



**TYR, ESA Open 8 & Under Sprint SCY Meet
A SHORT COURSE YARDS TIMED FINALS MEET**

Hosted By

Eagle Swimming Association and TYR

April 4, 2009

Sanction No. GULC 09-002

LOCATION:

Atascocita High School
13300 Will Clayton Parkway
Humble, Texas 77346

DIRECTIONS:

DIRECTIONS- FROM HIGHWAY 59: EXIT HIGHWAY 59 AT 1960 AND TRAVEL TO WEST LAKE HOUSTON AND TURN RIGHT. TRAVEL TO WILL CLAYTON PARKWAY AND TAKE A RIGHT. ATASCOCITA HIGH SCHOOL WILL BE ON YOUR IMMEDIATE LEFT.

FROM BELTWAY 8: EXIT WEST LAKE HOUSTON PARKWAY. TRAVEL TO WILL CLAYTON PARKWAY AND TAKE A LEFT. ATASCOCITA HIGH SCHOOL WILL BE ON YOUR IMMEDIATE LEFT.

See Attached Map

COACHES:

Head Coach: Bill Bailey

Head Age Group Coach: John Dissinger

Assistant Coaches: Clay Pruitt, David Pink, Jorge Huerta.

POOL:

8 Lane, 25 yard indoor competitive pool with non-turbulent lane lines. No warm up/down area during meet.

TIME & DATE:

This is a timed-finals meet.

Saturday, April 4th, 2009

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

Split warm-ups will be in effect. Lane assignments and starting times for warm-ups and lane timing will be designated in the psych sheet and posted on the Gulf Swimming website (www.gulfswimming.org) at least three days prior to the start of the meet.

FLYOVER STARTS:

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.

MEET OFFICIALS:

Referee: Dorothy Brelah

Meet Director: David Pink: esameetentries@earthlink.net

Safety Marshal: Jeff Ferguson

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 Course for all of the day's events. After the events are officially closed, no one may check in or scratch. Swimmers in the first event of the day must check in 45 minutes prior to the meet starting time. Swimmers in other events must check in 45 minutes prior to the event. 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.

There will not be any relay events for this meet.

ON-DECK ENTRIES:

Deck entries will be accepted up to 30 minutes before the start of the meet. Those swimmers missing the 6:00 p.m. Friday, March 27, 2009 entry deadline may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee. (\$7.50 for individual events).
2. Swimmers must supply completed entry forms entered at the swimmers' best times. The swimmers entered on deck 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 a 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. Entry times should not be converted by the entrant – they will be converted to the proper course by the host team using the default conversions in Hy-Tek. 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. Entry times must be from USA Swimming Meets.

Cut-off Times/Qualifying Times

None

Age:

8 & Under as of April 4, 2009

Number of events:

Swimmers may compete in four (4) individual events per day.

Deadline:

Entries must be in the hands of the Entries Director no later than 6:00 p.m., Friday, March 27, 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.

Mail completed entry forms to:
David Pink
19322 Kristen Pine Dr
Humble, TX 77346
esameetentries@earthlink.net
Cell 713/492-5344,
home 281/570-6051

Entries:

All teams with 10 or more swimmers entered in this meet **MUST** submit their entries by email, using the Hy-Tek-Meet Manager/Team Manager computer software, along with a hard copy print out of your entries. Unattached swimmers should be entered in a separate file on the same diskette. Teams without Hy-Tek should submit their entries on the enclosed Entry Form. Teams with 10 or more swimmers entered in this meet using only an entry form (no diskette) must pay a \$25 surcharge payable to ESA with their entries. Individual entries may be submitted on the enclosed entry form. For teams submitting their entries by email, you must zip the commlink file before attaching to the email. The print out of the team's entries, entry verification and payment of entry fees must be postmarked no later than 24 hours after the entry deadline as stated in the Meet Invitation.

Eligible Teams:

All USA Swimming registered teams and USA Swimming registered swimmers.

Fees:

Entry fees of \$3.75 per individual event must accompany entries. Make all checks payable to ESA.

AWARDS:

Individual events - ribbons, 1st through 8th place will be given for each age group. Team Awards will be given for the top 3 Teams

SCORING:

Individual events: 9,7,6,5,4,3,2,1 (1st through 8th place)

RULES & SANCTIONS:

The meet will be held under the sanction of USA Swimming and Gulf Swimming. The 2008 - 2009 USA Swimming and Gulf Swimming rules will apply. No entries can be accepted unless the entrant is either USA Swimming registered or certified by USA Swimming. The three event rule and up/down rule do not apply.

POOL MEASUREMENT:

The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct.

TIMING SYSTEM:

The Colorado System 6 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 and on Gulf Swimming web site (www.gulfswimming.org) by Wednesday, April 1, 2009

POOL DECK RESTRICTION:

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf 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/Heat Sheets and for admission to the Hospitality Room.

This is an indoor swimming pool with limited seating inside. The stands will NOT be open for permanent seating. Teams/families should bring tents, tarps and chairs to sit outside the facility on the lawn. While spectators are welcome to watch their athletes swim, they are asked to return to their team's seating area

at the conclusion of the viewed swim.

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.

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:

A concession stand will be open during the meet.

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 website at: (www.gulfswimming.org) three days after the meet.

**Gulf 8 & Under Sprint SCY Meet
Hosted by Eagle Swimming Association
Saturday April 4th, 2009**

Entry Rules:	Type of meet	Timed Finals
	Max # individual events per day	Four (4)
	Swimmers eligible	All USA Registered Swimmers
	Entry times in	SCY, SCM, LCM
	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 \$3.75

Saturday April 4th, 2009

Warm-ups start 7:30 AM, Meet starts 9:00 AM

Girls Event	Age Group	Distance	Event Description	Boys Event
1	6 & Under	25	Breast	2
3	7 yr old	25	Breast	4
5	8 yr old	25	Breast	6
7	6 & Under	50	Free	8
9	7 yr old	50	Free	10
11	8 yr old	50	Free	12
13	6 & Under	25	Fly	14
15	7 yr old	25	Fly	16
17	8 yr old	25	Fly	18
19	6 & Under	50	Back	20
21	7 yr old	50	Back	22
23	8 yr old	50	Back	24
25	6 & Under	50	Breast	26
27	7 yr old	50	Breast	28
29	8 yr old	50	Breast	30
31	6 & Under	25	Free	32
33	7 yr old	25	Free	34
35	8 yr old	25	Free	36
37	6 & Under	50	Fly	38
39	7 yr old	50	Fly	40
41	8 yr old	50	Fly	42
43	6 & Under	25	Back	44
45	7 yr old	25	Back	46
47	8 yr old	25	Back	48
49	6 & Under	100	I.M.	50
51	7 yr old	100	I.M.	52
53	8 yr old	100	I.M.	54

Individual events will be scored in single age brackets for all ages 6&U to 8. That is events will be scored and awards provided in the following age brackets: 6&U, 7 and 8.

APPENDIX G
SAFETY GUIDELINES AND WARM-UP PROCEDURES

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. **This is an indoor swimming pool with limited seating inside. The stands will NOT be open for permanent seating. Teams/families should bring tents, tarps and chairs to sit outside the facility on the lawn. While spectators are welcome to watch their athletes swim, they are asked to return to their team's seating area at the conclusion of the viewed swim.**

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.

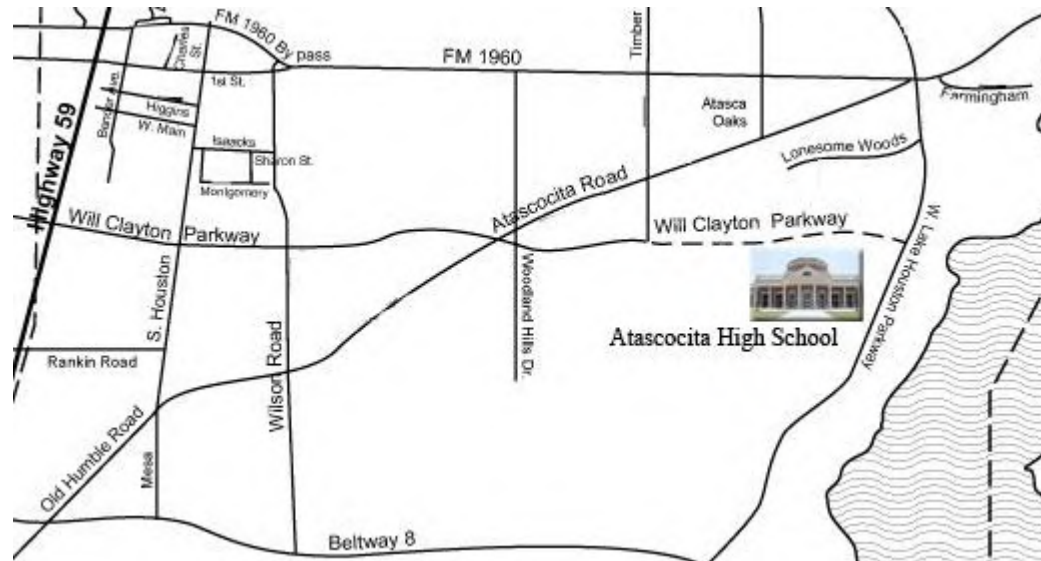
Signature

Title

Date

LOCATION:

Atascocita High School
13300 Will Clayton Parkway
Humble, Texas 77346



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