



Gulf Swimming 11-14 Junior Meet

HOSTED BY
First Colony Swim Team
Long Course Meters
May 7-9, 2010

Sanction - GUSC 10-007
Entries due Monday April 26, 2010 6:00 PM

LOCATION: First Colony Aquatic Center
4350 Austin Parkway
Sugarland, TX 77479

Directions: Take Highway 59 south to exit for Highway 6. Take a left on Highway 6 to Austin Parkway (approx 2.7 miles). Take a right on Austin Parkway and the First Colony Aquatic Center is on your left approximately ½ mile from Highway 6.

Parking: Parking at the First Colony Aquatics center will be limited. Swimmer parking will not be allowed in the parking lot next to the playground. The parking lot across from the school will be used for swimmer drop off only. Parking will be available in the school parking lot and the shopping center on the corner of Highway 6 and Austin Parkway.

COACHES: Allison Beebe Head Coach
Jim Crampton Head Age Group Coach

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

Men and Women will alternate starting ends each day. Friday and Sunday women's starting end will be the hill end and Saturday women's starting end will be the playground end. Friday and Sunday men's starting end will be the playground end and Saturday men's starting end will be the hill end.

Warm Up Lane: During the meet, lanes 1-8 will be designated as competition lanes, and lane 9, separated by double lane ropes, will be the designated WU/WD lane. Due to Chase Starts, swimmers using the WU/WD lane must enter and exit the lane at the 25 m mark. 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). Linger 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 finals meet.

Friday May 7: - Warm-up at 5:00 pm, meet starts at 6:15 pm
Saturday May 8: - Warm-up at 7:30 am, meet starts at 9:00 am
Sunday May 9: - Warm-up at 7:30 am, meet starts at 9:00 am

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.

MEET TYPE: This meet will be run utilizing "chase starts". Girls and Boys will swim alternating heats with girls starting from one end and the boys starting from the opposite end.

MEET REFEREE: Joe Stucka Joe.Stucka@kbr.com 281/261-2392

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MEET DIRECTORS: John Mallinger mallingerj@gmail.com 281/828-9917
Don Yeager yeagerfamily85@comcast.net 281/565-9236

SAFETY MARSHAL: John Swinney and Jim Davis

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, Henry Clark, for each event in which he/she fails to appear. Relay cards are due by 9:00 am each day or the entry will be considered scratched.

ON-DECK ENTRIES: Late entries will be accepted up to 30 minutes before the start of the meet. Those swimmers missing the 6:00 p.m. April 26, 2010 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 first event.
4. Swimmers must not exceed the allotted number of events allowed each day.
5. Swimmers must be qualified to swim the event entered.
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.

Qualifying Times: Qualifying times are the USAS Motivational “A” time standards included in this invite. Swimmers must have two (2) or less A time to enter this meet and may swim any event.

Cut-off Times: None

Age: As of May 7, 2010

Number of Events: Swimmers may compete in up to 4 individual events per day and 1 relay per day.

Proof of Time: Swimmers are not eligible to swim in this meet if they have 3 or more A times. Swimmers with 3 or more A times that enter this meet are subject to disqualification from the meet by the Meet Referee. Swimmers shall be fined \$50.00 for each event in which they competed and are over qualified.

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DEADLINE:

Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Monday, April 26, 2010. 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 entries to the Meet Entry Chairman at:

Valerie Wolterman
P.O. Box 16220
Sugar Land, TX 77479
281-565-4881
Email: vwolterman@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 of the entries. Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission. 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. 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.

ELIGIBILITY: Gulf registered teams and swimmers only.

FEES: \$5.50 per individual event, \$9.00 per relay and \$2.00 per swimmer facility surcharge. Make checks payable to **FCST**.

AWARDS:

Individual events: Ribbons for 1st-8th place.
Relays: Ribbons for 1st-3rd place.

SCORING:

All events will be swum as 11-14 but will be scored as 11-12 & 13-14.
Individual Events: 9 7 6 5 4 3 2 1
Relay Events: 18 14 12 10 8 6 4 2

400 I.M./400Free/800 Free:

These events will be swum fasted to slowest alternating girls and boys heats.

RULES & SANCTIONS:

The 2009-10 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. Only Gulf registered teams and swimmers are eligible to swim at this meet. Swimmers must have two (2) or less "A" times to enter and may swim in any event.

POOL MEASUREMENT:

The competition course has been certified in accordance with USA Swimming Rule 104.2.2(C). and USA Swimming Rule 202.3.6 . The water depth of the competition course is 4 feet 6 inches measured from 1 meter to 5 meters on the playground end of the course, and 5 feet measured from 1 meter to 5 meters on the hill end of the course.

TIMING SYSTEM:

A Colorado Model 6000 and 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 400 IM, 400 Free and 800 Free must provide their own timer. Swimmers in the 800 free must provide their own lap counter.**

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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.

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 for coaches and officials only.

MERCHANDISE: Lane 4 swim shop will be at the meet with suits, etc.

ATTACHMENTS: Entry verification form
Safety Guidelines & Warm-up Procedures
Order of events Official Entry Form
Map to the First Colony Aquatic Center

MEET RESULTS: Meet results will be posted on the Gulf Swimming Web page within three days after the conclusion of the meet.

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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

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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.

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Entry Rules	
Type of Meet	Timed Finals
Max# individual events per day	Four (4)
Swimmers eligible	Gulf only
Entry times in	SCY/SCM/LCM
Qualifying times	USAS Motivational "A" times
Cut-off Times	No
Enter with no time?	Yes
Gulf "three event" rule applies?	Does Not Apply
Gulf "up/down" rule applies?	No
Special Rule	Swimmers must have two (2) or less A times to enter the meet and may swim any event.
Fees	\$5.50 per event - Relays \$9.00 - \$2.00 per swimmer facility surcharge

Friday 6:15 PM - May 7, 2010

Women							
Event #	EVENT	11-12 LCM	11-12 SCM	11-12 SCY	13-14 LCM	13-14 SCM	13-14 SCY
1	11-14 400 IM*	6:23.99	6:11.39	5:36.09	6:00.99	5:51.19	5:17.79
3	11-14 800 Free*	11:35.69	11:15.39	12:51.69	10:47:99	10:36.79	12:07.59

Friday 6:15 PM - May 7, 2010

Men							
Event #	EVENT	11-12 LCM	11-12 SCM	11-12 SCY	13-14 LCM	13-14 SCM	13-14 SCY
2	11-14 400 IM*	6:20.19	6:03.39	5:28.89	5:44:49	5:31.99	5:00.49
4	11-14 800 Free*	11:30.99	11:07.69	12:42.89	10:29:39	10:09.49	11:36.39

* 400 I.M./400Free/800 Free: These events will be swum fasted to slowest alternating girls and boys heats.

** 11-14 events will be scored separately as 11-12 & 13-14.

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Saturday AM – May 8, 2010

Women							
Event #	EVENT	11-12 LCM	11-12 SCM	11-12 SCY	13-14 LCM	13-14 SCM	13-14 SCY
5	11-14 200 Breast	3:23.69	3:15.49	2:56.89	3:11.99	3:04.29	2:46.79
7	11-14 200 I.M.	2:59.79	2:54.09	2:37.59	2:51.49	2:46.29	2:30.49
9	11-14 100 Fly	1:22.89	1:20.89	1:13.19	1:16.49	1:14.89	1:07.79
11	11-14 50 Free	33.69	32.59	29.49	32.49	31.69	28.69
13	11-14 200 Medley Relay	-	-	-	-	-	-
15	11-14 100 Back	1:23.29	1:21.99	1:14.19	1:17.79	1:15.69	1:08.49
17	11-14 50 Breast	42.09	41.69	37.79	-	-	-
19	11-14 400 Free*	5:32.29	5:23.19	6:09.29	5:16.49	5:08.89	5:52.99

Saturday AM – May 8, 2010

Men							
Event #	EVENT	11-12 LCM	11-12 SCM	11-12 SCY	13-14 LCM	13-14 SCM	13-14 SCY
6	11-14 200 Breast	3:20.79	3:10.99	2:52.89	3:01.99	2:52.69	2:36.29
8	11-14 200 I.M.	2:58.09	2:51.89	2:35.59	2:42.39	2:34.99	2:20.29
10	11-14 100 Fly	1:21.49	1:19.19	1:11.69	1:11.09	1:09.49	1:02.89
12	11-14 50 Free	32.59	31.59	28.59	30.29	29.09	26.29
14	11-14 200 Medley Relay	-	-	-	-	-	-
16	11-14 100 Back	1:23.59	1:19.89	1:12.29	1:14.49	1:10.99	1:04.19
18	11-14 50 Breast	43.09	41.19	37.29	-	-	-
20	11-14 400 Free*	5:27.09	5:19.19	6:04.69	5:02.79	4:53.39	5:35.19

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Sunday AM - May 9, 2010

Women							
Event #	EVENT	11-12 LCM	11-12 SCM	11-12 SCY	13-14 LCM	13-14 SCM	13-14 SCY
21	11-14 200 Back	3:00.19	2:52.29	2:35.89	2:47.39	2:42.79	2:27.29
23	11-14 200 Fly	2:59.29	2:55.19	2:38.59	2:48.29	2:44.19	2:28.59
25	11-14 50 Back	38.99	37.49	33.89	-	-	-
27	11-14 100 Free	1:13.49	1:09.69	1:03.09	1:10.39	1:08.69	1:02.19
29	11-14 200 Free Relay	-	-	-	-	-	-
31	11-14 100 Breast	1:33.79	1:30.79	1:22.19	1:28.99	1:25.79	1:17.59
33	11-14 50 Fly	36.29	35.79	32.39	-	-	-
35	11-14 200 Free	2:37.69	2:34.59	2:19.89	2:31.79	2:27.89	2:13.79

Sunday AM - May 9, 2010

Men							
Event #	EVENT	11-12 LCM	11-12 SCM	11-12 SCY	13-14 LCM	13-14 SCM	13-14 SCY
22	11-14 200 Back	2:56.39	2:48.89	2:32.89	2:40.69	2:32.79	2:18.19
24	11-14 200 Fly	2:58.49	2:51.59	2:35.29	2:38.79	2:34.99	2:35.29
26	11-14 50 Back	38.69	36.99	33.49	-	-	-
28	11-14 100 Free	1:11.39	1:09.19	1:02.69	1:05.99	1:03.49	57.39
30	11-14 200 Free Relay	-	-	-	-	-	-
32	11-14 100 Breast	1:32.49	1:28.99	1:20.49	1:21.29	1:19.59	1:12.09
34	11-14 50 Fly	36.19	35.49	32.09	-	-	-
36	11-14 200 Free	2:34.89	2:30.49	2:16.19	2:23.29	2:18.39	2:05.29

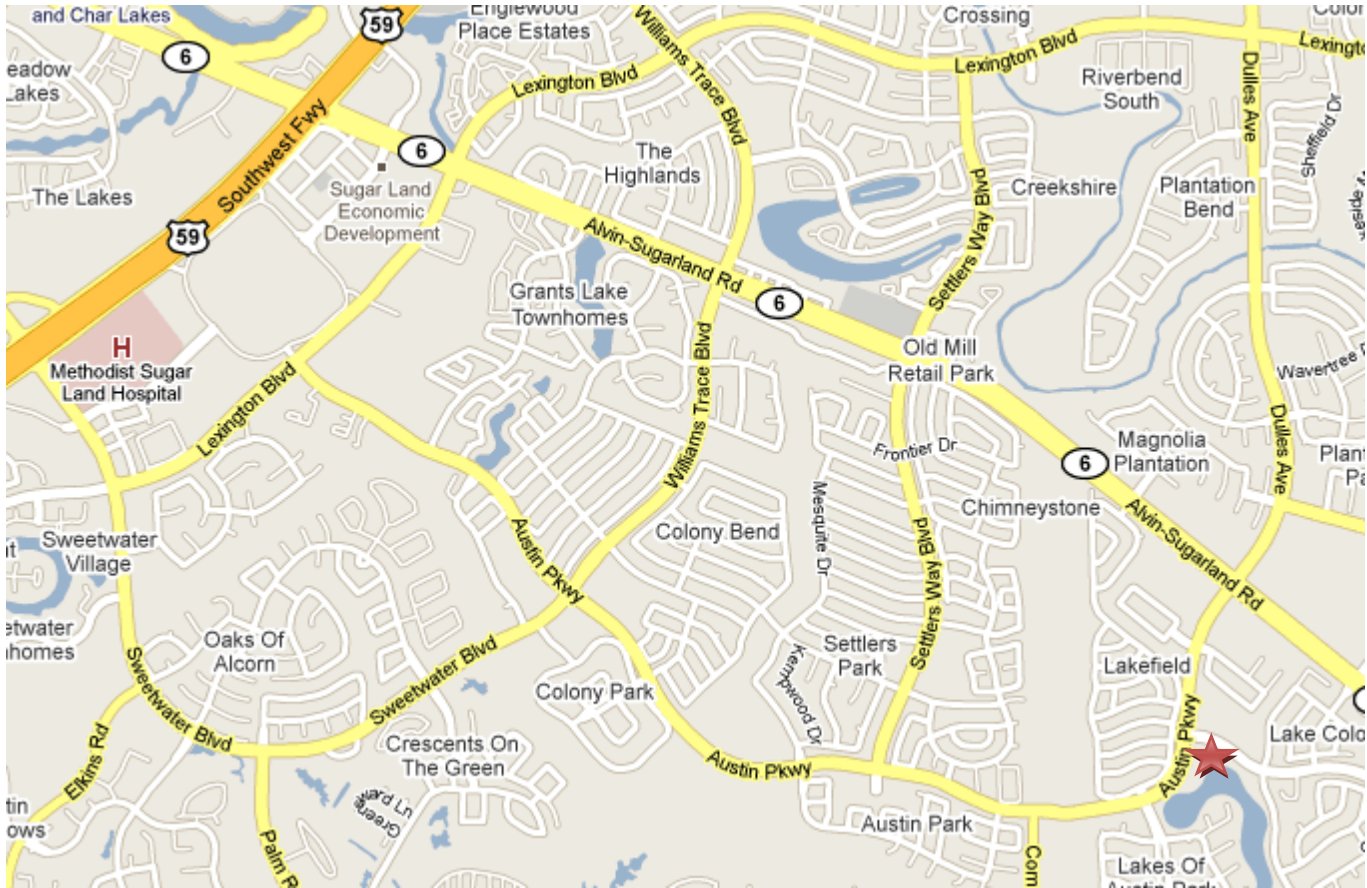
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Directions: Take Highway 59 south to exit for Highway 6. Take a left on Highway 6 to Austin Parkway (approx 2.7 miles). Take a right on Austin Parkway and the First Colony Aquatic Center is on your left approximately ½ mile from Highway 6.

MAP



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 77475, 281 565-6655
- Marriott Sugar Land Town Square, 16090 City Walk, Sugar Land, Tx 77479, 281 275-8400