

**Magnolia Aquatic Club**  
Will host  
**Summer Champs II**  
**“12 & Under / B & Under”**  
**a Short Course Yards Timed Final Meet**  
July 18-19, 2009  
GULC 09- GULC 09-024

**LOCATION:** **Magnolia High School Natatorium**  
14350 FM 1488  
Magnolia, Texas 77354

**DIRECTIONS:** Directions: Traveling from I-45 just north of The Woodlands, take FM 1488 West Approx. 15 mile toward Magnolia. The pool is located on the Magnolia High School Campus (On the East Side of the High School). The School is located on the North side of FM 1488 at the corner of FM 1488 & FM 149.  
Traveling from the West, take Beltway 8 North to Highway 249. Take 249 north approx. 25 miles to FM 149 (Approx. 3 miles north of Tomball). Turn right on FM 149 and go north to FM 1488. The pool is located on the Magnolia High School campus (On the East Side of the High School). The School is located on the North side of FM 1488 at the corner of FM 1488 & FM 149.

**COACHES:** Terry Jones                      Head Coach  
Jeremy Wade                      Coach  
David Gribble                      Coach

**POOL:** Eight lane, 25 yard indoor pool with 5 continuous warm up-down lanes at far end. Pool has non-turbulent lane lines, 8 line LED CTS Scoreboard and non-slip touch pads.

**TIME/DATE:** This is a Timed Final Short Course Yards Meet.  
Saturday & Sunday July 18<sup>th</sup> & 19<sup>th</sup>  
1st Warm Up: 7:30-8:05 AM    2nd Warm Up: 8:10-8:45 AM    Start Time: 9:00 AM  
Split warm-ups will be in effect, with **assignments posted on the Gulf Swimming web site. 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.**

Safety Marshals will be on deck during ALL warm ups. Please check the timeline posted on the Gulf Web Page 3 days prior to meet at [www.gulfswimming.org](http://www.gulfswimming.org). Split warm-ups will be in effect.

This meet will be run using 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.

**ELIGIBLE:** This meet is open to any GULF USA Registered swimming team and GULF USA registered swimmer.

**MEET OFFICIALS:** REFEREE: Tom Jones    [twjones@earthlink.net](mailto:twjones@earthlink.net)  
MEET DIRECTOR: Eddie Adams    [eddiea4@comcast.net](mailto:eddiea4@comcast.net)  
SAFETY MARSHAL: Michael McCorvy    [mmccorvy@magnoliaisd.org](mailto:mmccorvy@magnoliaisd.org)

**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 fined \$5.00 for each event that he/she failed to show for. The fine is payable to Herb Schwab, Gulf Swimming Administrative Vice Chairman.

**ON DECK:** Late entries will be accepted up to 30 minutes before the start of the meet. Those swimmers missing the 6:00 P.M. Friday July 10<sup>th</sup>, 2009 deadline may enter the meet on deck in the following manner:

1. Swimmers must pay the entry fee at the time of entry. **(\$8.50 per event)**
2. Swimmers must supply completed entry forms entered at the swimmers' best times.
3. The swimmers will be seeded into the events according to their best times.
4. Swimmers must enter all events for the day thirty (30) minutes prior to the start of the day's first event.
5. Swimmers must be qualified to swim the event entered.
6. Swimmers must not exceed the allotted number of events allowed each day.
7. 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 attached cut-off times of the 9 & over 2009-2012 USA National Motivational BB times or 8 & under Gulf BB time standards.

**NUMBER OF EVENTS:** Swimmers may compete in a maximum of 4 (four) individual events per day and one (1) relay per day..

**DEADLINE:** Entries must be in the hands of the Meet Entry Chairperson no later than 6:00 P.M. Friday, July 10<sup>th</sup>, 2009. Entries will not be accepted after this date except as On-Deck entries. (see above). Do not send entries via Fed Ex, etc. that require a signature. All express mail must be signed for release. E-mail entries (please zip file) should be sent to [eddiea4@comcast.net](mailto:eddiea4@comcast.net). Entries sent by e-mail must have the check and hard copy of entries postmarked within 24 hours of the meet entry deadline. Make checks payable to Magnolia Aquatic Club. Mail, e-mail, or hand deliver entries to the

**Meet Entry Chairperson:**  
**Eddie Adams**  
**15214 Thistlebridge Ct.**  
**Cypress, Texas 77429**  
**281-356-1106 (Pool) / email to; [eddiea4@comcast.net](mailto:eddiea4@comcast.net)**

**AGE:** Swimmers age will be the date of meet which will be July 18, 2009.

**ENTRIES:** All teams entering 10 or more swimmers MUST submit their entries on a diskette, or by e-mail, using the Hy-Tek Meet Manager/Team Manager computer software, along with a hard copy printout. 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). Any questions regarding the HY-TEK Meet Manager program should be directed to: Terry Jones at Pool No. 281-356-1106.

**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).

**AWARDS:** Gulf Custom Medals 1-3 and Gulf Custom Ribbons 4-8 places for individual events. Gulf Custom Medals for 1<sup>st</sup> place and Gulf Custom Ribbons for 2-3 places in Relay Events.

**SCORING:** Scoring will be for 1-8 places for Individual and Relay Events.  
Individual: 9,7,6,5,4,3,2,1  
Relays: 18,14,12,10,8,6,4,2

**FEES:** Individual events \$4.25 per event. Relay events \$7.50  
On Decks will be \$8.50 per individual event and \$15.00 for relay events.  
***Make checks payable to Magnolia I.S.D.***

**RULES AND SANCTIONS:** The 2008-2009 USA and Gulf Swimming rules will apply. The meet will be held under the sanction of USA and Gulf Swimming. The attached entry verification form shall be properly filled out, signed, and sent in with the entries. No entries will be accepted unless the entrant is either registered or certified by USA Swimming. **The Gulf three event rule and up/down rule do not apply for this meet.** All registered **GULF** USA Swimming teams and **GULF** USA Swimmers are eligible to swim at 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. 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 "B" and under meet relays in a stroke and distance in which they have a "BB" time.

**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:** A Colorado electronic timing system with an 8-lane electronic scoreboard will be used. Two watches per lane will be used as back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be posted on-line 3 days before the meet and published in the heat sheet. Timer sign up sheets will be posted near the circle-in area. **Swimmers who are swimming the 500 free must provide their own timers and counters.**

**POOL DECK RESTRICTIONS:** 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 registration card; however due to limited deck space if you are not working at the meet, you will be asked to leave the deck area. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

**PROOF OF TIME:** Any swimmer that cannot prove that he/she was eligible to swim in a event in the Meet 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 are not eligible to swim an event if the 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.

**CONCESSIONS:** Food will be available in the Natatorium. A hospitality room and complimentary heat sheets will be provided for Coaches and Officials who have, in their immediate possession, current USA registration cards.

**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  
Map to Pool

**Summer Champs II**  
**July 18-19, 2009**  
**Sanction # GULC 09-024**

<b>ENTRY RULES</b>	
Type of Meet	Timed Finals
Maximum # of Individual Events per day	4 individual events per day
Swimmers eligible	This meet is open to any <u>GULF USA</u> Registered swimming team and <u>GULF USA</u> registered swimmer.
Qualifying Times	None
Cut Off Times	Slower than the 2009-2012 (11-12 & 10 & Under National "BB" Time Standards), and the Gulf 8 & Under "BB" Time Standards
Enter with no time	Yes
"Gulf Three Event Rule"	Does not apply
"Gulf Up/Down Rule"	Does not Apply
Fees	Individual \$4.25      Relay \$7.50
Footnote	The 11-12 500 Free will be swam fastest to slowest The 11-12 500 Free will be alternating girls and boys heats

**Meet Event Schedule**

**Saturday July 18, 2009 Warm Up at 7:30 a.m. - Meet Starts at 9:00 a.m.**

				Events for "B" & Under Summer Champs				
Event # Girls	Cut Off Time "BB" SCY	Cut Off Time "BB" SCM	Cut Off Time "BB" LCM	Description	Cut Off Time "BB" SCY	Cut Off Time "BB" SCM	Cut Off Time "BB" LCM	Event # Boys
1	1:20.09	1:28.59	----	<b>11-12 100 IM</b>	1:17.59	1:25.69	----	2
3	1:33.79	1:43.59	----	<b>9-10 100 IM</b>	1:31.19	1:40.69	----	4
5	1:38.89	1:49.29	----	<b>8 &amp; Under 100 IM</b>	1:37.19	1:47.29	----	6
7	1:20.19	1:28.59	1:30.79	<b>11-12 100 Fly</b>	1:18.69	1:26.99	1:29.49	8
9	1:42.09	1:52.79	1:55.19	<b>10 &amp; Under 100 Fly</b>	1:40.39	1:50.89	1:53.19	10
11	:31.89	:35.19	:36.39	<b>11 &amp; 12 50 Free</b>	:30.99	:34.29	:35.29	12
13	:35.99	:39.79	:40.79	<b>9-10 50 Free</b>	:35.19	:38.89	:40.19	14
15	:41.49	:46.09	:45.59	<b>8 &amp; Under 50 Free</b>	:39.59	:43.79	:43.49	16
17	1:21.09	1:29.59	1:31.09	<b>11 – 12 100 Back</b>	1:19.09	1:27.39	1:31.39	18
19	1:33.99	1:43.79	1:48.89	<b>10 &amp; Under 100 Back</b>	1:32.09	1:41.69	1:45.69	20
21	:40.89	:45.19	:45.59	<b>11-12 50 Breast</b>	:40.79	:45.09	:47.09	22
23	:47.79	:52.79	:54.89	<b>9-10 50 Breast</b>	:47.89	:52.99	:55.09	24
25	:53.19	:59.09	1:02.29	<b>8 &amp; Under 50 Breast</b>	:54.09	:59.99	:58.79	26
27	2:58.29	3:16.99	3:23.59	<b>10 &amp; Under 200 Free</b>	2:50.89	3:08.89	3:13.99	28
29	2:31.49	2:47.39	2:50.79	<b>11-12 200 Free</b>	2:27.49	2:42.99	2:47.79	30
31	-----	-----	-----	<b>8 &amp; Under 100 Medley Relay</b>	-----	-----	-----	32
33	-----	-----	-----	<b>9-10 200 Med Relay</b>	-----	-----	-----	34
35	-----	-----	-----	<b>11-12 200 Med Relay</b>	-----	-----	-----	36

**Summer Champs II**  
**July 18-19, 2009**  
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**Meet Event Schedule**

**Sunday July 19, 2009 Warm Up at 7:30 a.m. - Meet Starts at 9:00 a.m.**

Event # Girls	Cut Off Time "BB" SCY	Cut Off Time "BB" SCM	Cut Off Time "BB" LCM	Events for "B" & Under Summer Champs	Cut Off Time "BB" SCY	Cut Off Time "BB" SCM	Cut Off Time "BB" LCM	Event # Boys
				Description				
37	1:08.29	1:15.49	1:19.59	<b>11-12 100 Free</b>	1:07.89	1:14.99	1:17.39	38
39	1:21.59	1:30.19	1:32.99	<b>9-10 100 Free</b>	1:19.99	1:28.29	1:31.09	40
41	1:27.69	1:36.89	1:37.29	<b>8 &amp; Under 100 Free</b>	1:28.39	1:38.09	1:40.39	42
43	:35.09	:38.79	:39.39	<b>11-12 50 Fly</b>	:35.19	:38.89	:39.59	44
45	:42.99	:47.49	:48.59	<b>9-10 50 Fly</b>	:41.99	:46.39	:46.89	46
47	:48.49	:53.79	:56.49	<b>8 &amp; Under 50 Fly</b>	:46.19	:51.29	:53.89	48
49	1:29.29	1:38.69	1:41.89	<b>11 &amp; 12 100 Breast</b>	1:27.79	1:36.99	1:40.89	50
51	1:46.69	1:57.89	2:02.29	<b>10 &amp; Under 100 Breast</b>	1:43.69	1:54.59	1:59.79	52
53	:36.79	:40.59	:42.29	<b>11-12 50 Back</b>	:36.49	:40.29	:42.19	54
55	:43.49	:47.99	:49.89	<b>9-10 50 Back</b>	:43.69	:48.29	:50.09	56
57	:48.39	:53.69	:57.99	<b>8 &amp; Under 50 Back</b>	:47.39	:52.59	:54.19	58
59	2:50.69	3:08.59	3:14.79	<b>11-12 200 IM</b>	2:49.39	3:07.09	3:13.89	60
61	3:19.39	3:40.29	3:46.49	<b>10 &amp; Un 200 IM</b>	3:18.09	3:38.89	3:44.79	62
63	-----	-----	-----	<b>11-12 200 Free Relay</b>	-----	-----	-----	64
65	-----	-----	-----	<b>9-10 200 Free Relay</b>	-----	-----	-----	66
67	-----	-----	-----	<b>8 &amp; Under 100 Free Relay</b>	-----	-----	-----	68
**69	6:40.09	5:50.09	6:00.09	<b>11-12 500 Free</b>	6:35.09	5:45.79	5:54.39	70**

**\*Swimmers who are swimming the 500 free must provide their own timers and counters.**

**\*\*11-12 500 Free will be swum alternating girls and boys heats but swum fastest to slowest.**

Magnolia Aquatic Club  
*“Summer Champs II”*

ENTRY VERIFICATION FORM

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms and 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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Title

---

Team Name

---

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.
- F. **POOL RULES**
  - 1. The Magnolia I.S.D. Natatorium and school grounds is a No Smoking Facility. Smoking, or use of other tobacco products, is not allowed on the grounds of USA Swimming Meets.
  - 2. No glass containers are allowed anywhere in the Natatorium.
  - 3. It is expected that all persons attending the meet respect the facilities and remember that they represent themselves and their respective clubs. Damage to the facility, when proved, will cause the offending swimmer if unattached, or the offending swimmers club, if attached, to be held accountable for repairs and may result in expulsion from the meet. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.
  - 4. Only swimmers, coaches, officials, and timers are allowed on deck or in the locker rooms. All others must sit in the bleachers.
  - 5. Do **NOT** park along the red fire curb in front of the Natatorium. This is a designated fire lane and **cars parking there will be ticketed and or towed** by the Magnolia Police Department.
  - 6. Lap warm-up only is allowed at any time in the shallow pool, but swimmers must follow the general warm-up procedures. No diving, enter feet first only.
  - 7. Parents and Swimmers please help keep the Natatorium clean. As you leave please pick up the trash around you. **Thank you!!**

