

**2008 GULF BB & Under/14 & Under Meet
Group A
A LONG COURSE TIMED FINALS MEET**

HOSTED BY

**The Woodlands Swim Team - TWST
May 30 – June 1, 2008
SANCTION #GULC 08-011**

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

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

POOL: Nine (9) 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 well and hot tub will be off limits to all swimmers.

TIME AND DATE:

Friday, May 30th	Warm-ups start 3:30 PM	Meet starts 5:00 PM
Saturday, May 31st	Warm-ups start 7:30 AM	Meet starts 9:00 AM
Sunday, June 1st	Warm-ups start 7:30 AM	Meet starts 9:00 AM

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 OPERATION: This meet will be conducted utilizing chase starts with the girls starting from one of the pool and the boys starting from the other end of the pool in an alternating fashion. All 50's and relay events will start at the deep end of the pool. Swimmers must provide their own timers for the 1500 freestyle and 400 freestyle events on Saturday and Sunday respectively.

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

MEET DIRECTORS: Eric Amundsen (281) 681-9430 email: ejamundse@comcast.net
Mike Manning (281) 705-7930 email: mike@napcochemical.com
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. Relay cards must be turned into 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. May 23, 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: Cut-off times are the **2005-2008 National Motivational "A" times** and are included with this invitation. Swimmers must not have equaled or bettered the attached cut-off times.

Age: As of May 30, 2008

Number of Events: Swimmers may compete in up to 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 23, 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, ALAC, BTA, CFSC, CSC, HCAP, LJAC, LSST, MAC, NCAT, PACK, OWLS, RICE, TAMU, TTST, TYES, TWST, WHAT

Fees: \$4.00 per individual event, \$7.50 per relay entry. Make checks payable to TWST. Entry fees must accompany entries, if delivered by any method other than email.

AWARDS: **Individual Events:** Ribbons 1st – 9th place
Relays: Ribbons 1st – 3rd place

SCORING:

Scoring will be calculated using the following schedule:
Individual events: 10-8-7-6-5-4-3-2-1 (1st thru 9th place)
Relay events: score double points: 20-16-14-12-10-8-6-4-2 (1st thru 9th place)

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 Group B teams are not eligible to swim at 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.

Relay Rule - 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 "B & Under" meet relays in a stroke and distance in which they have a "BB" time; or, 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.

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 400 freestyle and 1500 freestyle events must provide 2 timers. Swimmers in the 1500 freestyle will also be required to provide their own 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.

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-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.

HOSPITALITY:

A hospitality room will be available for coaches and officials.

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, Schedule of Events and "A" Cut-off Times
Entry Verification Form
Gulf Safety Guidelines and Warm-up Procedures
Map and Directions

Official Meet Entry Form

**2008 Gulf Long Course BB & Under/14 & Under Meet
Hosted by The Woodlands Swim Team
Friday May 30 – Sunday June 1**

Entry Rules:	Max # individual events per day	Four (4)
	Type of meet	Timed Finals
	Swimmers eligible	Group A
	Entry times in	SCY, SCM, LCM
	Qualifying times	None
	Cut-off times	A Times
	Enter with "no time"?	Yes
	Gulf "three event rule" applies?	No
	Gulf "up/down rule" applies?	No
	Fees	Individual \$4.00, Relays \$7.50

Meet Event Schedule and "A" Cut-off Times

This meet will be run utilizing chase starts from both ends of the pool.

Friday May 30, 2008 - Warm-up at 3:30 P.M. - Meet Starts at 5:00 P.M.

Girls				Event	Boys			
Event #	SCM	LCM	SCY		SCY	LCM	SCM	Event #
1 ¹	5:53.19	6:02.29	5:19.59	13 – 14 400 I.M. ¹	5:02.39	5:46.19	5:34.19	2 ¹
3	3:14.49	3:20.59	2:55.99	10 & U 200 I.M.	2:55.29	3:18.89	3:13.69	4
5	2:55.19	3:00.19:	2:38.59	11 – 12 200 I.M.	2:35.89	2:58.09	2:52.29	6
7	2:28.29	2:32.59	2:14.19	13 – 14 200 Free	2:05.79	2:24.99	2:18.99	8

¹ The 13-14 400 I.M. (events 1 & 2) will be swum fastest to slowest alternating girls and boys heats.

Meet Event Schedule and “A” Cut-off Times

Saturday May 31, 2008 - Warm-up at 7:30 A.M. - Meet Starts at 9:00 A.M

Event Order

Girls				Event	Boys			
Event #	SCM	LCM	SCY		SCY	LCM	SCM	Event #
9	2:53.59	3:00.69	2:37.09	11 – 12 200 Back	2:33.79	3:00.29	2:49.99	10
11	2:44.19	2:49.49	2:28.59	13 - 14 200 Fly	2:20.79	2:39.89	2:35.59	12
13	36.09	36.59	32.69	11 - 12 50 Fly	32.39	36.59	35.79	14
15	41.19	42.09	37.29	9 - 10 50 Fly	36.69	40.99	40.49	16
17	41.19	42.09	37.29	8 & U 50 Fly	36.69	40.99	40.49	18
19	1:08.79	1:11.09	1:02.19	13 – 14 100 Free	57.99	1:06.59	1:04.09	20
21	1:09.69	1:14.09	1:03.09	11 – 12 100 Free	1:02.89	1:11.59	1:09.49	22
23	1:19.89	1:21.89	1:12.29	9 -10 100 Free	1:10.79	1:20.59	1:18.19	24
25	1:19.89	1:21.89	1:12.29	8 & U 100 Free	1:10.79	1:20.59	1:18.19	26
27	2:56.49	3:02.59	2:39.69	11 - 12 200 Fly	2:38.29	3:00.89	2:54.89	28
29	NT	NT	NT	13 - 14 200 Free Relay	NT	NT	NT	30
31	NT	NT	NT	11 - 12 200 Free Relay	NT	NT	NT	32
33	NT	NT	NT	10 & U 200 Free Relay	NT	NT	NT	34
35	3:05.69	3:11.99	2:47.99	13 - 14 200 Breast	2:36.29	3:02.39	2:52.69	36
37	1:30.79	1:33.79	1:22.19	11 - 12 100 Breast	1:21.09	1:33.59	1:29.59	38
39	1:43.19	1:47.09	1:33.39	10 & U 100 Breast	1:32.69	1:45.99	1:42.39	40
41	1:15.89	1:20.09	1:08.69	13 – 14 100 Back	1:04.89	1:15.09	1:11.69	42
43	37.89	39.19	34.29	11 - 12 50 Back	33.69	38.79	37.29	44
45	42.19	43.69	38.19	9 -10 50 Back	38.39	44.19	42.39	46
47	42.19	43.69	38.19	8 & U 50 Back	38.39	44.19	42.39	48
49	2:34.89	2:39.19	2:20.19	11 – 12 200 Free	2:16.59	2:35.69	2:30.89	50
51	2:52.79	2:58.69	2:36.39	10 & U 200 Free	2:31.89	2:52.39	2:47.89	52
53 ²	20:05.09	20:39.79	20:12.19	13 - 14 1500 Free ²	19:29.49	20:13.09	19:22.69	54 ²

²The 13-14 1500 Freestyle (events 53 and 54) will be swum in event order, fastest to slowest alternating girls and boys heats. Swimmers must provide their own timers and lap counters.

Meet Event Schedule and “A” Cut-off Times

Sunday June 1, 2008 - Warm-up at 7:30 A.M. - Meet Starts at 9:00 A.M

Event Order

Girls				Event	Boys			
Event #	SCM	LCM	SCY		SCY	LCM	SCM	Event #
55	3:16.29	3:23.69	2:57.69	11 - 12 200 Breast	2:52.99	3:21.19	3:11.09	56
57	2:47.19	2:52.39	2:31.29	13 - 14 200 I.M.	2:21.89	2:42.79	2:36.69	58
59	1:35.79	1:38.69	1:26.69	10 & U 100 Fly	1:25.69	1:37.19	1:34.69	60
61	1:21.29	1:22.89	1:13.59	11 - 12 100 Fly	1:12.19	1:22.09	1:19.79	62
63	1:15.19	1:17.29	1:08.09	13 - 14 100 Fly	1:03.39	1:11.99	1:10.09	64
65	35.79	36.49	32.39	8 & U 50 Free	31.89	36.19	35.29	66
67	35.79	36.49	32.39	9 - 10 50 Free	31.89	36.19	35.29	68
69	32.89	33.69	29.79	11 - 12 50 Free	28.59	32.99	31.59	70
71	31.69	32.79	28.69	13 - 14 50 Free	26.59	30.59	29.39	72
73	NT	NT	NT	10 & U 200 Medley Relay	NT	NT	NT	74
75	NT	NT	NT	11 - 12 200 Medley Relay	NT	NT	NT	76
77	NT	NT	NT	13 - 14 200 Medley Relay	NT	NT	NT	78
79	1:30.89	1:35.29	1:22.19	10 & U 100 Back	1:21.69	1:33.69	1:30.19	80
81	1:22.79	1:26.29	1:14.89	11 - 12 100 Back	1:12.29	1:23.59	1:19.89	82
83	2:42.79	2:51.39	2:27.29	13 - 14 200 Back	2:19.49	2:41.59	2:34.19	84
85	46.49	48.29	41.99	8 & U 50 Breast	42.49	48.49	46.89	86
87	46.49	48.29	41.99	9 - 10 50 Breast	42.49	48.49	46.89	88
89	41.99	42.09	37.99	11 - 12 50 Breast	37.59	43.09	41.49	90
91	1:26.19	1:29.09	1:17.99	13 - 14 100 Breast	1:12.29	1:23.59	1:19.89	92
93 ³	5:57.39	6:09.69	6:48.39	10 & U 400 Free ³	6:44.59	6:06.79	5:54.09	94 ³
95 ³	5:23.19	5:32.39	6:09.29	11 - 12 400 Free ³	6:04.69	5:29.19	5:19.19	96 ³
97 ³	5:08.89	5:16.59	5:52.99	13-14 400 Free ⁴	5:39.39	5:05.59	4:56.99	98 ³

³ The 10&U (events 93 and 94), 11-12 (events 95 and 96) and 13-14 (events 97 and 98) 400 Freestyle will swum fastest to slowest alternating girls and boys heats. Swimmers must provide their own timers.

ENTRY VERIFICATION FORM
TWST May 30, 2008 BB & Under/14 & Under Meet

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

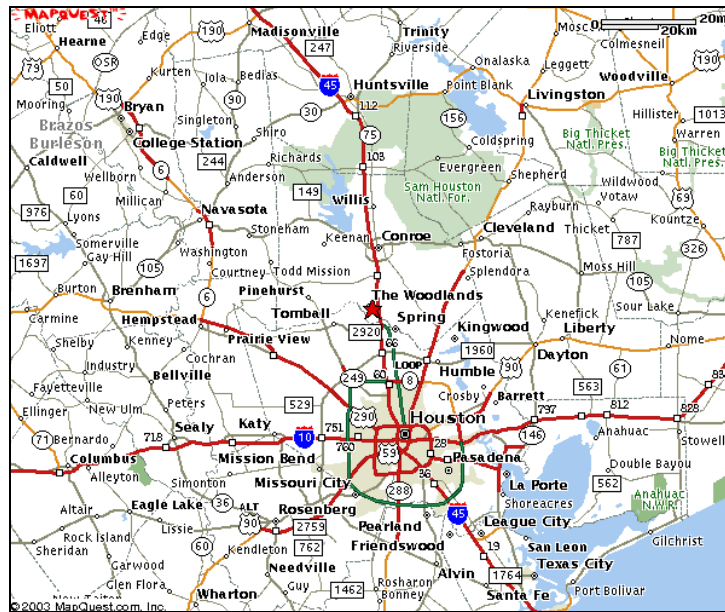
- 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
- 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting 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.

