



**GULF SWIMMING BB & UNDER MEET**  
**A Long Course Timed Finals Meet**  
**HOSTED BY**  
**DAD'S CLUB SWIM TEAM, INC.**  
**June 19-21, 2009**  
**SANCTION #GULC 09-016**

**LOCATION:** **Dad's Club Aquatic Center, 1006 Old Voss Road, Houston, Texas 77055**  
On the north side of Interstate 10, between 610 West Loop and the West Sam Houston Tollway, just west of the intersection of Interstate 10 and Bingle/Voss. (See attached map.)

**Directions:** From downtown Houston, take Interstate 10 West to the Bingle/Voss Exit. Stay on the feeder road headed west through the Bingle/Voss intersection and turn right on Old Voss Road. The entrance to the Dad's Club is immediately on the right.

From the West Sam Houston Tollway, take Interstate 10 East to the Bingle/Voss Exit. Stay on the feeder road headed east and u-turn under the freeway at Bingle/Voss. Head west on the feeder road and turn right on Old Voss Road. The entrance to the Dad's Club is immediately on the right.

**Parking will be at the SBISD Grob Stadium parking lot, which is north of the Dad's Club on Westview. Parking WILL NOT be allowed on any side streets adjacent or near the Dad's Club - parking tickets will be issued by the City of Spring Valley Village Police Department. Parents should drop off swimmers and heavy gear at the front parking lot at the Dad's Club and then proceed north on Old Voss Road to Westview, turn left and the parking lot entrance will be a short distance down on the right. Shuttle service will be provided between the parking lot and the facility during the meet. We encourage parents to carpool if at all possible.**

**ONLY COACHES AND SWIM MEET OFFICIALS WILL BE ALLOWED TO PARK AT THE DAD'S CLUB AND ONLY IN THE BACK PARKING LOT.**

**Swimmers and families should bring chairs to sit on during the meet and tents if so desired.**

**COACHES:** Rey Aguilar                      Head Coach  
Jane Swanson                      Assistant Coach  
Luis Alvarado                      Assistant Coach

**POOL:** Ten lane, 50 meter **outdoor** pool with non-turbulent lane lines. A limited separate warm-up/warm-down indoor pool will be available for this event.

**TIME AND DATE:** This is a timed finals meet. Friday, Saturday & Sunday, June 19, 20 & 21, 2009.

<b>Friday (evening – 11 &amp; Over):</b>	Warm-up at 5:00 p.m. Meet starts at 6:30 p.m.
<b>Saturday (morning – 13 &amp; Over):</b>	Warm-up at 7:30 a.m. Meet starts at 9:00 a.m.
<b>Saturday (afternoon – 12 &amp; Under):</b>	Warm-up at 12:00 p.m. Meet starts at 1:00 p.m.
<b>Sunday (morning – 13 &amp; Over):</b>	Warm-up at 7:30 a.m. Meet starts at 9:00 a.m.
<b>Sunday (afternoon – 12 &amp; Under):</b>	Warm-up at 12:00 p.m. Meet starts at 1:00 p.m.

Split warm-ups will be in effect at 7:30 a.m. and 8:05 a.m. with assignments posted

on the Gulf Swimming website. There will be a general warm-up for all teams on Friday night until 6:15 p.m. Lane assignments for warm-ups and timing will be designated in the psych sheet and posted on the Gulf Swimming website at least three days prior to the start of the meet. This meet is scheduled to be run in split sessions, but depending upon the number of entries, it may be changed to run in a single session each day. If a change is made, a notice will be posted on the Gulf website by the Tuesday before the meet. If the morning session on either Saturday or Sunday runs past 12:00 p.m., warm-ups for the afternoon session will commence immediately upon completion of the morning session and the afternoon session will commence one (1) hour after the completion of the morning session or 1:00 p.m., whichever is later.

**MEET TYPE:** This meet will be run utilizing the “Flyover Starts” procedures unless a waiver is received from the Technical Planning Committee Chairman. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the “Flyover Start” procedures. All starts will be conducted from the south end of the pool, except for the 50 meter freestyle.

**MEET REFEREE:** Jay Cookingham, email to: [jaycooker@sbcglobal.net](mailto:jaycooker@sbcglobal.net)

**MEET DIRECTOR:** C. Frank Robinson, (713) 254-0818, [no5@rasoape.com](mailto:no5@rasoape.com)

**SAFETY MARSHAL:** Linda Kutac

**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 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, for each event in which he/she fails to appear. Relay cards must be turned in to the Clerk of Course by no later than 8:15 a.m. for morning sessions and no later than 12:15 p.m. for afternoon sessions (or 45 minutes before the start of the afternoon sessions), 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. Friday 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.

**Cut-off Times:** Swimmers must not have equaled or bettered the cut-off times attached. Cut-off times are 2009-2012 USA National Motivational A times and are included with this invitation.

**Age:** As of June 19, 2009.

**Number of Events:** Swimmers may compete in up to three 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, June 12, 2009. 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. Email entries should be sent to [Lshuchart@aol.com](mailto:Lshuchart@aol.com). Teams are asked to zip the commonlink file before attaching to the email. Questions about meet entries should be addressed to Lee Shuchart at [Lshuchart@aol.com](mailto:Lshuchart@aol.com). Entries sent by email must have a check and hard copy of entries postmarked within 24 hours of the meet entry deadline. Make checks payable to Dad's Club Swim Team, Inc. Mail, email or hand deliver entries to the Meet Entry Chairman at:

Lee Shuchart  
7930 North Wellington Court  
Houston, Texas 77055  
(713) 385-6014  
[Lshuchart@aol.com](mailto:Lshuchart@aol.com).

**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). Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission.

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 USA Swimming registered teams and swimmers.

**Fees:** \$4.00 per Individual Event and \$7.50 for each Relay event. Make checks payable to Dad's Club Swim Team, Inc. Entry fees must accompany entries, if delivered by any method other than email.

## AWARDS:

Individual events: ribbons 1<sup>st</sup> – 8<sup>th</sup> place.  
Relay events: ribbons 1<sup>st</sup> – 3<sup>rd</sup> place.

**SCORING:** Individual Events: 9-7-6-5-4-3-2-1  
Relay Events: 18-14-12-10-8-6-4-2

**RULES AND SANCTIONS:**

The 2008-2009 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. 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. 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 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.

**POOL MEASUREMENT:**

The pool has been measured in accordance with USA Swimming Rule 104.2.2(C). An application for certification by USA Swimming is pending.

**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. 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 800 Freestyle must provide two 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.

Coaches and Officials must present their membership cards in order to receive complimentary Psych Sheets and for admission to the Hospitality Room.

**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 are not eligible to swim an event if they have times faster than the cut-off. Once swimmers have qualified for a particular division in a particular 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 Meet Director or the Referee. Swimmers shall be fined \$50.00 for each event in which they competed and are over qualified.

**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 at this meet.

**HOSPITALITY:** A hospitality room will be available at this meet for coaches and meet officials.

**MERCHANDISE:** International Sporting Goods, LLC 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](http://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  
Official Meet Entry Form

## ENTRY VERIFICATION

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.

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Signature

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Printed Name & Title

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Date





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Entry Rules	
Type of Meet	Timed Finals
Max Number Individual Events Per Day <i>(800 Free does not count as one of the 3 events per day. 11-12 and 10 &amp; under 400 Free do not count as one of the 3 events per day)</i>	Three (3)
Swimmers Eligible	All USA Swimming Registered
Entry Times In	SCY/SCM/LCM
Qualifying Times	None
Cut-Off Times	2009-2012 A Times
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 per event; Relays - \$7.50 per relay

**Friday, June 19, 2009 (11 & Over):** Warm-up at 5:00 p.m. Meet Starts at 6:30 p.m.

GIRLS CUT-OFF TIME					BOYS CUT-OFF TIME				
Heat	SCY	SCM	LCM	Age	Event	SCY	SCM	LCM	Heat
1	5:09.89	5:42.39	5:50.59	15 & Over	400 I. M.*	4:47.79	5:18.09	5:27.09	2
1	5:17.79	5:51.19	6:00.99	13-14	400 I. M.*	5:00.49	5:31.99	5:44.49	2
3	2:37.59	2:54.09	2:59.79	11-12	200 I. M.	2:35.59	2:51.89	2:58.09	4
5	2:10.39	2:23.99	2:27.19	15 & Over	200 Free	2:00.09	2:12.69	2:17.19	6
7	2:13.79	2:27.89	2:31.79	13-14	200 Free	2:05.29	2:18.39	2:23.29	8

**Saturday A.M., June 20, 2009 (13 & Over):** Warm-up at 7:30 a.m. Meet Starts at 9:00 a.m.

GIRLS CUT-OFF TIME					BOYS CUT-OFF TIME				
Heat	SCY	SCM	LCM	Age	Event	SCY	SCM	LCM	Heat
9	n/a	n/a	n/a	15 & Over	400 Free Relay	n/a	n/a	n/a	10
11	n/a	n/a	n/a	13-14	400 Free Relay	n/a	n/a	n/a	12
13	1:00.79	1:07.09	1:08.59	15 & Over	100 Free	55.19	1:00.99	1:03.09	14
15	1:02.19	1:08.69	1:10.39	13-14	100 Free	57.39	1:03.49	1:05.99	16
17	2:24.49	2:39.59	2:42.69	15 & Over	200 Fly	2:13.39	2:27.39	2:30.59	18
19	2:28.59	2:44.19	2:48.29	13-14	200 Fly	2:20.29	2:34.99	2:38.79	20
21	1:06.59	1:13.59	1:16.29	15 & Over	100 Back	1:01.09	1:07.49	1:10.59	22
23	1:08.49	1:15.69	1:17.79	13-14	100 Back	1:04.19	1:10.99	1:14.49	24
25	2:42.79	2:59.89	3:05.69	15 & Over	200 Breast	2:30.09	2:45.89	2:54.29	26
27	2:46.79	3:04.29	3:11.99	13-14	200 Breast	2:36.29	2:52.69	3:01.99	28
29	11:55.89	10:26.49	10:37.09	15 & Over	800 Free*	11:12.19	9:48.29	10:01.89	30
29	12:07.59	10:36.79	10:47.99	13-14	800 Free*	11:36.39	10:09.49	10:29.39	30

**Saturday P.M., June 20, 2009 (12 & Under):** Warm-up at 12:00 p.m. Meet Starts at 1:00 p.m.

GIRLS CUT-OFF TIME					BOYS CUT-OFF TIME				
Heat	SCY	SCM	LCM	Age	Event	SCY	SCM	LCM	Heat
31	n/a	n/a	n/a	11-12	400 Free Relay	n/a	n/a	n/a	32
33	n/a	n/a	n/a	10 & Under	400 Free Relay	n/a	n/a	n/a	34
35	2:38.59	2:55.19	2:59.29	11-12	200 Fly	2:35.29	2:51.59	2:58.49	36
37	1:11.89	1:19.49	1:21.89	8 & Under	100 Free	1:10.79	1:18.19	1:20.59	38
39	1:11.89	1:19.49	1:21.89	9-10	100 Free	1:10.79	1:18.19	1:20.59	40
41	1:03.09	1:09.69	1:13.49	11-12	100 Free	1:02.69	1:09.19	1:11.39	42
43	37.29	41.19	42.09	8 & Under	50 Fly	36.69	40.49	40.99	44

\*The 400 I. M. and 400/800 Freestyle will be swum fastest to slowest, alternating girls and boys heats.  
 Swimmers in the 800 Freestyle must provide two timers.  
 For the 13-14 and 15 & Over age groups, the events will be combined and scored separately.

**NOTE:** If the morning session on either Saturday or Sunday runs past 12:00 p.m., warm-ups for the afternoon session will commence immediately upon completion of the morning session and the afternoon session will commence one (1) hour after the completion of the morning session or 1:00 p.m., whichever is later.



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**Saturday P.M., June 20, 2009 (12 & Under):**

Warm-up at 12:00 p.m. Meet Starts at 1:00 p.m.

GIRLS CUT-OFF TIME					BOYS CUT-OFF TIME					
Heat	SCY	SCM	LCM	Age	Event	SCY	SCM	LCM	Heat	
45	37.29	41.19	42.09	9-10	50	Fly	36.69	40.49	40.99	46
47	32.39	35.79	36.29	11-12	50	Fly	32.09	35.49	36.19	48
49	38.09	42.09	43.69	8 & Under	50	Back	38.29	42.29	43.89	50
51	2:56.89	3:15.49	3:23.69	11-12	200	Breast	2:52.89	3:10.99	3:20.79	52
53	38.09	42.09	43.69	9-10	50	Back	38.29	42.29	43.89	54
55	33.89	37.49	38.99	11-12	50	Back	33.49	36.99	38.69	56
57	1:33.39	1:43.19	1:46.99	10 & Under	100	Breast	1:31.79	1:41.39	1:45.99	58
59	1:22.19	1:30.79	1:33.79	11-12	100	Breast	1:20.49	1:28.99	1:32.49	60
61	2:36.39	2:52.79	2:58.49	10 & Under	200	Free	2:31.89	2:47.89	2:52.39	62
63	2:19.89	2:34.59	2:37.69	11-12	200	Free	2:16.19	2:30.49	2:34.89	64

**Sunday A.M., June 21, 2009 (13 & Over):**

Warm-up at 7:30 a.m. Meet Starts at 9:00 a.m.

GIRLS CUT-OFF TIME					BOYS CUT-OFF TIME					
Heat	SCY	SCM	LCM	Age	Event	SCY	SCM	LCM	Heat	
65	n/a	n/a	n/a	15 & Over	400	Medley Relay	n/a	n/a	n/a	66
67	n/a	n/a	n/a	13-14	400	Medley Relay	n/a	n/a	n/a	68
69	2:26.99	2:42.49	2:47.29	15 & Over	200	I. M.	2:15.09	2:29.29	2:35.89	70
71	2:30.49	2:46.29	2:51.49	13-14	200	I. M.	2:20.29	2:34.99	2:42.39	72
73	27.99	30.99	31.79	15 & Over	50	Free	25.29	27.99	28.79	74
75	28.69	31.69	32.49	13-14	50	Free	26.29	29.09	30.29	76
77	1:06.29	1:13.29	1:14.19	15 & Over	100	Fly	1:00.09	1:06.39	1:07.69	78
79	1:07.79	1:14.89	1:16.49	13-14	100	Fly	1:02.89	1:09.49	1:11/09	80
81	2:23.89	2:38.99	2:44.29	15 & Over	200	Back	2:12.39	2:26.29	2:31.29	82
83	2:27.29	2:42.79	2:47.39	13-14	200	Back	2:18.19	2:32.79	2:40.69	84
85	1:15.69	1:23.59	1:26.69	15 & Over	100	Breast	1:08.89	1:16.09	1:19.69	86
87	1:17.59	1:25.79	1:28.99	13-14	100	Breast	1:12.09	1:19.59	1:21.29	88
89	5:52.99	5:08.89	5:16.59	13-14	400	Free*	5:35.19	4:53.39	5:02.79	90
89	5:47.39	5:03.99	5:08.89	15 & Over	400	Free*	5:24.29	4:43.79	4:50.19	90

**Sunday P.M., June 21, 2009 (12 & Under):**

Warm-up at 12:00 p.m. Meet Starts at 1:00 p.m.

GIRLS CUT-OFF TIME					BOYS CUT-OFF TIME					
Heat	SCY	SCM	LCM	Age	Event	SCY	SCM	LCM	Heat	
91	n/a	n/a	n/a	10 & Under	400	Medley Relay	n/a	n/a	n/a	92
93	n/a	n/a	n/a	11-12	400	Medley Relay	n/a	n/a	n/a	94
95	32.19	35.49	36.39	8 & Under	50	Free	31.59	34.89	36.09	96
97	32.19	35.49	36.39	9-10	50	Free	31.59	34.89	36.09	98
99	29.49	32.59	33.69	11-12	50	Free	28.59	31.59	32.59	100
101	1:26.69	1:35.79	1:37.89	10 & Under	100	Fly	1:25.59	1:34.59	1:36.49	102
103	1:13.19	1:20.89	1:22.89	11-12	100	Fly	1:11.69	1:19.19	1:21.49	104
105	1:22.19	1:30.89	1:35.29	10 & Under	100	Back	1:21.29	1:29.79	1:33.29	106
107	1:14.19	1:21.99	1:23.29	11-12	100	Back	1:12.29	1:19.89	1:23.59	108
109	41.99	46.49	48.29	8 & Under	50	Breast	42.19	46.69	48.49	110
111	41.99	46.49	48.29	9-10	50	Breast	42.19	46.69	48.49	112
113	37.79	41.69	42.09	11-12	50	Breast	37.29	41.19	43.09	114
115	2:55.99	3:14.49	3:19.89	10 & Under	200	I. M.	2:55.29	3:13.69	3:18.89	116
117	2:35.89	2:52.29	3:00.19	11-12	200	Back	2:32.89	2:48.89	2:56.39	118
119	6:48.39	5:57.39	6:05.89	10 & Under	400	Free*	6:44.59	5:54.09	6:06.79	120
121	6:09.29	5:23.19	5:32.39	11-12	400	Free*	6:04.69	5:19.19	5:27.09	122

\*The 400 I. M. and 400/800 Freestyle will be swum fastest to slowest, alternating girls and boys heats. Swimmers in the 800 Freestyle must provide two timers . For the 13-14 and 15 & Over age groups, the events will be combined and scored separately.

**NOTE:** If the morning session on either Saturday or Sunday runs past 12:00 p.m., warm-ups for the afternoon session will commence immediately upon completion of the morning session and the afternoon session will commence one (1) hour after the completion of the morning session or 1:00 p.m., whichever is later.



## 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**.

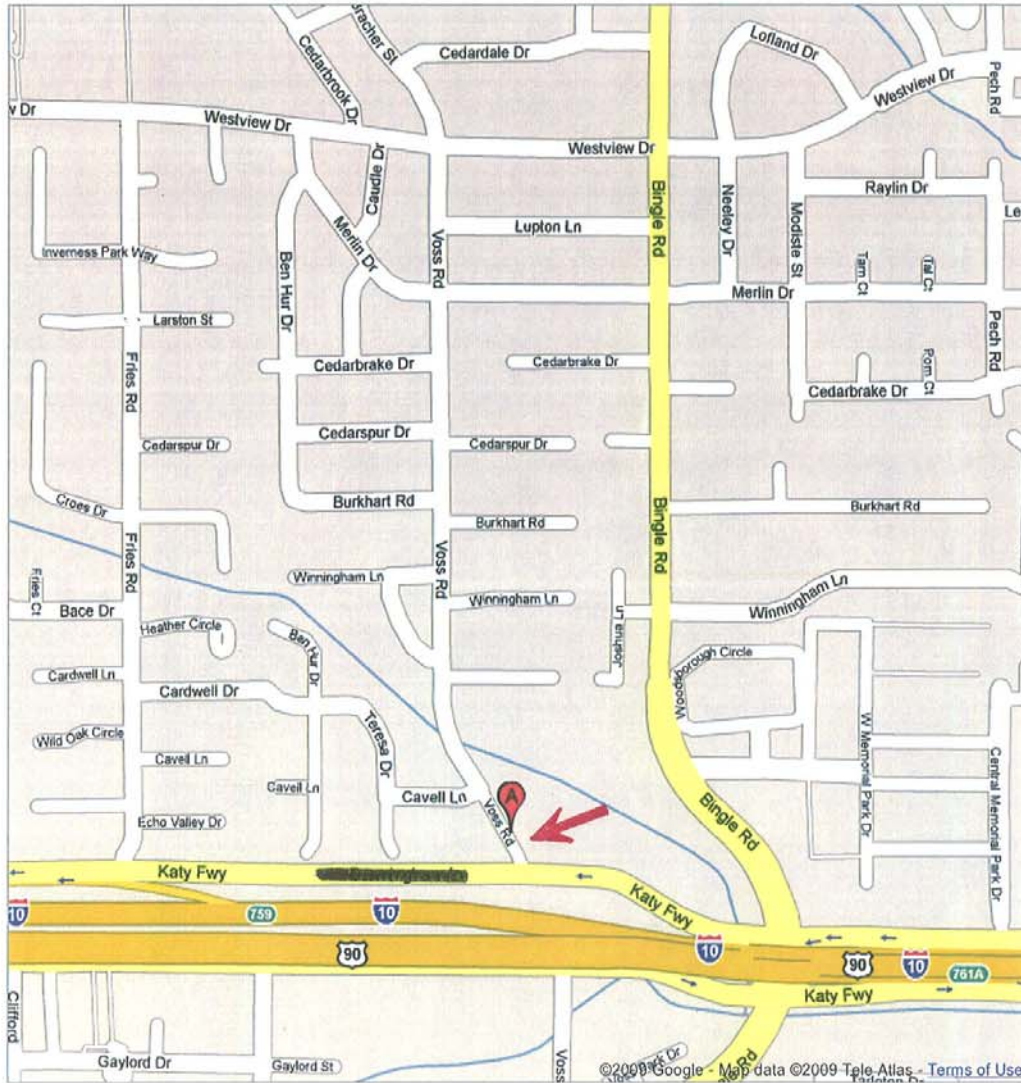

### SAFETY GUIDELINES

- 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 breaststrokers 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.



Address **1006 Voss Rd**  
**Houston, TX 77055**

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