



**BB & Under
HOSTED BY
Premier Aquatics Club
Short Course Yards Timed Finals
Group A
May 9 – 11, 2008
SANCTION # GULC 08-004**

LOCATION: Klein Forest High School Natatorium
11400 Misty Valley
Houston, TX 77066-3402

Directions: Go west on FM1960 from I-45. South on Stuebner Airline/Veterans Memorial. Continue on Stuebner Airline/Veterans Memorial for .6 miles. Turn right on Bammel North Houston, go 1.2 miles. Klein Forest High School is on the right just before W. Richey Rd. (See attached map).)

COACHES: **Michael McCauley** Head Coach
Shane McCauley Head Age Group Coach

POOL: Eight lane, 25 yard indoor pool with non-turbulent lane lines with separate warm down area.

TIME AND DATE: **This is a timed-finals meet.**

Session 1: Friday – May 9, 2008
Warm-ups: 5:00 pm
Meet Starts: 6:30 pm
Session 2: Saturday – May 10, 2008
Warm-ups*: 7:30 am
Meet Starts: 9:00 am
Session 3: Sunday – May 11, 2008
Warm-ups*: 7:30 am
Meet Starts: 9:00 am

Lane assignments for warm-ups and timing will be designated in the psych sheet, and posted on the Gulf Swimming website at least three days prior to the start of the meet.

MEET TYPE: This meet will be run utilizing the “Flyover Starts” procedures unless a waiver is received from the Technical Planning Committee Chairman. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the “Flyover Start” procedures.

MEET REFEREE: **Tom Jones**, Phone: 281-705-9063, **E-mail:** twjones@earthlink.net

MEET DIRECTOR: **Kevin Little**, Phone: 281-257-2742, **E-mail:** vicepresident@packswimming.com

SAFETY MARSHAL: **Frank Patterson**

SAFETY GUIDELINES AND WARM-UP PROCEDURES: See attached Safety Guidelines and Warm-up Procedures.

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. After the events are officially closed, no one may check in or scratch. After circling in, failure to appear at the starting blocks will result in the swimmer being assessed a \$5.00 fine, payable to Gulf Swimming Administrative Vice-Chairman, for each event in which he/she fails to appear. Relay cards must be turned in to the Clerk of Course by **9:30 A.M.**, or the entry will be considered scratched.

ON-DECK ENTRIES: Late entries will be accepted each day up to 30 minutes before the start of the meet. Those swimmers missing the 6:00 p.m. Friday 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 forms 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.
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 sheets. The new time will be used for seeding. The on-deck entry fees still apply to these swimmers.

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 (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., Y, S, or L). If Swimmers have never competed in a USA Swimming meet they may enter with no time (NT).

Cut-off Times: Cut-off times are **2005 -2008 National Motivational "A" times** and are included with this invitation. Swimmers **must not have equaled or bettered** the attached cut-off times.

Qualifying Times: None

Age: As of May 9, 2008

Number of Events: Swimmers may compete in up to **Four (4) individual events per day and up to one (1) relay event per day.**

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on **Friday, May 2, 2008**. No late entries will be accepted. Do not send entries via Federal Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required. Mail or hand deliver entries to the Meet Entry Chairman at:

Kevin Little
17723 Moss Point Drive, Spring, TX 77379
281-257-2742
vicepresident@packswimming.com

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: AGS, ALAC, BRAZ, BTA, CFSC, ESA, KATY, LJAC, LSST, MAC, NEHA, OWLS, RICE, PACK, SS, TTST, TWST

Fees: 3.75 dollars (\$3.75) per Individual Event and 7.50 dollars (\$7.50) for each Relay event. Make checks payable to **Premier Aquatics Club**. Entry fees must accompany entries, if delivered by any method other than email.

AWARDS:

Individual events: Ribbons 1st – 8th place.

Relay events: Ribbons 1st – 3rd place.

SCORING:

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

Relay Events: 18-14-12-10-8-6-4-2

For the 13 & over events the 13-14 & 15 & over groups, the events will be combined and scored separately.

RULES AND SANCTIONS: The 2007-08 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. Gulf Zone B teams are not eligible to swim at this meet. The three (3) event rule and up/down rule do not apply. 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 on BB & Under meet relays in a stroke and distance in which they have a "A" time. Further swimmers age 13 & 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.

TIMING SYSTEM:

A Colorado Model 5000 electronic timing system with electronic scoreboard 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 psych sheet.

Swimmers in the 500 freestyle and 1000 Freestyle must provide two (2) timers and a lap counter.

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 in order to receive complimentary Psych Sheets and for admission to the Hospitality Room.

PROOF OF TIME: Any swimmer that cannot prove that he/she was eligible to swim an event will be fined \$20.00 for each event he/she fails to prove. The fine or proof of time is sent to the Administrative Vice-Chairman, Herb Schwab.

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).

CONCESSIONS: Concessions will be available for purchase

HOSPITALITY: A hospitality room will be available for Coaches and Officials. Coaches and Officials must present their membership credentials in order to receive complimentary Psych Sheet and for admission to the Hospitality Room.)

MERCHANDISE: **Swim Shops of the Southwest** will be at the meet selling swim apparel and swim gear.)

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.

Attach Meet Format, Entry Verification Form, Gulf Safety Guidelines and Warm-up Procedures, Official Meet Entry Form, and Map.



Premier Aquatics Club of Klein
BB & Under Meet
Short Course Yards Timed Finals
Group A
May 9 – 11, 2008

Entry rules	
Type of Meet	Timed Finals
Max # individual events per day	Four (4)
Swimmers eligible	Group A
Entry Times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times	2005-2008 National Motivational A times
Entries with no time?	Yes
Gulf "three event" rule applies?	Does not apply
Gulf "up/down" rule applies?	Does not apply
Fees	Individual - \$3.75; Relays - \$7.50

Friday
Warm-ups Starts @ 5:00 p.m.
Meet Starts @ 6:30 p.m.

Session 1 – Friday Evening – May 9, 2008									
Girls	SCY	SCM	LCM			SCY	SCM	LCM	BOYS
Event #	Cut-off	Cut-off	Cut-off	Age	Event	Cut-off	Cut-off	Cut-off	Event #
1	5:19.59	5:53.19	6:02.29	13-14	400 I.M.*	5:02.39	5:34.19	5:46.19	2
1	5:14.09	5:47.09	5:56.59	15 & over	400 I.M.*	4:49.09	5:19.49	5:29.99	2
3	2:55.99	3:14.49	3:20.59	10 & under	200 I.M.	2:55.29	3:13.69	3:18.89	4
5	2:38.59	2:55.19	3:00.19	11-12	200 I.M.	2:35.89	2:52.29	2:58.09	6
7	2:11.49	2:25.29	2:29.39	15 & over	200 Free	2:00.79	2:13.49	2:18.99	8
9	2:14.19	2:28.29	2:32.59	13-14	200 Free	2:05.79	2:18.99	2:24.99	10
* The 400 I.M will be swum fastest to slowest, alternating girls and boys heats.									

For the 13 & over events the 13-14 & 15 & over groups, the events will be combined and scored separately.

**Premier Aquatics Club of Klein
BB & Under Meet
Short Course Yards Timed Finals
Group A
May 9 – 11, 2008**

**Warm-ups Starts @ 7:30 a.m.
Meet Starts @ 9:00 a.m.**

Session 2 – Saturday – May 10, 2008

Girls	SCY	SCM	LCM			SCY	SCM	LCM	Boys
Event #	Cut-off	Cut-off	Cut-off	Age	Event	Cut-off	Cut-off	Cut-off	Cut-off
11	2:57.69	3:16.29	3:23.69	11-12	200 Breast	2:52.99	3:11.09	3:21.19	12
13	2:28.39	2:43.89	2:48.09	15 & Over	200 I.M.	2:15.69	2:29.89	2:37.09	14
15	2:31.29	2:47.19	2:52.39	13-14	200 I.M.	2:21.89	2:36.69	2:42.79	16
17	1:26.69	1:35.79	1:38.69	10& Under	100 Fly	1:25.69	1:34.69	1:37.19	18
19	1:13.59	1:21.29	1:22.89	11-12	100 Fly	1:12.19	1:19.79	1:22.09	20
21	1:08.09	1:15.19	1:17.29	13-14	100 Fly	1:03.39	1:10.09	1:11.99	22
23	1:06.89	1:13.89	1:15.89	15 & Over	100 Fly	1:00.49	1:06.89	1:09.09	24
25	32.39	35.79	36.49	8& Under	50 Free	31.89	35.29	36.19	26
27	32.39	35.79	36.49	9-10	50 Free	31.89	35.29	36.19	28
29	29.79	32.89	33.69	11-12	50 Free	28.59	31.59	32.99	30
31	28.69	31.69	32.79	13-14	50 Free	26.59	29.39	30.59	32
33	28.19	31.19	32.29	15 & Over	50 Free	25.39	27.99	29.39	34
35	XX	XX	XX	10& Under	200 Medley Relay	XX	XX	XX	36
37	XX	XX	XX	11-12	200 Medley Relay	XX	XX	XX	38
39	XX	XX	XX	13-14	200 Medley Relay	XX	XX	XX	40
41	XX	XX	XX	15& Over	200 Medley Relay	XX	XX	XX	42
43	1:22.19	1:30.89	1:35.29	10 & Under	100 Back	1:21.69	1:30.19	1:33.69	44
45	1:14.89	1:22.79	1:26.29	11-12	100 Back	1:12.29	1:19.89	1:23.59	46
47	2:27.29	2:42.79	2:51.39	13-14	200 Back	2:19.49	2:34.19	2:41.59	48
49	2:25.89	2:41.19	2:47.29	15 & Over	200 Back	2:12.69	2:26.59	2:34.29	50
51	41.99	46.49	48.29	8 & Under	50 Breast	42.49	46.89	48.49	52
53	41.99	46.49	48.29	9-10	50 Breast	42.49	46.89	48.49	54
55	37.99	41.99	42.09	11-12	50 Breast	37.59	41.49	43.09	56
57	1:17.99	1:26.19	1:29.09	13-14	100 Breast	1:12.29	1:19.89	1:23.59	58
59	1:16.39	1:24.39	1:27.69	15 & Over	100 Breast	1:09.19	1:16.49	1:20.59	60
61	6:48.39	5:57.39	6:09.69	10 & Under	500 Free*	6:44.59	5:54.09	6:06.79	62
63	6:09.29	5:23.19	5:32.39	11-12	500 Free*	6:04.69	5:19.19	5:29.19	64
65	5:52.99	5:08.89	5:16.59	13-14	500 Free*	5:39.39	4:56.99	5:05.59	66
65	5:48.39	5:04.89	5:12.19	15 & Over	500 Free*	5:25.29	4:44.69	4:53.29	66

*** The 500 Freestyle will be swum fastest to slowest, alternating girls and boys heats. Swimmers in the 500 free must provide 2 timers and a lap counter**

For the 13 & over events the 13-14 & 15 & over groups, the events will be combined and scored separately.

**Premier Aquatics Club of Klein
BB & Under Meet
Short Course Yards Timed Finals
Group A
May 9 – 11, 2008**

**Warm-ups Starts @ 7:30 a.m.
Meet Starts @ 9:00 a.m.**

Session 3 – Sunday – May 11, 2008

Girls	SCY	SCM	LCM			SCY	SCM	LCM	Boys
Event #	Cut-off	Cut-off	Cut-off	Age	Event	Cut-off	Cut-off	Cut-off	Event #
67	2:37.09	2:53.59	3:00.69	11-12	200 Back	2:33.79	2:49.99	3:00.29	68
69	2:26.59	2:41.99	2:44.69	15 & over	200 Fly	2:14.39	2:28.49	2:32.19	70
71	2:28.59	2:44.19	2:49.49	13-14	200 Fly	2:20.79	2:35.59	2:39.89	72
73	32.69	36.09	36.59	11-12	50 Fly	32.39	35.79	36.59	74
75	37.29	41.19	42.09	9-10	50 Fly	36.69	40.49	40.99	76
77	37.29	41.19	42.09	8&Under	50 Fly	36.69	40.49	40.99	78
79	1:01.09	1:07.49	1:09.59	15 & over	100 Free	55.39	1:01.19	1:04.09	80
81	1:02.19	1:08.79	1:11.09	13-14	100 Free	57.99	1:04.09	1:06.59	82
83	1:03.09	1:09.69	1:14.09	11-12	100 Free	1:02.89	1:09.49	1:11.59	84
85	1:12.29	1:19.89	1:21.89	9-10	100 Free	1:10.79	1:18.19	1:20.59	86
87	1:12.29	1:19.89	1:21.89	8&Under	100 Free	1:10.79	1:18.19	1:20.59	88
89	2:39.69	2:56.49	3:02.59	11-12	200 Fly	2:38.29	2:54.89	3:00.89	90
91	1:23.19	1:31.89		10&Under	100 I.M.	1:21.29	1:29.79		92
93	XX	XX	XX	15 & over	200 Free Relay	XX	XX	XX	94
95	XX	XX	XX	13-14	200 Free Relay	XX	XX	XX	96
97	XX	XX	XX	11-12	200 Free Relay	XX	XX	XX	98
99	XX	XX	XX	10&under	200 Free Relay	XX	XX	XX	100
101	2:44.69	3:01.99	3:08.49	15 & over	200 Breast	2:30.09	2:45.89	2:54.29	102
103	2:47.99	3:05.69	3:11.99	13-14	200 Breast	2:36.29	2:52.69	3:02.39	104
105	1:22.19	1:30.79	1:33.79	11-12	100 Breast	1:21.09	1:29.59	1:33.59	106
107	1:33.39	1:43.19	1:47.09	10&under	100 Breast	1:32.69	1:42.39	1:45.99	108
109	1:07.69	1:14.79	1:18.29	15 & over	100 Back	1:01.29	1:07.79	1:11.69	110
111	1:08.69	1:15.89	1:20.09	13-14	100 Back	1:04.89	1:11.69	1:15.09	112
113	34.29	37.89	39.19	11-12	50 Back	33.69	37.29	38.79	114
115	38.19	42.19	43.69	9-10	50 Back	38.39	42.39	44.19	116
117	38.19	42.19	43.69	8 & under	50 Back	38.39	42.39	44.19	118
119	2:20.19	2:34.89	2:39.19	11-12	200 Free	2:16.59	2:30.89	2:35.69	120
121	2:36.39	2:52.79	2:58.69	10&under	200 Free	2:31.89	2:47.89	2:52.39	122
123	12:07.59	10:36.79	10:47.99	13-14	1000 Free*	11:41.49	10:13.89	10:31.29	124
123	11:55.89	10:26.49	10:41.89	15 & over	1000 Free*	11:12.19	9:48.29	10:04.59	124

***The 1000 Freestyle will be swum fastest to slowest, alternating girls and boys heats.
Swimmers in the 1000 free must provide 2 timers and a lap counter.**

For the 13 & over events the 13-14 & 15 & over groups, the events will be combined and scored separately.

ENTRY VERIFICATION
APPENDIX F

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.

Signature

Title

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 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 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 backstroker 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

Klein Forest High School

11400 Misty Valley
Houston, TX 77066-3402

