Girls 15&O 100 Free		1:03.89		56.49		1:02.19
Event 112	Boys 15&O 100 Free		57.89		50.49		55.79
Event 113	Girls 11-12 50 Breast	45.59	42.89	41.09	37.39	45.49	41.59
Event 114	Boys 11-12 50 Breast	47.09	44.99	41.09	38.79	45.39	42.99
Event 115	Girls 9-10 50 Breast	54.89	49.79	47.79	43.79	52.79	48.59
Event 116	Boys 9-10 50 Breast	55.09	51.39	48.19	44.19	53.29	49.29
Event 117	Girls 8&U 50 Breast	1:02.29	49.79	53.19	43.79	59.09	48.59
Event 118	Boys 8&U 50 Breast	58.79	51.39	54.09	44.19	59.99	49.29
Event 119	Girls 13-14 200 Breast		3:04.79		2:44.99		3:04.49
Event 120	Boys 13-14 200 Breast		3:07.39		2:40.29		3:03.09
Event 121	Girls 15&O 200 Breast		3:09.99		2:38.99		2:57.79
Event 122	Boys 15&O 200 Breast		2:49.09		2:25.59		2:43.29
Event 123	Girls 11-12 200 Fly	3:17.79	3:00.09	2:52.99	2:45.69	3:11.19	3:02.09
Event 124	Boys 11-12 200 Fly	3:15.89	3:05.99	2:51.49	2:47.69	3:09.49	3:00.09
Event 125	Girls 8&U 200 Free Relay***						
Event 126	Boys 8&U 200 Free Relay***						
Event 127	Girls 10&U 200 Free Relay***						
Event 128	Boys 10&U 200 Free Relay***						
Event 129	Girls 11-12 200 Free Relay ***						
Event 130	Boys 11-12 200 Free Relay ***						
Event 131	Girls 13-14 200 Free Relay***						
Event 132	Boys 13-14 200 Free Relay***						
Event 133	Girls 15&O 200 Free Relay***						
Event 134	Boys 15&O 200 Free Relay***						
Event 135	Girls 13-14 1500 Free*		20:39.79		19:29.19		19:16.69
Event 136	Boys 13-14 1500 Free*		20:14.39		19:05.79		18:44.79
Event 135	Girls 15&O 1500 Free*		20:28.49		19:16.49		19:04.09
Event 136	Boys 15&O 1500 Free*		19:22.99		18:57.79		18:36.89

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All 10 & Under events are timed finals. 11 & Up events are prelim/final except relays and 1500 Free.

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ENTRY VERIFICATION

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed in 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

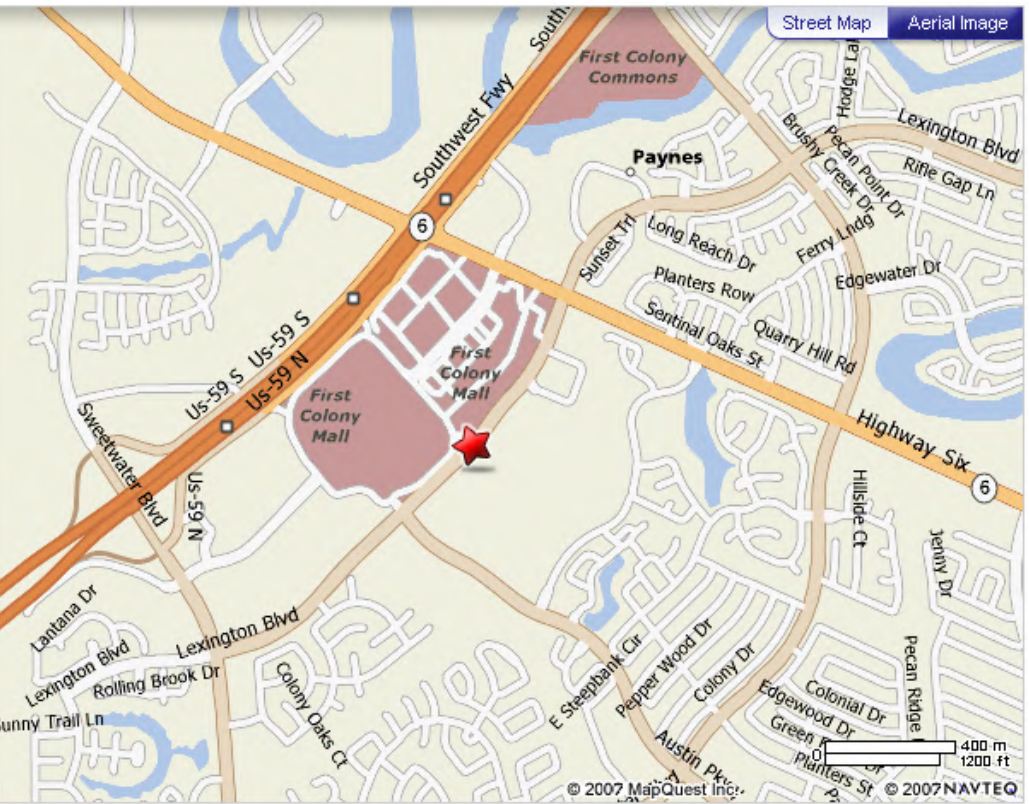
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Date



6/24/2008

Don Cook Natatorium is located 4 blocks west of the intersection of Lexington Blvd and Highway 6. It is behind the First Colony Mall and an outdoor skating rink.



## HOTELS

- Stafford, 4820 Techniplex, Stafford, Tx 77477, 281 565-5566
- Marriott, 12655 Southwest Freeway, Stafford Tx 77477, 281 491-7700
- Suite, 13770 Southwest Freeway, Sugar Land Tx 77478, 281 277-9700
- n, 4714 Techniplex, Stafford, Tx 77477, 281 565-0559
- n, 12727 Southwest Freeway, Stafford, Tx 77477, 281 240-2300
- Express, 14444 Southwest Freeway, Sugar Land, Tx 77475, 281 565-6655
- ugar Land Town Square, 16090 City Walk, Sugar Land, Tx 77479, 281 275-8400