

2008 GULF BB & Under Meet
A LONG COURSE TIMED FINALS MEET

HOSTED BY

The Woodlands Swim Team - TWST
June 20 – June 22, 2008
SANCTION #GULC 08-012

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, June 20th	Warm-ups start 3:30 PM	Meet starts 5:00 PM
Saturday, June 21st 13 & over	Warm-ups start 7:30 AM	Meet starts 9:00 AM
Saturday, June 21st 12 & under	Warm-ups start 12:00 PM	Meet starts 1:00 PM
Sunday, June 22nd 13 & over	Warm-ups start 7:30 AM	Meet starts 9:00 AM
Sunday, June 22nd 12 & under	Warm-ups start 12:00 PM	Meet starts 1:00 PM

“This is a split session meet on Saturday and Sunday 13 & over swimmers compete in the morning sessions 12& Unders compete in the afternoon sessions. If the morning session runs past 12:00 noon: warm ups for the afternoon session 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 PM 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 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 800 freestyle (and lap counters) 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: claude_humbert@sbcglobal.net

MEET DIRECTORS: Eric Amundsen (281) 681-9430 email: eric.amundsun@sug.com
Pat Norris (713) 817-2319 email: patnorris@consolidated.net
Mike Manning (281) 705-7930 email: mike@napcochemical.com

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 **8:15 A.M.** for the morning session and **12:15 P.M.** for the afternoon session or the entry will be considered scratched. Swimmers in the 800 Free must check in 90 minutes before the event is scheduled to begin.

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. June 13, 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 June 20, 2008

Number of Events: Swimmers may compete in up to 3 individual events per day and up to one (1) relay event per day. The 800 freestyle and the 11-12 and 10 & under 400 freestyle do not count as one of the 3 events allowed per day.

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Friday, June 13, 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: All registered USAS swimmers and teams
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. All registered USAS Swimmers and Teams are eligible to participate in 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 (events 119 thru 122) and 800 freestyle (events 29 and 30) must provide 2 timers. Swimmers in the 800 freestyle must 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 Meet
Hosted by The Woodlands Swim Team
Friday June 20 – Sunday June 22**

Entry Rules:	Max # individual events per day 800 Free does not count as one of the 3 events per day. 11-12 & 10&Under 400 Free do not count as one of the 3 events per day	Three (3)
	Type of meet Swimmers eligible	Timed Finals All registered USAS Swimmers and Teams
	Entry times in Qualifying times Cut-off times	SCY, SCM, LCM None A Times
	Enter with “no time”? Gulf “three event rule” applies? Gulf “up/down rule” applies?	Yes No 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 June 20, 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	5:53.19	6:02.29	5:19.59	13 - 14 400 I.M. *	5:02.39	5:46.19	5:34.19	2
1	5:47.09	5:56.59	5:14.09	15 & Over 400 I.M.*	4:49.09	5:29.99	5:19.49	2
3	2:55.19	3:00.19:	2:38.59	11 – 12 200 I.M.	2:35.89	2:58.09	2:52.29	4
5	2:25.29	2:29.39	2:11.49	15 & over 200 Free	2:00.79	2:18.99	2:13.49	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

* The event will be swum fastest to slowest alternating girls and boys heats. For the 13-14 and 15 & Over age groups, the events will be combined and scored separately.

Meet Event Schedule and “A” Cut-off Times

Saturday June 21, 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	NT	NT	NT	15 & over 400 Free Relay	NT	NT	NT	10
11	NT	NT	NT	13-14 400 Free Relay	NT	NT	NT	12
13	1:07.49	1:09.59	1:01.09	15 & over 100 Free	55.39	1:04.09	1:01.19	14
15	1:08.79	1:11.09	1:02.19	13-14 100 Free	57.99	1:06.59	1:04.09	16
17	2:41.99	2:44.69	2:26.59	15 & over 200 Fly	2:14.39	2:32.19	2:28.49	18
19	2:44.19	2:49.49	2:28.59	13-14 200 Fly	2:20.79	2:39.89	2:35.59	20
21	1:14.79	1:18.29	1:07.69	15 & over 100 Back	1:01.29	1:11.69	1:07.79	22
23	1:15.89	1:20.09	1:08.69	13 – 14 100 Back	1:04.89	1:15.09	1:11.69	24
25	3:01.99	3:08.49	2:44.69	15 & over 200 Breast	2:30.09	2:54.29	2:45.89	26
27	3:05.69	3:11.99	2:47.99	13 –14 200 Breast	2:36.29	3:02.39	2:52.69	28
29	10:36.79	10:47.99	12:07.59	13 -14 800 Free*	11:41.49	10:31.29	10:13.89	30
29	10:26.49	10:41.89	11:55.89	15 & over 800 Free*	11:12.19	10:04.59	9:48.29	30

* Swimmers must check-in 90 minutes before the event is scheduled to begin. The event will be swum in event order, fastest to slowest alternating girls and boys heats. Swimmers must provide their own timers and lap counters. For the 13-14 and 15 & Over age groups, the events will be combined and scored separately.

Saturday June 21, 2008 – Warm-up 12:00 P.M. – Meet starts at 1:00 P.M.

Event Order

Girls				Event	Boys			
Event	SCM	LCM	SCY		SCY	LCM	SCM	Event
31	NT	NT	NT	11 - 12 400 Free Relay	NT	NT	NT	32
33	NT	NT	NT	10 & under 400 Free Relay	NT	NT	NT	34
35	2:56.49	3:02.59	2:39.69	11-12 200 Fly	2:38.29	3:00.89	2:54.89	36
37	1:19.89	1:21.89	1:12.29	8 & under 100 Free	1:10.79	1:20.59	1:18.19	38
39	1:19.89	1:21.89	1:12.29	9-10 100 Free	1:10.79	1:20.59	1:18.19	40
41	1:09.69	1:14.09	1:03.09	11-12 100 Free	1:02.89	1:11.59	1:09.49	42
43	41.19	42.09	37.29	8 & under 50 Fly	36.69	40.99	40.49	44
45	41.19	42.09	37.29	9-10 50 Fly	36.69	40.99	40.49	46
47	36.09	36.59	32.69	11-12 50 Fly	32.39	36.59	35.79	48
49	42.19	43.69	38.19	8 & under 50 Back	38.39	44.19	42.39	50
51	3:16.29	3:23.69	2:57.69	11-12 200 Breast	2:52.99	3:21.19	3:11.09	52
53	42.19	43.69	38.19	9-10 50 Back	38.39	44.19	42.39	54
55	37.89	39.19	34.29	11-12 50 Back	33.69	38.79	37.29	56
57	1:43.19	1:47.09	1:33.39	10 & under 100 Breast	1:32.69	1:45.99	1:42.39	58
59	1:30.79	1:33.79	1:22.19	11-12 100 Breast	1:21.09	1:33.59	1:29.59	60
61	2:52.79	2:58.69	2:36.39	10 & under 200 Free	2:31.89	2:52.39	2:47.89	62
63	2:34.89	2:39.19	2:20.19	11-12 200 Free	2:16.59	2:35.69	2:30.89	64

Meet Event Schedule and "A" Cut-off Times

Sunday June 21, 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 #
65	NT	NT	NT	15 & over 400 Medley Relay	NT	NT	NT	66
67	NT	NT	NT	13-14 Medley Relay	NT	NT	NT	68
69	2:43.89	2:48.09	2:28.39	15 & over 200 I.M.	2:15.69	2:37.09	2:29.89	70
71	2:47.19	2:52.39	2:31.29	13-14 200 I.M.	2:21.89	2:42.79	2:36.69	72
73	31.19	32.29	28.19	15 & over 50 Free	25.39	29.39	27.99	74
75	31.69	32.79	28.69	13 - 14 50 Free	26.59	30.59	29.39	76
77	1:13.89	1:15.89	1:06.89	15 & over 100 Fly	1:00.49	1:09.09	1:06.89	78
79	1:15.19	1:17.29	1:08.09	13-14 100 Fly	1:03.39	1:11.99	1:10.09	80
81	2:41.19	2:47.29	2:25.89	15 & over 200 Back	2:12.69	2:34.29	2:26.59	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	1:24.39	1:27.69	1:16.39	15 & over 100 Breast	1:09.19	1:20.59	1:16.49	86
87	1:26.19	1:29.09	1:17.99	13-14 100 Breast	1:12.29	1:23.59	1:19.89	86
89	5:08.89	5:16.59	5:52.99	13 - 14 400 Free*	5:39.39	5:05.59	4:56.99	90
89	5:04.89	5:12.19	5:48.39	15 & over 400 Free*	5:25.29	4:53.29	4:44.69	90

* The events will be swum fastest to slowest alternating girls boys heats. Swimmers must provide their own timers.
For the 13-14 and 15 & over age groups, the events will be combined and scored separately.

Sunday June 21, 2008 – Warm-up at 12:00 P.M. – Meet starts at 1:00 P.M.

Event Order

Event #	SCM	LCM	SCY	Event	SCY	LCM	SCM	Event #
91	NT	NT	NT	10 & under 400 Medley Relay	NT	NT	NT	92
93	NT	NT	NT	11-12 400 Medley Relay	NT	NT	NT	94
95	35.79	36.49	32.39	8 & under 50 Free	31.89	36.19	35.29	96
97	35.79	36.49	32.39	10 & under 50 Free	31.89	36.19	35.29	98
99	32.89	33.69	29.79	11-12 50 Free	28.59	32.99	31.59	100
101	1:35.79	1:38.69	1:26.69	10 & under 100 Fly	1:25.69	1:37.19	1:34.69	102
103	1:21.29	1:22.89	1:13.59	11-12 100 Fly	1:12.19	1:22.09	1:19.79	104
105	1:30.89	1:35.29	1:22.19	10 & under 100 Back	1:21.69	1:33.69	1:30.19	106
107	1:22.79	1:26.29	1:14.89	11 – 12 100 Back	1:12.29	1:23.59	1:19.89	108
109	46.49	48.29	41.99	8 & under 50 Breast	42.49	48.49	46.89	110
111	46.49	48.29	41.99	9-10 50 Breast	42.49	48.49	46.89	112
113	41.99	42.09	37.99	11-12 50 Breast	37.59	43.09	41.49	114
115	3:14.49	3:20.59	2:55.99	10 & under 200 I.M.	2:55.29	3:18.89	3:13.69	116
117	2:53.59	3:00.69	2:37.09	11-12 200 Back	2:33.79	3:00.29	2:49.99	118
119	5:57.39	6:09.69	6:48.39	10 & under 400 Free*	6:44.59	6:06.79	5:54.09	120
121	5:23.19	5:32.39	6:09.29	11-12 400 Free*	6:04.69	5:29.19	5:19.19	122

* The 400 freestyle will be swum fastest to slowest, alternating girls and boys heats.

ENTRY VERIFICATION FORM
TWST June 20, 2008 BB & 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

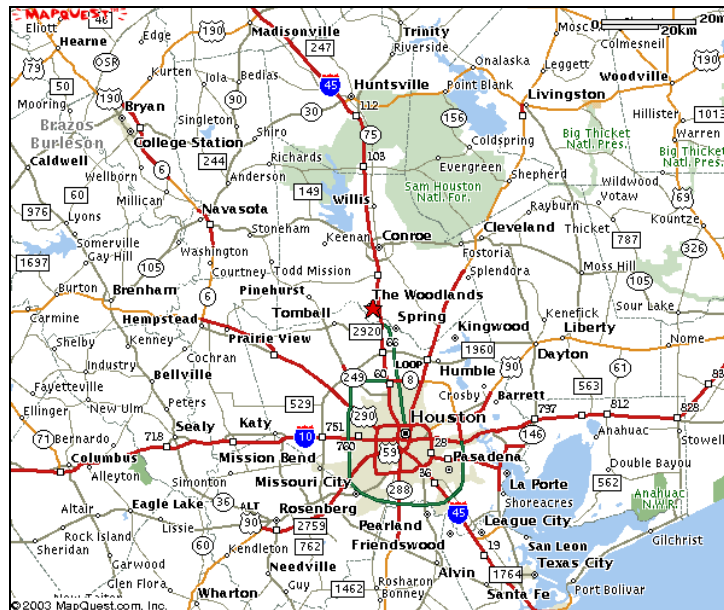
- 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
- 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting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

