



2008 Gulf Long Course Time Trial Meet

A LONG COURSE TIMED FINALS MEET

HOSTED BY

The Woodlands Swim Team - TWST

July 5, 2008

SANCTION #GULC 08-015

- 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 Coaches: Brad Radford, Shannon Clifton
- 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:** This is a timed finals that will be run between the prelim and final sessions of the Gulf Championship Meet.
- Saturday, July 5, 2008 (timed finals)
- Warm Ups:** A 25 minute warm-up session for the Time Trial meet will start immediately after completion of Saturday' prelim session.
- Meet Start:** Time Trials Meet begins 30 minutes after completion of Saturday's prelim session.
- MEET OPERATION:** This meet will be conducted utilizing over the top starts from the deep end of the pool. Events of the same distance will be combined for age groups and boys/girls to the extent possible due to limited amount of time available to conduct this time trial 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: eric.amundsen@sug.com
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:** Swimmers will not be required to circle in. Deck entry into the event will serve to confirm the swimmer's desire to participate in the event.
- ON-DECK ENTRIES:**
1. All swimmers must enter events by deck entry with the Time Trials Clerk of Course by 11:00 am Saturday July 5, 2008.
 2. Use best long course meter time. Entry times must be from USA Swimming Meets. No yard times will be accepted and there will be no conversion from yard to meter times. The swimmers entered will be seeded into the events according to their best times. Events of same distance may be combined. The three-event rule and up/down rule are NOT in effect for this meet.
 3. Age: Swimmers must enter events based on their age on July 5, 2008.
 4. Qualifying Times: See 2008 USA Swimming Long Course Meter Time Standards attached.
 - a) 10 & Under Age swimmers must have a minimum of a BB time.
 - b) 11& Up Age swimmers must have a minimum of an A time.
 5. Fees for this meet have been set by Gulf Swimming at \$9.00 per individual event.
 6. Swimmers who are swimming at Gulf Champs may swim a maximum of 3 events per day; this includes events swum at Gulf Champs on Saturday. Swimmers that are not swimming at the Gulf Championship meet may swim a maximum of 5 Time Trial events. For example, if a swimmer swims the 50 Free on Saturday at Gulf Championships, they can swim no more than two Time Trial events (for a total of three events for the day).
 7. Events may be limited based on the timeline window to run this time trials meet between the Saturday prelim and final session of the Gulf Championship Meet. Time Trials must end by 5:00 PM in order to begin the 5:30 PM Finals warm-up for the Gulf Championship Meet.
- ELIGIBLE TEAMS:** All Gulf LSC registered teams and Gulf registered swimmers.
- AWARDS:** There will be no awards for the time trial meet.
- SCORING:** The time trial meet will not be scored.
- 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 does not apply to this meet; the Gulf up/down rule does not apply to 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 back-up. Time trial swimmers must provide their own timers (2 per lane).
- 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 Gulf Qualifying Times
Entry Verification Form
Gulf Safety Guidelines and Warm-up Procedures
Map and Directions
Official Meet Entry Form

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Entry Rules

Max # individual events per day	See On-Deck Entry Rule #5 above
Swimmer eligible	Gulf Swimmers Only
Entry times in	Long Course Meters
Qualifying times	11 & Up - A Times, 10 & U BB Times
Cut-off times	None
Enter with no time?	No
Gulf "three event" rule applies?	No
Gulf "up/down" rule applies?	No
Fees	Individual - \$9.00

Saturday July 5, 2008

Event Schedule and Qualification Times – Long Course Meters

Women's Event #	10 & Under BB Time Std	11-12 A Time Std	13-14 A Time Std	Senior A Time Std	Distance	Stroke	10 & Under BB Time Std	11-12 A Time Std	13-14 A Time Std	Senior A Time Std	Men's Event #
1	40.89	33.69	32.79	32.29	50	Free	40.39	32.99	30.59	29.39	2
3	49.89	39.19			50	Back	50.49	38.79			4
5	3:47.29	3:00.19	2:52.39	2:48.09	200	IM	3:44.79	2:58.09	2:42.79	2:37.09	6
7	6:55.79	5:32.39	5:16.59	5:12.19	400	Free	6:52.69	5:29.19	5:05.59	4:53.29	8
9	2:02.39	1:33.79	1:29.09	1:27.69	100	Breast	1:59.79	1:33.59	1:23.59	1:20.59	10
11	1:56.19	1:22.89	1:17.59	1:15.89	100	Fly	1:53.99	1:22.09	1:11.99	1:09.09	12
13	3:23.79	2:39.19	2:32.59	2:29.39	200	Free	3:13.99	2:35.69	2:24.99	2:18.99	14
15		6:27.59	6:02.29	5:56.59	400	IM		6:24.29	5:46.19	5:29.99	16
17	54.89	42.09			50	Breast	55.09	43.09			18
19	48.59	36.59			50	Fly	46.89	36.59			20
21		3:00.69	2:51.39	2:47.29	200	Back		3:00.29	2:41.59	2:34.29	22
23		3:02.59	2:49.49	2:44.69	200	Fly		3:00.89	2:39.89	2:32.19	24
25	1:32.99	1:14.09	1:11.09	1:09.59	100	Free	1:31.09	1:11.59	1:06.59	1:04.09	26
27		3:23.69	3:11.99	3:08.49	200	Breast		3:21.19	3:02.39	2:54.29	28
29	1:48.89	1:26.29	1:20.09	1:18.29	100	Back	1:46.09	1:23.59	1:15.09	1:11.69	30

ENTRY VERIFICATION FORM

Gulf Time Trial Meet - Long Course July 5, 2008

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

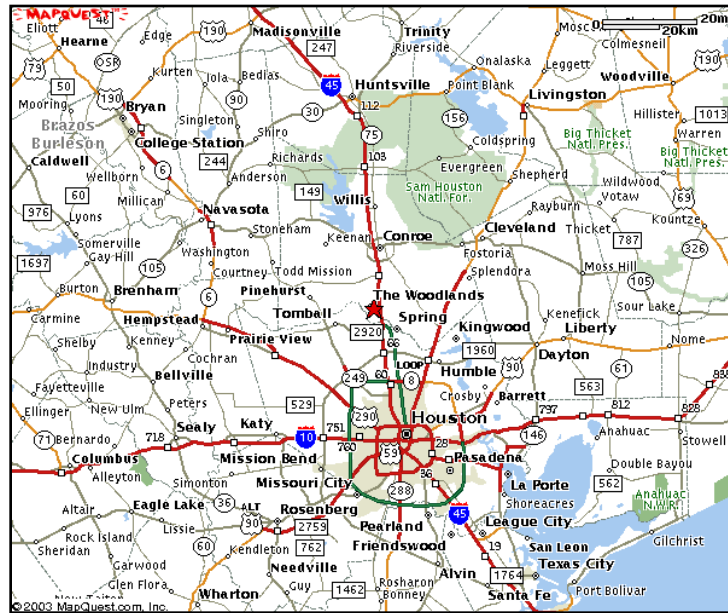
- 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
- 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting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

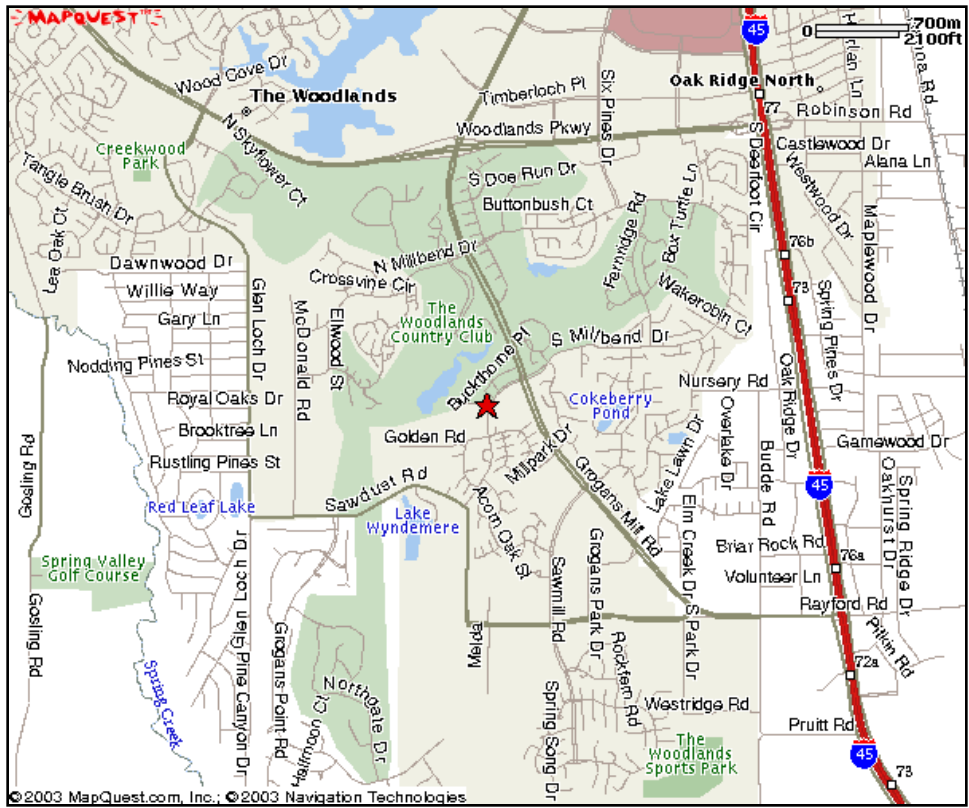
- 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
- 2. Glass containers are prohibited.
- 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.
- 4. **Special rules for the 25-yard indoor pool:**
 - 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.



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