



**Gulf Swimming "A & Over" Meet**

**HOSTED BY  
First Colony Swim Team**

**Long Course Meters – Timed Finals  
May 9 – 10, 2009  
SANCTION GULC 09-012**

**Entry Deadline- May 7, 2009- 9:00 AM**

**LOCATION:** **First Colony Aquatic Center  
4350 Austin Parkway  
Sugar Land, TX. 77479**

Directions: (Take Highway 59 south to exit for Highway 6, take a left on to Highway 6 to Austin Parkway (approx. 2.7 miles), take right on Austin Parkway and the Aquatic Center is on your left approximately 1/2 mile from Highway 6.

**Swimmers and families should bring chairs to sit on during the meet.**

**COACH:** Allison Beebe                      Head Coach  
Jarrod Murphy                      Lead 10 & Under Coach  
Kyle Shuck                      Assistant Coach  
Dana Skelton                      Assistant Coach  
Hillary Martinez                      Assistant Coach

**POOL:** Nine (9) lane, 50 meter, outdoor pool with non-turbulent lane lines.

**WARM UP LANE** During the meet, lanes 1-8 will be designated competition lanes, and lane 9, separated by double lane ropes will be the designated WU/WD lane. Swimmers must enter and exit the WU/WD lane from the 25m mark of the pool. Swimmers are also required to observe proper etiquette before entering the pool (a passing heat has the right of way, so always wait until the heat passes before entering the pool, feet first). Lingering in the lane or playing will not be permitted. A safety marshal will be assigned to monitor the WU/WD lane and enforce these rules throughout the meet. **The safety marshal has the authority to remove from the WU/WD lane any swimmer who does not comply with these rules. The Meet Referee may exercise additional adjudication authority as necessary.**

**TIME AND DATE:** **This is a timed final meet.** This meet will be run utilizing chase starts. Girls and boys will swim alternating heats with the girls starting from one end and the boys starting from the opposite end.

Saturday May 9                      Warm Ups will begin immediately after the conclusion of the 11 & Over BB Meet. A single forty-five minute open warm up session will be used. The meet will start 1 hour after the beginning of warm-ups.

Sunday May 10                      Warm Ups will begin immediately after the conclusion of the 11 & Over BB Meet. A single forty-five minute open warm up session will be used. The meet will start 1 hour after the beginning of warm-ups.

Split warm ups may be in effect depending on the size of the meet. Lane assignments for timing will be designated in the psych sheet, and posted on the

Gulf Swimming website on May 8<sup>th</sup>.

**MEET REFEREE:** Dorothy Brelih

**MEET DIRECTORS:** Chris Landeck, mailto: [clandeck@alltel.net](mailto:clandeck@alltel.net)  
John Mallinger, mailto: [mallingerj@gmail.com](mailto:mallingerj@gmail.com)

**SAFETY MARSHAL:** John Swinney

**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. **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.

**ON-DECK ENTRIES:** Late entries will be accepted each day up to 30 minutes before the start of the meet. Those swimmers missing the 9:00 a.m. Thursday, May 7 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).

**Qualifying Times:** **Swimmers must be qualified to swim the events entered.** Qualifying times are 2009 - 2012 National Age Group Motivational "A" Times Standard and are included with this invitation.

**Cut-off Times:** None

**Age:** As of May 9, 2009

**Number of Events:** Swimmers may compete in up to 3 individual events per day. The 400 freestyle may be limited to the fastest 32 swimmers per gender contingent upon the timeline.

**IMPORTANT NOTE:** For swimmers competing in the BB & Under Meet, there is a limit of 5 events per day for the COMBINED number of swims in the A & Up meet and the BB & Under meet. The swimmer may still enter up to 4 events per day in the BB & Under

Meet. And, the swimmer may still enter up to 3 events per day in the A & Up meet. But, the total number of swims must not exceed 5 events per day.

**Deadline:** Entries must be in the hands of the Meet Entry Chairman no later than 9:00 a.m. on Thursday, May 7, 2009. No late entries will be accepted. E- Mail entries to the Meet Entry Chairman at:

**Allison Beebe**

[CoachAllison@swimfcst.com](mailto:CoachAllison@swimfcst.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).

Teams may electronically mail their Meet Manager files. Payments for the electronic entries and a hard copy print-out of the entries must be brought to the meet itself.

**Eligible Swimmers:** Limited to Gulf swimmers only. All swimmers must be registered with USA Swimming.

**Fees:** \$4.00 per Individual Event. Make checks payable to **FCST**.

**400m Freestyle** The 400m Freestyle may be limited to the top 32 swimmers per gender. The 400m Freestyle will be swum fastest to slowest. Swimmers must provide their own timers.

**RULES AND SANCTIONS:** The 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.**

**POOL MEASUREMENT:** The competition course has been certified in accordance with USA Swimming Rule 104.2.2(C).

**TIMING SYSTEM:** A Colorado 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.

**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. The pool deck will be marked. 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 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 Concessions Stand will be available during the meet

**HOSPITALITY:** A hospitality area will be available for coaches and meet officials.

**MERCHANDISE:** Lane 4 Swim Shop 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:**  
Entry verification form  
Official Entry form  
Safety Guidelines & Warm-up Procedures  
Order of events  
Hotel list

## 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



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.

Entry Rules	
Type of Meet	Timed Finals
Max# individual events per day	Three (3)
The 400 freestyles may be limited to the fastest 32 swimmers contingent upon the timeline.	
Swimmers eligible	Gulf swimmers only
Entry times in	LCM/ SCY/ SCM
Qualifying times	USA Swimming National Motivational A Times
Cut-off Times	None
Enter with no time?	Yes
Gulf "three event" rule applies?	<b>No Three Event Rule</b>
Gulf "up/down" rule applies?	<b>No Up/ Down Rule</b>
Fees	Individual- \$4.00

**Saturday, May 9, 2009**

Warm-up TBA

Meet Starts TBA

Event	Girls			Age	Event	Boys			Event
	Cut Off Time					Cut Off Time			
	SCY	SCM	LCM			SCY	SCM	LCM	
1	1:00.79	1:07.09	1:08.59	15 & Over	100m Freestyle	55.19	1:00.99	1:03.09	2
1	1:02.19	1:08.69	1:10.39	13-14	100m Freestyle	57.39	1:03.49	1:05.99	2
1	1:03.09	1:09.69	1:13.49	11-12	100m Freestyle	1:02.69	1:09.19	1:11.39	2
1	1:11.89	1:19.49	1:21.89	10 & Under	100m Freestyle	1:10.79	1:18.19	1:20.59	2
3	1:06.29	1:13.29	1:14.19	15 & Over	100m Butterfly	1:00.09	1:06.39	1:07.69	4
3	1:07.79	1:14.89	1:16.49	13-14	100m Butterfly	1:02.89	1:09.49	1:11.09	4
3	1:13.19	1:20.89	1:22.89	11-12	100m Butterfly	1:11.69	1:19.19	1:21.49	4
3	1:26.69	1:35.79	1:37.89	10 & Under	100m Butterfly	1:25.59	1:34.59	1:36.49	4
5	1:15.69	1:23.59	1:26.69	15 & Over	100m Breaststroke	1:08.89	1:16.09	1:19.69	6
5	1:17.59	1:25.79	1:28.99	13-14	100m Breaststroke	1:12.09	1:19.59	1:21.29	6
5	1:22.19	1:30.79	1:33.79	11-12	100m Breaststroke	1:20.49	1:28.99	1:32.49	6
5	1:33.39	1:43.19	1:46.99	10 & Under	100m Breaststroke	1:31.79	1:41.39	1:45.99	6
7	33.89	37.49	38.99	11-12	50m Backstroke	33.49	36.99	38.69	8
7	38.09	42.09	43.69	10 & Under	50m Backstroke	38.29	42.29	43.89	8
9	2:23.89	2:38.99	2:44.29	15 & Over	200m Backstroke	2:12.39	2:26.29	2:31.29	10
9	2:27.29	2:42.79	2:47.39	13-14	200m Backstroke	2:18.19	2:32.79	2:40.69	10
11	2:26.99	2:42.49	2:47.29	15 & Over	200m Individual Medley	2:15.09	2:29.29	2:35.89	12
11	2:30.49	2:46.29	2:51.49	13-14	200m Individual Medley	2:20.29	2:34.99	2:42.39	12
11	2:37.59	2:54.09	2:59.79	11-12	200m Individual Medley	2:35.59	2:51.89	2:58.09	12
11	2:55.99	3:14.49	3:19.89	10 & Under	200m Individual Medley	2:55.29	3:13.69	3:18.89	12

**Sunday, May 10, 2009**

Warm-up TBA

Meet Starts TBA

Event	Girls			Age	Event	Boys			Event
	Cut Off Time					Cut Off Time			
	SCY	SCM	LCM			SCY	SCM	LCM	
13	1:06.59	1:13.59	1:16.29	15 & Over	100m Backstroke	1:01.09	1:07.49	1:10.59	14
13	1:08.49	1:15.69	1:17.79	13-14	100m Backstroke	1:04.19	1:10.99	1:14.49	14
13	1:14.19	1:21.99	1:23.29	11-12	100m Backstroke	1:12.29	1:19.89	1:23.59	14
13	1:22.19	1:30.89	1:35.29	10 & Under	100m Backstroke	1:21.29	1:29.79	1:33.29	14
15	37.79	41.69	42.09	11-12	50m Breaststroke	37.29	41.19	43.09	16
15	41.99	46.49	48.29	10 & Under	50m Breaststroke	42.19	46.69	48.49	16
17	2:42.79	2:59.89	3:05.69	15 & Over	200m Breaststroke	2:30.09	2:45.89	2:54.29	18
17	2:46.79	3:04.29	3:11.99	13-14	200m Breaststroke	2:36.29	2:52.69	3:01.99	18
19	32.39	35.79	36.29	11-12	50m Butterfly	32.09	35.49	36.19	20

19	37.29	41.19	42.09	10 & Under	50m Butterfly	36.69	40.49	40.99	20
21	2:24.49	2:39.59	2:42.69	15 & Over	200m Butterfly	2:13.39	2:27.39	2:30.59	22
21	2:28.59	2:44.19	2:48.29	13-14	200m Butterfly	2:20.29	2:34.99	2:38.79	22
23	27.99	30.99	31.79	15 & Over	50m Freestyle	25.29	27.99	28.79	24
23	28.69	31.69	32.49	13-14	50m Freestyle	26.29	29.09	30.29	24
23	29.49	32.59	33.69	11-12	50m Freestyle	28.59	31.59	32.59	24
23	32.19	35.49	36.39	10 & Under	50m Freestyle	31.59	34.89	36.09	24
25	5:47.39	5:03.99	5:08.89	15 & Over	400m Freestyle**	5:24.29	4:43.79	4:50.19	26
25	5:52.99	5:08.89	5:16.59	13-14	400m Freestyle**	5:35.19	4:53.39	5:02.79	26
25	6:09.29	5:23.19	5:32.39	11-12	400m Freestyle**	6:04.69	5:19.19	5:27.09	26
25	6:48.39	5:57.39	6:05.89	10 & Under	400m Freestyle**	6:44.59	5:54.09	6:06.79	26

\*Swimmers in the 400 must provide their own timer.

\*\*The 400m Freestyle may be limited to the top 32 entries per gender, regardless of age, depending on the meet timeline.

## **AREA HOTELS**

Comfort Suites, 4820 Techniplex, Stafford, Tx 77477, 281 565-5566

Courtyard by Marriott, 12655 Southwest Freeway, Stafford Tx 77477, 281 491-7700

Drury Inn & Suite, 13770 Southwest Freeway, Sugar Land Tx 77478, 281 277-9700

Hampton Inn, 4714 Techniplex, Stafford, Tx 77477, 281 565-0559

La Quinta Inn, 12727 Southwest Freeway, Stafford, Tx 77477, 281 240-2300

Holiday Inn Express, 14444 Southwest Freeway, Sugar Land Tx 77478, 281 565-6655

Marriott Sugar Land Town Square, 16090 City Walk, Sugar Land Tx 77479, 281 275-8400