

2008 GULF Group B Open Meet
 A LONG COURSE TIMED FINALS MEET
 HOSTED BY

The Woodlands Swim Team - TWST
April 18 - 20, 2008
SANCTION #GULC 08-003

LOCATION: The Woodlands Athletic Center at 11111 Winterberry Place in The Woodlands. See attached map.

COACHES: Head Coach: Tim Bauer, Assistant Head Coach: Scott MacFarland, Director of Swim Development: Valerie Fenter, Head Age Group Coach: Shana Trabona, Age Group Coach: Brad Radford

POOL: Eight lane 50 meter outdoor pool with non-turbulent lane lines. The 25 yard indoor pool will be available during the meet for warm-up/warm-down in designated lanes only. The diving pool will be off limits to all swimmers.

TIME AND DATE: This is a split session meet on Saturday and Sunday; 13 & over swimmers compete in the morning sessions, 12 & under swimmers compete in the afternoon sessions.

Friday, April 18th	Warm-ups start 5:00 PM	Meet starts 6:30 PM
Saturday, April 19th		
Morning Session (13 & Over)	Warm-ups start 7:30 AM	Meet starts 9:00 AM
Afternoon Session (12 & Under)	Warm-ups start 12:00 PM	Meet starts 1:00 PM
Sunday, April 20th		
Morning Session (13 & Over)	Warm-ups start 7:30 AM	Meet starts 9:00 AM
Afternoon Session (12 & Under)	Warm-ups start 12:00 PM	Meet starts 1:00 PM

If the morning session runs past 12:00 noon; warm-ups for the afternoon will begin immediately upon the completion of the morning session and the afternoon session competition will commence one (1) hour after the completion of the morning session or 1:00 p.m., whichever is later.

Split warm-ups will be in effect. Lane assignments for warm-ups and timing will be designated in the psych sheet and posted on the Gulf Web page 3 days prior to the meet.

MEET REFEREES: John Leneave (936) 321-3051 email: swimkids@consolidated.net
 Claude Humbert (281) 541-3053 email: claude_humbert@sbcglobal.net

MEET DIRECTORS: Eric Amundsen (281) 681-9430 email: eamundsen@comcast.net
 Pat Norris (713) 817-2319 email: patnorris@consolidated.net

SAFETY MARSHAL: Heidi Allan

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 on an official posted heat sheet. 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, Herb Schwab, for each event in which he/she fails to appear. There are no relay events at this meet.

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. April 11, 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 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 before, put NT where a seed time is requested. Times must be from USA swimming meets.

Qualifying Times: None

Cut-off Times: None

Age: As of April 18, 2008

Number of Events: Swimmers may compete in up to 3 individual events per day.

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Friday, April 11, 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 Chairperson:

Scott Meyers
34 N. Provence Circle
The Woodlands, Texas 77382
Phone: (281) 296-2232
Email: Meyers_family5@sbcglobal.net

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).

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, AQUA, COOG, ESA, FCST, GIST, HCAP, HSC, LSST, NEHA, PEAK, SCAT, SPA, SS, TAMU, TWST, TYES, and UH.

Fees: \$4.00 per Individual Event. Make checks payable to TWST. Entry fees must accompany entries, if delivered by any method other than email.

AWARDS: Individual events: ribbons 1st - 8th place.

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

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 three (3) event rule and up/down rule do not apply. Gulf Zone "A" teams are not eligible to swim at this meet.

TIMING SYSTEM: A Colorado Model 5000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a backup. 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 10 & Under, 11-12 and 13 & Over 400 Freestyle must provide 2 timers.

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.

Special Note: Coaches, swimmers, and parents need to stay out of the roped-off area provided for the meet officials around the pool deck and honor Meet Official and Safety Marshal request to allow room for USA Swimming officials to perform their duties.

A hospitality room and complimentary psych sheets will be provided for Coaches and Officials who have, in their immediate possession, current USA registration cards.

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-

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

HOSPITALITY: A hospitality room will be available

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.

Attachments:

Meet Format

Entry Verification Form

Gulf Safety Guidelines and Warm-up Procedures

Map and Directions

Official Meet Entry Form

TWST Open April 18-20, 2008 Meet Format

Group B

Entry Rules

Type of Meet	Timed Finals
Max # of individual events per day	Three (3)
Swimmers Eligible	Group B
Entry times in	LCM SCM SCY
Qualifying times	None
Cut-off times	None
Enter with "no time"	Yes
Gulf "three event" rule applies	Does not apply
Gulf "up/down" rule applies	Does not apply
Fees	Individual \$4.00

Friday Night Events 11 & Over

Girls		Boys
Event #	Event Name	Event #
1	11-12 200 IM	2
3	13 & Over 400 IM*	4
5	11-12 400 Freestyle*	6
7	13 & Over 400 Freestyle*	8

- The 400 I.M. and 400 Freestyle will be swum fastest to slowest, alternating girls and boys heats. The 13-14 and 15 & Over age groups events will be combined and scored separately.

Swimmers in the 10 & Un, 11-12 and 13 & Ov 400 Freestyle must provide their own timers.

Saturday AM 13 & Over

Girls		Boys
Event #	Event Name	Event #
9	15 & Over 100 Backstroke	10
11	13-14 100 Backstroke	12
13	15 & Over 200 Breaststroke	14
15	13-14 200 Breaststroke	16
17	15 & Over 100 Freestyle	18
19	13-14 100 Freestyle	20
21	15 & Over 100 Butterfly	22
23	13-14 100 Butterfly	24
25	15 & Over 200 IM	26
27	13-14 200 IM	28

Saturday PM 12 & Under

Girls		Boys
Event #	Event Name	Event #
29	11-12 200 Backstroke	30
31	10 & Under 100 Backstroke	32
33	11-12 50 Breaststroke	34
35	10 & Under 50 Breaststroke	36
37	11-12 100 Freestyle	38
39	10 & Under 100 Freestyle	40
41	11-12 50 Butterfly	42
43	10 & Under 50 Butterfly	44
45	11-12 200 Butterfly	46
47	10 & Under 200 IM	48
49	11-12 100 Backstroke	50

Sunday AM 13 & Over

Girls		Boys
Event #	Event Name	Event #
51	15 & Over 100 Breaststroke	52
53	13-14 100 Breaststroke	54
55	15 & Over 50 Freestyle	56
57	13-14 50 Freestyle	58
59	15 & Over 200 Butterfly	60
61	13-14 200 Butterfly	62
63	15 & Over 200 Backstroke	64
65	13-14 200 Backstroke	66
67	15 & Over 200 Freestyle	68
69	13-14 200 Freestyle	70

Sunday PM 12 & Under

Girls		Boys
Event #	Event Name	Event #
71	11-12 200 Breaststroke	72
73	10 & Under 100 Breaststroke	74
75	11-12 50 Freestyle	76
77	10 & Under 50 Freestyle	78
79	11-12 100 Butterfly	80
81	10 & Under 100 Butterfly	82
83	11-12 50 Backstroke	84
85	10 & Under 50 Backstroke	86
87	11-12 200 Freestyle	88
89	10 & Under 200 Freestyle	90
91	11-12 100 Breaststroke	92
93	10 & Under 400 Freestyle*	94

ENTRY VERIFICATION FORM

TWST April 2008 Open

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

Team

Date

SAFETY GUIDELINES AND WARM-UP PROCEDURES

APPENDIX G

WARM-UP PROCEDURES

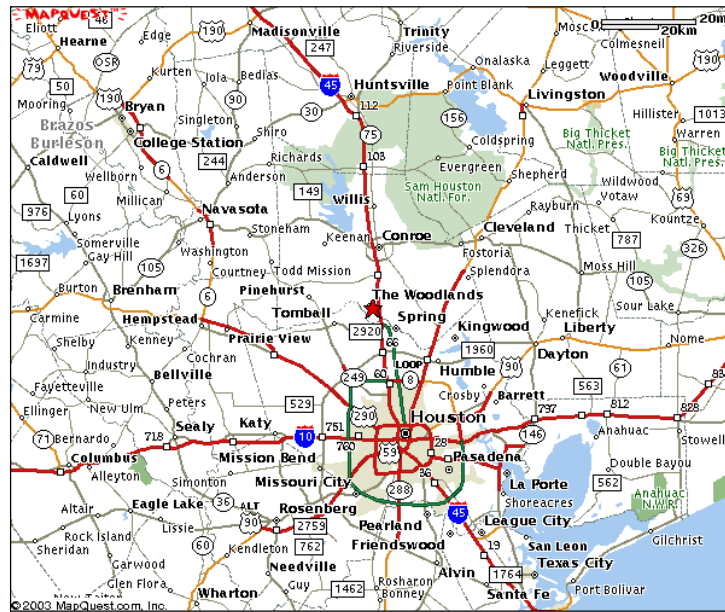
- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** 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.
 - 4. **Special rules for the 25-yard indoor pool:**
 - 1. Swimmers may use only the designated lanes.
 - 2. No diving.
 - 3. Lap swimming only.
 - 4. After the start of the meet, the 25 yard indoor pool may be used only for warm up/warm down. No playing or visiting in the pool.

Map and Directions to The Woodlands Athletic Center

LOCATION: The Woodlands Athletic Center, 11111 Winterberry Place, The Woodlands, TX. 77380



DIRECTIONS: Exit I-45 at Woodlands Parkway, then exit Woodlands Parkway at Grogan's Mill Road. Turn left onto Grogan's Mill Road, at the third light turn right onto South Millbend. Travel 2 blocks and turn right onto Winterberry Place. The Athletic Center is on the left. Swimmer drop-off is allowed through the traffic circle in front of the Athletic Center. All vehicles must be parked in designated areas only.

