

Texas Senior Circuit Long Course Meet #3

Hosted by Texas A&M University

May 16-18, 2008

SANCTION #: GULC 08-007

****** As of 5/1/08 - We are now offering time trials on Friday and Saturday between preliminaries and finals. The limit of 3 events per day INCLUDES events swum during time trials AND events done as part of the Senior Circuit portion of the meet. All time trial entries must be done on deck at the clerk of course. More info can be found in the time trial meet information posted on www.texasseniorecircuitswimming.org and www.gulfswimming.org ******

PROOF OF TIME

Proof of time is **required** to accompany entries. Official reports from a team's Hy-Tek program will be accepted as proof of time provided it lists date and meet the time was achieved. Proof of time will be enforced. **If proof of time is not included with entry, that swimmer or the swimmer's event in question will not be entered in the meet and will have to be entered (and paid) as a deck entry.** Send proof of time with entry fee payment. Deck entries will need to supply proof of time at time of deck entry.

HEAD COACHES: Jay Holmes – Men's Coach
Steve Bultman – Women's Coach

MEET AND ADMINISTRATIVE PERSONNEL

Meet Referee: Brian Walls Brian.Walls@cabotog.com
Meet Directors: Jay Holmes jholmes@athletics.tamu.edu
Meet Manager: Dave Brown dhbrown@bga.com
Safety Marshall: Paul Wallace (281)513-1083
gksilver73@tamu.edu

FACILITY

- Texas A&M University
Student Recreation Center Natatorium
Olsen Boulevard
College Station, TX 77843
- Indoor 50 meter course, eight lanes, depth 7-9 feet. Separate diving well, 8 lanes, 25 meters. Lane lines are non-turbulent
- Daktronics timing system, color scoreboard.
- Natatorium host of:
 - 2009 Women's and Men's NCAA's
 - 2007 Big 12 Championships
 - 2005 Big 12 Championships
 - Women's 2004 NCAA's
 - Men's 2001 NCAA's
 - 1998 US Open and World Cup

PARKING

You will need to park in the West Campus Parking Garage on Thursday and Friday or you will get a ticket. The cost to park in the garage is \$1 per hour with a maximum of \$6 per day. Friday after 5:30 p.m. you may park in any lot surrounding the REC Center. **However, DO NOT park in any 24 Hour Reserved space.**

MEET SCHEDULE

Thursday	Warm-up 4 - 8 p.m. 50-meter course only	
Friday	Prelims Warm-up 7:00-8:45am Start 9:00 am	Finals Warm-Up 4:30pm Start 6:00 pm
Saturday	Prelims Warm-up 7:00-8:45am Start 9:00 am	Finals Warm-up 4:30pm Start 6:00 pm
Sunday	Prelims Warm-up 7:00-8:45am Start 9:00 am	Finals Warm-up 3:30pm Start 5:00 pm

The pool will not be available for earlier warm-up times on these days. **Lap swim will be open for Student Rec members based on any available time between prelims and finals.**

SEEDING

The meet will be pre-seeded for all distances 200 meters and below. Events 400 meters and above (relays included) will be deck-seeded requiring a positive check-in by 9 a.m. the day the event is swum. Individual events will be championship seeded for every heat for every event 200 meters and below and swum fastest to slowest. (Every individual heat 200 meters and below will have a seeded swimmer in it.) The 400 IM and 400 Free will swim: 3 circle seeded heats women, 3 circle seeded heats men, then alternating women-men fastest to slowest.

CHECK-IN

All swimmers and clubs competing in 400 events (individual and relay), 800, and 1500 meter freestyle events must check in each day with the Clerk of Course for that day's events. Check in for individual distance events will close at 7 p.m. on Saturday night.

SCRATCHES

Coaches are asked to ensure scratch procedures are followed by scratching any swimmer not participating in the finals. Please declare a scratch or the intent to scratch within 30 minutes of their prelim swim.

FORMAT

This is a three-day prelim/final event with bonus, consolation, and championship finals. At the discretion of the Meet Referee and Meet Director, an A and B prelim session and/or chase starts will be conducted. This decision will be made based on number of entries and estimated time lines. This decision will be posted on www.texasseniorcircuitswimming.org on or before Monday, May 12, 2008.

The maximum number of individual events per day is 3 (including time trials**). Relay swimmers must be entered in an individual event that meets proof of time criteria.**

The women's 800 and the men's 1500 will be a timed final. The fastest heat of each event will be swum in event order in Sunday Finals session. All other heats will be swum slowest to fastest alternating women 800/men 1500 starting so that the last afternoon heat will end at 4 pm. All competitors for these two events must provide two timers and one lap counter for their swim. Relays will be swum as timed finals. Clubs can choose to swim Sunday's 400 Medley Relay either in prelims or in the finals. All relays will be swum fastest to slowest in event order.

NATIONAL OFFICIALS CERTIFICATION

Application will be made for this meet to be designated a **National Qualifying Meet** for Officials. The application for approval will also request the assignment of **National Evaluators** to perform “**final evaluations**” for **N3 Starter** and **N3 Referee** candidates. The application for evaluation can be found at the end of this meet invitation.

All officials must attend a mandatory meeting one hour before each session. The uniform for all **preliminary** sessions will be **white polo shirt over khaki shorts/pants/skirt**. The **Finals** uniform will be **navy blue polo shirt over khaki pants/skirt (no shorts)**.

HOTEL CONTACT

Please ask for the Senior Circuit rate.

Clarion	979-693-1736	Rate \$75
Holiday Inn Hotel & Suites	979-846-8700	Rate \$99
Comfort Suites	979-680-9000	Rate \$79/\$84
Hawthorne Suites	979-695-9500	Rate \$109

For additional hotel or restaurant information, contact the Visitor’s Bureau at 979-260-9898, or visit www.aggieathletics.com and click on “visitor’s guide” on left column.

TIMERS

Teams will be required to furnish timers based on their percentage of swims at the meet. All teams should provide at least one timer.

ENTRY INFORMATION

Enter events using a **REAL LONG COURSE TIME**. Do not enter at the cut-off or with a NT. If qualifying for the event was done short course, still enter using a best long course time.

Swimmers who have one or more Senior Circuit Automatic time standards can swim any event, except the 800/1500. To swim the 800/1500 swimmers must have the ‘A’ cut in either the 400 Free or the 800/1500. A female having the 1500 cut qualifies them to swim the 800. A male having the 800 cut qualifies them to swim the 1500.

Swimmers not having an Automatic time should use the ‘A’ standards to qualify. There is one bonus event for every LC standard achieved.

50s of Stroke will be entered with 100 times. Time standards for the 50s of stroke are also determined by 100 standards.

Deadline: All entries must be received by the Meet Entry Chairman on or before **Wednesday May 7, 2008 by 6PM**. No phone or fax entries will be accepted. Late entries will require proof of time and will only be accepted on deck.

Email entries: All teams with 10 or more swimmers **MUST** submit their entries using Hy-Tek Team Manager software. Teams with more than 10 athletes using paper entries must include a \$25 fee with their entries. Send entries to adawson@athletics.tamu.edu. After emailing, please send your **proof of time**, and entry fees overnight mail to Alex Dawson. For overnight mail please indicate that a signature is **NOT** required.

Alex Dawson
Texas A&M Athletics
Koldus Building #230
College Station, TX 77842-3017
Phone (979) 458-3302

FEES: Entry fees must accompany entries.

- \$7.00 per individual event or **\$42 maximum** per swimmer for individual events
- \$15.00 for each relay event

Make all checks payable to: **Texas A&M Athletics**

ON-DECK ENTRIES

Late entries will be accepted each day for those events swum up to 45 minutes before the start of the meet. You may enter the meet on deck in the following manner:

- At the discretion of the Meet Referee, on-deck entries may be limited to fill existing heats or an extra heat will be created.
- ☞ Swimmers must pay late entry fee of \$10 for individual events and \$20 for relay events.
- ☞ Late entries will close at **8:15 am** each morning.
- ☞ Swimmers must be qualified to swim the event entered and **MUST** supply proof of time
- ☞ Swimmers must not exceed the allotted number of events allowed each day.
- Swimmers must supply completed entry forms entered at best time.
- Swimmers who on deck to change a 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 fees still apply to these swimmers.

RULES AND SANCTIONS

The meet will be held under the sanction of USA Swimming and Gulf Swimming. No entries can be accepted unless the entrant is registered or certified by USA Swimming. The 2008 USA Swimming and Gulf Swimming Rules will apply.

SWIMMERS ELIGIBLE

All USA Swimming registered teams and swimmers. Teams must also be registered with TSA. A registration form is attached. A swimmer entering any meet that does not pay the \$50.00 team fee must enter the meet as “unattached” – can not represent home swim club.

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 the Gulf Swimming equipment (remote strobe).

Coaches and officials must present their current membership card in order to receive complimentary psych/heat sheets and for admission to the hospitality room.

SCORING

As per the Texas Senior Circuit by-laws: Team points will be scored for the first 16 places only (20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1). Relay points are doubled: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.

MEET RESULTS

Results will be posted on: Texas A&M Athletic web page: www.aggieathletics.com
Gulf Swimming web page: www.gulfswimming.org

SAFETY-WARMUPS

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf sanctioned swim 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 registered personnel, please do so, it is for your safety.

See attached safety guidelines and warm-up procedures.

LIABILITY

Gulf Swimming and the Texas A&M University accepts no responsibility or liability for injuries sustained by any individual, athlete or spectator, while traveling to and from, while participating in or viewing the meet.

ORDER OF EVENTS

Friday, May 16

Prelims: Pool opens 7:00 am Meet Start 9:00 am. Finals: Warm-up 4:30 pm start 6:00 pm.

Women #	Event	Men #
1	50 Fly	2
3	200 Back	4
5	100 Free	6
7	200 Breast	8
9	*400 Free	10
11	400 F.R.	12

Saturday, May 17

Prelims: Pool opens 7:00am Meet Start 9:00am. Finals: Warm-up 4:30pm start 6:00 pm.

13	100 Fly	14
15	100 Breast	16
17	200 Free	18
19	50 Back	20
21	*400 I. M.	22
23	400 M.R.	24

Sunday, May 18

Prelims: Pool opens 7:00am Meet Start 9:00 am. Finals: Warm-up 3:30pm start 5:00 pm

25	50 Breast	26
27	200 fly	28
29	100 back	30
31	**800 Free	--
32	200 IM	33
--	**1500 Free	34
35	50 free	36

*400 Free & IM swim 3 circle seeded women, 3 circle seeded men. Then alternate women/men fast to slow.

** 800/1500 Frees fastest heat in finals. All others alternate women/men slowest to fastest so as to end at 4:00 pm.

Relays:

400 Free Relays: All at night

400 Medley Relays: Teams choice either at end of prelims or end of finals.

2008 Senior Circuit Time Standards

WOMEN					MEN			
A standard		Automatic		2008	A standard		Automatic	
Short Course	Long Course	Short Course	Long Course	TSC	Short Course	Long Course	Short Course	Long Course
24.59	:28.19	24.59	27.79	50 FREE	:21.69	25.39	:21.69	24.79
52.89	1:00.69	52.89	1:00.19	100 FREE	:47.09	55.29	:47.09	53.99
1:54.19	2:10.09	1:54.19	2:09.09	200 FREE	1:43.09	2:01.59	1:43.09	1:58.09
5:03.29	4:37.99	5:03.29	4:30.69	400 FREE	4:39.59	4:20.79	4:39.59	4:09.79
10:21.29	9:30.49	10:21.29	9:15.99	800 FREE	9:39.29	9:00.99	9:39.29	8:40.79
17:24.29	18:23.29	17:24.29	17:46.69	1500 FREE	16:13.69	17:05.59	16:13.69	16:41.79
59.09	1:10.29	59.09	1:07.89	100 BACK	:53.09	1:04.39	:53.09	1:01.39
2:06.99	2:32.09	2:06.99	2:25.99	200 BACK	1:54.79	2:18.89	1:54.79	2:12.39
1:06.89	1:20.99	1:06.89	1:16.79	100 BREAST	:59.49	1:12.69	:59.49	1:08.29
2:30.79	2:54.79	2:24.29	2:44.99	200 BREAST	2:09.79	2:40.59	2:09.79	2:29.79
58.49	1:06.99	58.49	1:05.79	100 FLY	51.89	59.99	51.89	58.89
2:07.39	2:30.89	2:07.39	2:24.19	200 FLY	1:54.89	2:17.19	1:54.89	2:10.59
2:09.49	2:31.49	2:09.49	2:27.59	200 I.M.	1:56.29	2:20.19	1:56.29	2:13.59
4:33.09	5:18.79	4:33.09	5:09.69	400 I.M.	4:08.09	4:58.39	4:08.09	4:43.89

An AUTOMATIC TIME: Any swimmer achieving any automatic time may swim any event in any Texas Senior Circuit meet except the 800/1500.

The "A" Standard qualifies the swimmer in an individual event for the LC meets #2, #3, and the LC Championship meet.

For SCM standards, please visit the TSC website.

POOL DECK RESTRICTIONS

- 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.

TEXAS A&M NATATORIUM RULES AND REGULATIONS

- 👉 Participants and spectators are not allowed to use other areas of the Student Recreation Center Complex during this event, without purchasing a pass at the Member Services Desk.
- 👉 Swimming is allowed only when the area is supervised.
- 👉 NO glass containers, tobacco, or alcoholic beverages are allowed within the natatorium area.
- 👉 Only participants, coaches, event administrators, and event volunteers allowed on the pool deck.
- 👉 Participants are not allowed to climb over the grandstand railings or pass any posted barriers.
- 👉 There will be no shaving within the Student Recreational Complex. We request that swimmers be informed of this policy. All shaving should be completed prior to arrival at the natatorium. Safety marshals will be monitoring the locker rooms and restrooms to enforce this policy.
- 👉 Do not hang on lane lines.
- 👉 Safety rules will be enforced during warm-ups before each event session and in the diving well during the meet. The diving well is a warm-up area. Recreational swimming is prohibited.
- 👉 Diving Boards will be closed and off-limits to all competitors and spectators.
- 👉 Please be neat. Throw your trash in the trash containers.
- 👉 The Texas A&M Recreational Sports staff has the final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
- 👉 Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited.
- 👉 Team banners must not exceed 5'x8' and will be hung by event staff.
No handmade signs are allowed in the facility.

Meet Name	[#] Special TSC Rules # The Meet Management may adapt the starting procedures and timelines to accommodate unusually large, or small, meets. # Deck entered relays swim morning only.	Time Standards* * A swimmer proving an automatic time standard may enter ANY event at ANY TSC meet.
SC Sectionals	<ul style="list-style-type: none"> • 3 ¹/₂-day format • 3 heats of every event in finals • Finals start at 6 pm/5 pm on Saturday 	<ul style="list-style-type: none"> • Sectional Standards • 2 bonus events (200 or less) • The 1650/1500 can be used to prove the 1000/800 (and vice-versa). This does not count as a bonus event.
LC #1	<ul style="list-style-type: none"> • 2-session, timed-final 	<ul style="list-style-type: none"> • 1 Sectional Time Standard qualifies the swimmer for the entire meet
LC #2	<ul style="list-style-type: none"> • 4-session, timed final • 5 pm start on Friday • 9 am / 6 pm on Saturday • 9 am on Sunday 	<ul style="list-style-type: none"> • 1 LC Time Standard qualifies the swimmer for the entire meet
LC #3	<ul style="list-style-type: none"> • 3-day, prelim / final • ALL prelim heats (200 and shorter) circle-seeded, fastest to slowest • 400s: 3 fastest women's heats/3 fastest men's heats, then alternate • Same order of events prelims and finals • 50's of stroke entered at 100 time standards • 2 relays/team/event 	<ul style="list-style-type: none"> • 1 bonus event (200m or less) for every LC standard achieved.
LC Champ's	<ul style="list-style-type: none"> • Ø 50s in Olympic year. Olympic events only. • Non-conforming times seeded like Nationals • 3 heats in finals • 400s: 3 fastest women's heats/3 fastest men's heats, then alternate 	<ul style="list-style-type: none"> • Must have LC standard to enter event.
LC Sectionals	<ul style="list-style-type: none"> • Full 4-day format • 4 heats of every event in finals • Finals start at 6 pm/5 pm on Saturday 	<ul style="list-style-type: none"> • Sectional Standards • 2 bonus events (200 or less) • The 1650/1500 can be used to prove the 1000/800 (and vice-versa). This does not count as a bonus event.