

Gulf Swimming "A & Up" Meet

HOSTED BY

Sienna Plantation Aquatics

Long Course Meters – Timed Finals

July 10, 11, & 12, 2009

Sanction # GULC 09-005

LOCATION:

Don Cook Natatorium
Fort Bend I.S.D.
16255 Lexington Blvd
Sugar Land, Texas
(281) 634-5880

Directions: (HWY 59 south, exit HWY 6, turn left at Frontage Rd light and proceed southbound on HWY 6, right turn onto Lexington Blvd and proceed for about ¼ mile, make first left turn immediately past Aerodrome into FBISD Athletic Complex, pool is behind Aerodrome on your left, see enclosed map)

COACHES:

Tracy Mundy	Head Coach
Meredith May	Head Site Coach
Andre Smith	
Valerie Martin	
Barbara Harold	

POOL:

50-meter 8-lane indoor pool, with non-turbulent lane lines. A separate 3-lane pool will be available for warm-up and warm-down during the meet.

TIME AND DATE:

This is a Timed Finals 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.

Friday July 10

Warm-ups at 5:00 p.m., meet starts at 6:30 p.m. facility opens at 4:30pm.

Saturday July 11 & Sunday July 12, Morning Sessions: 13 & over swimmers warm-up at 7:30am, meet starts at 9:00am. Facility opens at 6:30am.

Saturday July 11 & Sunday July 12, Afternoon Sessions: 12 & under swimmers warm-up at 12 noon, meet starts at 1:00pm.

If the morning session runs past 12:00 noon; warm-ups for the afternoon will begin immediately upon completion of the morning session and the afternoon session competition will commence one (1) hour after the completion of the morning session or 1:00pm, whichever is later.

Split warm-ups will be in effect. 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.

<http://www.gulfswimming.org>

MEET REFEREE:

Tom O'Brien 281-980 - 8334, tobrien930@earthlink.net

MEET DIRECTORS:

Brad Hammond 713-825-5633, bradh@horizonwinestx.com
Hillary Goldstein 281 -240-6684 Fli-by@fli-by.com
Don Bleasdel

SAFETY MARSHAL:

Colin Frazier

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. Swimmers in the 800 freestyle events must check in 90 minutes prior to the time the events are scheduled to begin.** 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. Relay cards must be turned in to the Clerk of Course 8:15 AM Sat & Sun sessions and 12:15 PM for Sat & Sun PM 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, July 3, 2009 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: Times must be from USA swimming meets. 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 yard times to 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: None

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.

Age: As of July 10, 2009

Number of Events: Swimmers may compete in up to (3) individual events and up to 1 (one) relay event per day. The 400 IM and 10 & Under 400 Free does not count as one of the 3 events/day.

All qualified swimmers may enter, even if they were not previously entered. Teams that were previously entered **MUST submit new entry files by the entry deadline. All swimmers must be entered at their age as of July 10, 2009 and must swim in their age group. Previously entered swimmers that have **Aged Up** and no longer have **A** times **May** enter those events in their new age group.**

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Friday July 3, 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 or hand deliver entries to the Meet Entry Chairman at:

Stevilyn Ortiz
3539 Thunderbird St.
Missouri City, Tx 77459
(281) 499-1945
PSJZ@comcast.net

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. 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 or 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 **Sienna Plantation Aquatics**. Entry fees must accompany entries, if delivered by any method other than email.

AWARDS: Individual events: 1st - 8th place, ribbons. Relay events: 1st - 3rd place, ribbons

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

The 13-14 and Senior 400 Free, 400 IM and 800 Free will be combined into one event for girls and one event for boys. These events will be seeded by entry time and scored separately by age group. The heats will be swum fastest to slowest, alternating girls and boys.

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 attached entry verification form shall be properly filled out, signed, and sent in with the entries. The "Up/down" rule does apply to this meet. The Gulf "three-event" rule does apply to this meet.

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 Model 5000 electronic timing system with an electronic scoreboard will be used. Two watches per lane will be used as a backup. **Swimmers in the 800 freestyles must provide 2 timers. 10 & Under and 11-12 must provide their own timers for the 400 freestyle and the 400 IM.** Teams will be required to furnish timers based on their percentage of swims at the meet.

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 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.

MERCHANDISE: Swim Texas 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.

FACILITIES: No over-night camping or lodging is permitted on the Don Cook Natatorium, Fort Bend ISD Athletic Center grounds.

ATTACHMENTS: Safety Guidelines & Warm-up Procedures
Order of Events
Map to Don Cook Natatorium
Official Entry Form
Entry Verification Form

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. **ABSOLUTELY, NO FOOD ALLOWED ON POOL DECK! ANY PERSON FOUND WITH FOOD ON THE POOL DECK WILL HAVE IT IMMEDIATELY CONFISCATED!**
5. **No Taping** on Natatorium walls or painted surfaces. Team Banners must not exceed 5'X 8'

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**Long Course Meters – Timed Finals
July 10, 11, & 12, 2009**

Entry Rules	
Type of Meet	Timed Finals
Max # individual events per day	Three (3)
The 400 IM does not count as one of the 3 events/day. The 10 & Under 400 Free does not count as one of the 3 events/day.	
Swimmers eligible	All
Entry times in	LCM/SCM/SCY
Qualifying times	National Motivational A Times
Cut-off times	None
Enter with no time?	Yes
Gulf “three event” rule applies?	Yes
Gulf “up/down” Rule applies?	Yes
Fees	Individual - \$4.00; Relays - \$7.50

Order of Events

Friday, July 10, 2009

Event	Girls			Age	Event	Boys			Event
	SCY	SCM	LCM			SCY	SCM	LCM	
1	2:37.59	2:54.09	2:59.79	11-12	200 IM	2:35.59	2:51.89	2:58.09	2
3	5:52.99	5:08.89	5:16.59	13-14	400 Free*	5:35.19	4:53.39	5:02.79	4
3	5:47.39	5:03.99	5:08.89	Senior	400 Free*	5:24.29	4:43.79	4:50.19	4
5	2:19.89	2:34.59	2:37.69	11-12	200 Free	2:16.19	2:30.49	2:34.89	6

*The 13-14 and Senior 400 Free will be combined into one event for girls and one event for boys. These events will be seeded by entry time and scored separately by age group. The heats will be swum fastest to slowest, alternating girls and boys.

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Long Course Meters – Timed Finals

July 10, 11, & 12, 2009

Saturday, July 11, 2009 (AM) 13 & Over

Event	Girls			Age	Event	Boys			Event
	SCY	SCM	LCM			SCY	SCM	LCM	
7	--	--	--	Senior	200 Medley Relay	--	--	--	8
9	--	--	--	13-14	200 Medley Relay	--	--	--	10
11	2:23.89	2:38.99	2:44.29	Senior	200 Back	2:12.39	2:26.29	2:31.29	12
13	2:27.29	2:42.79	2:47.39	13-14	200 Back	2:18.19	2:32.79	2:40.69	14
15	1:06.29	1:13.29	1:14.19	Senior	100 Fly	1:00.09	1:06.39	1:07.69	16
17	1:07.79	1:14.89	1:16.49	13-14	100 Fly	1:02.89	1:09.49	1:11.09	18
19	2:10.39	2:23.99	2:27.19	Senior	200 Free	2:00.09	2:12.69	2:17.19	20
21	2:13.79	2:27.89	2:31.79	13-14	200 Free	2:05.29	2:18.39	2:23.29	22
23	1:15.69	1:23.59	1:26.69	Senior	100 Breast	1:08.89	1:16.09	1:19.69	24
25	1:17.59	1:25.79	1:28.99	13-14	100 Breast	1:12.09	1:19.59	1:21.29	26
27	27.99	30.99	31.79	Senior	50 Free	25.29	27.99	28.79	28
29	28.69	31.69	32.49	13-14	50 Free	26.29	29.09	30.29	30
31	5:09.89	5:42.39	5:50.59	Senior (girls)	400 IM*	--	--	--	
31	5:17.79	5:51.19	6:00.99	13-14 (girls)	400 IM*	--	--	--	
	--	--	--	Senior (boys)	800 Free*	11:12.19	9:48.29	10:01.89	34
	--	--	--	13-14 (boys)	800 Free*	11:36.39	10:09.49	10:29.39	34

*The 13-14 and Senior 400 Free, 400 IM and 800 Free will be combined into one event for girls and one event for boys. You must provide your own timers and lap counters for the 800 Free.

These events will be seeded by entry time and scored separately by age group.

The heats will be swum fastest to slowest, alternating girls and boys.

Saturday July 11, 2009 (PM) 12 & Under

Event	Girls			Age	Event	Boys			Event
	SCY	SCM	LCM			SCY	SCM	LCM	
35	--	--	--	11-12	200 Medley Relay	--	--	--	36
37	--	--	--	10 & Under	200 Medley Relay	--	--	--	38
39	2:35.89	2:52.29	3:00.19	11-12	200 Back	2:32.89	2:48.89	2:56.39	40
41	1:22.19	1:30.89	1:35.29	10 & Under	100 Back	1:21.29	1:29.79	1:33.29	42
43	32.39	35.79	36.29	11-12	50 Fly	32.09	35.49	36.19	44
45	37.29	41.19	42.09	10 & Under	50 Fly	36.69	40.49	40.99	46
47	29.49	32.59	33.69	11-12	50 Free	28.59	31.59	32.59	48
49	32.19	35.49	36.39	10 & Under	50 Free	31.59	34.89	36.09	50
51	1:22.19	1:30.79	1:33.79	11-12	100 Breast	1:20.49	1:28.99	1:32.49	52
53	1:33.39	1:43.19	1:46.99	10 & Under	100 Breast	1:31.79	1:41.39	1:45.99	54
55	2:38.59	2:55.19	2:59.29	11-12	200 Fly	2:35.29	2:51.59	2:58.49	56
57	6:48.39	5:57.39	6:05.89	10 & Under	400 Free**	6:44.59	5:54.09	6:06.79	58
59	5:36.09	6:11.39	6:23.99	11-12	400 IM**	5:28.89	6:03.39	6:20.19	60

** Heats will be swum fastest to slowest, alternating girls and boys. You must provide your own timers and counters for the 400 Free and 400 IM.

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Long Course Meters – Timed Finals

July 10, 11, & 12, 2009

Sunday, July 12, 2009 (AM) 13 & Over

Event	Girls			Age	Event	Boys			Event
	SCY	SCM	LCM			SCY	SCM	LCM	
61	--	--	--	Senior	200 Free Relay	--	--	--	62
63	--	--	--	13-14	200 Free Relay	--	--	--	64
65	2:26.99	2:42.49	2:47.29	Senior	200 IM	2:15.09	2:29.29	2:35.89	66
67	2:30.49	2:46.29	2:51.49	13-14	200 IM	2:20.29	2:34.99	2:42.39	68
69	1:06.59	1:13.59	1:16.29	Senior	100 Back	1:01.09	1:07.49	1:10.59	70
71	1:08.49	1:15.69	1:17.79	13-14	100 Back	1:04.19	1:10.99	1:14.49	72
73	2:24.49	2:39.59	2:42.69	Senior	200 Fly	2:13.39	2:27.39	2:30.59	74
75	2:28.59	2:44.19	2:48.29	13-14	200 Fly	2:20.29	2:34.99	2:38.79	76
77	1:00.79	1:07.09	1:08.59	Senior	100 Free	55.19	1:00.99	1:03.09	78
79	1:02.19	1:08.69	1:10.39	13-14	100 Free	57.39	1:03.49	1:05.99	80
81	2:42.79	2:59.89	3:05.69	Senior	200 Breast	2:30.09	2:45.89	2:54.29	82
83	2:46.79	3:04.29	3:11.99	13-14	200 Breast	2:36.29	2:52.69	3:01.99	84
	--	--	--	Senior (boys)	400 IM*	4:47.79	5:18.09	5:27.09	86
	--	--	--	13-14 (boys)	400 IM*	5:00.49	5:31.99	5:44.49	86
87	11:55.89	10:26.49	10:37.09	Senior (girls)	800 Free*	--	--	--	
87	12:07.59	10:36.79	10:47.99	13-14 (girls)	800 Free*	--	--	--	

*The 13-14 and Senior 400 Free, 400 IM and 800 Free will be combined into one event for girls and one event for boys. You must provide your own timers and lap counters for the 800 Free.

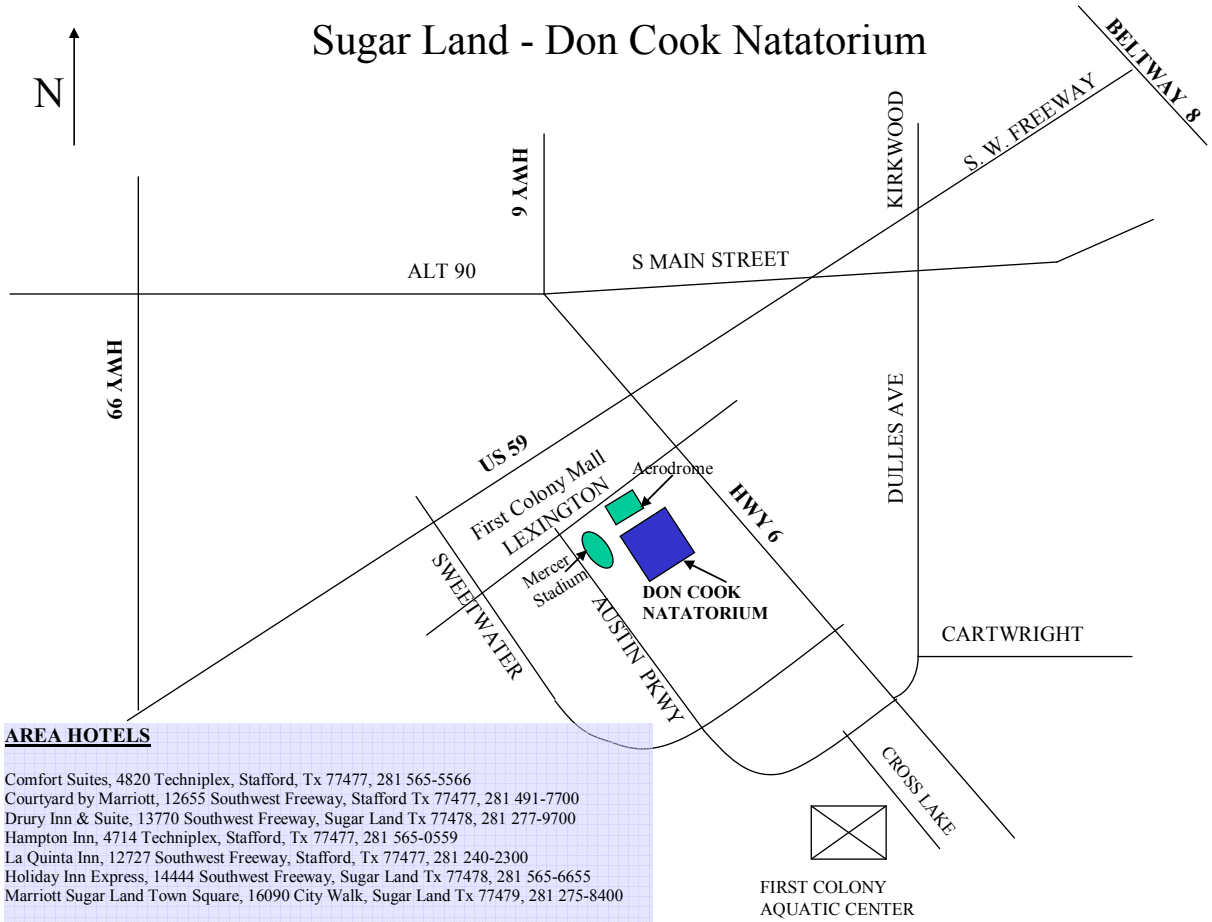
These events will be seeded by entry time and scored separately by age group.

The heats will be swum fastest to slowest, alternating girls and boys.

Sunday July 12, 2009 (PM) 12 & Under

Event	Girls			Age	Event	Boys			Event
	SCY	SCM	LCM			SCY	SCM	LCM	
89	--	--	--	11-12	200 Free Relay	--	--	--	90
91	--	--	--	10 & Under	200 Free Relay	--	--	--	92
93	1:14.19	1:21.99	1:23.29	11-12	100 Back	1:12.29	1:19.89	1:23.59	94
95	2:55.99	3:14.49	3:19.89	10 & Under	200 IM	2:55.29	3:13.69	3:18.89	96
97	1:03.09	1:09.69	1:13.49	11-12	100 Free	1:02.69	1:09.19	1:11.39	98
99	1:11.89	1:19.49	1:21.89	10 & Under	100 Free	1:10.79	1:18.19	1:20.59	100
101	37.79	41.69	42.09	11-12	50 Breast	37.29	41.19	43.09	102
103	41.99	46.49	48.29	10 & Under	50 Breast	42.19	46.69	48.49	104
105	33.89	37.49	38.99	11-12	50 Back	33.49	36.99	38.69	106
107	38.09	42.09	43.69	10 & Under	50 Back	38.29	42.29	43.89	108
109	1:13.19	1:20.89	1:22.89	11-12	100 Fly	1:11.69	1:19.19	1:21.49	110
111	1:26.69	1:35.79	1:37.89	10 & Under	100 Fly	1:25.59	1:34.59	1:36.49	112
113	2:56.89	3:15.49	3:23.69	11-12	200 Breast	2:52.89	3:10.99	3:20.79	114
115	2:36.39	2:52.79	2:58.49	10 & Under	200 Free	2:31.89	2:47.89	2:52.39	116
117	6:09.29	5:23.19	5:32.39	11-12	400 Free **	6:04.69	5:19.19	5:27.09	118

** Heats will be swum fastest to slowest, alternating girls and boys. You must provide your own timers and counters for the 400 Free.



ENTRY VERIFICATION
APPENDIX F

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

