

Gulf Swimming 14 & Under Elite- 15 & Over Open

HOSTED BY

Sienna Plantation Aquatics

Long Course Meters – Timed Finals
June 4,5,& 6, 2010
Sanction # GULC 10-014
Entry Deadline 6:00 PM Monday May 24

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: Andre Smith- Head Coach

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 alternating odd and even heats of a given gender swum fastest to slowest.

Friday June 4

Warm-ups (open) at 9-10:15 a.m. mile meet starts at 10:30a.m. facility opens at 6:30am
Warm-ups at 4:00 p.m., meet starts at 5:30 p.m. facility opens at 3:30pm.

Saturday June 5 & Sunday June 6, Morning Sessions: 12 & under swimmers warm-up at 7:30am, meet starts at 9:00am. Facility opens at 6:30am.

Saturday June 5 & Sunday June 6, Afternoon Sessions: 13-14 & 15 & over swimmers warm-up at 12 noon, meet starts at 1:00pm. Facility opens at 6:30am.

We will have a Friday morning mile meet which is optional. We will still swim Girls on Saturday and boys on Sunday if you can not make Fridays session. Meet will start at 10:30 with warm-ups starting at 9:00. Check in will be 45 minutes prior to the time the event starts. (9:45 check)

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
Beth Bready 713-201-1646, babbready@earthlink.net

SAFETY MARSHAL: Lisa Wood

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 1500 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, Henry Clark 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 AM 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. Monday, May 24, 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 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. *(Note: Entries are to be made at a swimmer's best time, no matter what the course in which the time was achieved. 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.

Cut off Times: None

Qualifying Times: Swimmers must be qualified to swim the events entered. Qualifying times are 2009 - 2012 National Age Group "A" Times Standard for 14 & under which are included in this invitation and no qualifying times for 15 & over.

Special Rule: 14 & under swimmers must have (3) A times to enter and may swim any event.

Age: As of June 4, 2010

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.

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Monday May 24, 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 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: **Open to all USA Swimming registered teams and swimmers**

Fees: \$5.50 per Individual Event and \$9.00 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

RULES AND SANCTIONS: The 2009-2010 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 NOT apply to this meet. The Gulf "three-event" rule does NOT apply to this meet. 14 & under swimmers must have (3) A times to enter and may swim any event.

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.
202.3.6 "The water depth of the competition course is 7.6 feet measured from 1 meter to 5 meters on the starting end of the course, and 13 feet measured from 1 meter to 5 meters on the turning end of the course."

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 1500 freestyles and 400 IM must provide 2 timers and a lap counter where applicable.** 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, Henry Clark.

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. Backstrokes 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 backstroke 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'

Order of Events

Friday, June 4, 2010

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				15 & Over	400 Free*				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 15 & Over 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 odd/even heats by gender.

Gulf Swimming 14 & Under Elite- 15 & Over Open

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Long Course Meters – Timed Finals June 4,5 & 6, 2010

Saturday, June 5, 2010 (AM)

Event	Girls			Age	Event	Boys			Event
	SCY	SCM	LCM			SCY	SCM	LCM	
7	--	--	--	11-12	200 Free Relay	--	--	--	8
9	--	--	--	10 & Under	200 Free Relay	--	--	--	10
11	1:14.19	1:21.99	1:23.29	11-12	100 Back	1:12.29	1:19.89	1:23.59	12
13	2:55.99	3:14.49	3:19.89	10 & Under	200 IM	2:55.29	3:13.69	3:18.89	14
15	1:03.09	1:09.69	1:13.49	11-12	100 Free	1:02.69	1:09.19	1:11.39	16
17	1:11.89	1:19.49	1:21.89	10 & Under	100 Free	1:10.79	1:18.19	1:20.59	18
19	37.79	41.69	42.09	11-12	50 Breast	37.29	41.19	43.09	20
21	41.99	46.49	48.29	10 & Under	50 Breast	42.19	46.69	48.49	22
23	33.89	37.49	38.99	11-12	50 Back	33.49	36.99	38.69	24
25	38.09	42.09	43.69	10 & Under	50 Back	38.29	42.29	43.89	26
27	1:13.19	1:20.89	1:22.89	11-12	100 Fly	1:11.69	1:19.19	1:21.49	28
29	1:26.69	1:35.79	1:37.89	10 & Under	100 Fly	1:25.59	1:34.59	1:36.49	30
31	2:56.89	3:15.49	3:23.69	11-12	200 Breast	2:52.89	3:10.99	3:20.79	32
33	2:36.39	2:52.79	2:58.49	10 & Under	200 Free	2:31.89	2:47.89	2:52.39	34
35	6:09.29	5:23.19	5:32.39	11-12	400 Free**	6:04.69	5:19.19	5:27.09	36
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** The 11-12 400 Free heats will be swum fastest to slowest, alternating odd/even heats by gender.

Saturday June 5, 2010 (PM)

Event	Girls			Age	Event	Boys			Event
	SCY	SCM	LCM			SCY	SCM	LCM	
37	--	--	--	15 & Over	200 Free Relay	--	--	--	38
39	--	--	--	13-14	200 Free Relay	--	--	--	40
41	--	--	--	15 & Over	200 IM	--	--	--	42
43	2:30.49	2:46.29	2:51.49	13-14	200 IM	2:20.29	2:34.99	2:42.39	44
45	--	--	--	15 & Over	100 Back	--	--	--	46
47	1:08.49	1:15.69	1:17.79	13-14	100 Back	1:04.19	1:10.99	1:14.49	48
49	--	--	--	15 & Over	200 Fly	--	--	--	50
51	2:28.59	2:44.19	2:48.29	13-14	200 Fly	2:20.29	2:34.99	2:38.79	52
53	--	--	--	15 & Over	100 Free	--	--	--	54
55	1:02.19	1:08.69	1:10.39	13-14	100 Free	57.39	1:03.49	1:05.99	56
57	--	--	--	15 & Over	200 Breast	--	--	--	58
59	2:46.79	3:04.29	3:11.99	13-14	200 Breast	2:36.29	2:52.69	3:01.99	60
61	--	--	--	15 & Over (boys)	400 IM*	--	--	--	62
	--	--	--	13-14(boys)	400 IM*	5:00.49	5:31.99	5:44.49	62
63	--	--	--	15 & Over (girls)	1500 Free *	--	--	--	
63	20:12.19	20:05.09	20:39.79	13-14(girls)	1500 Free*	--	--	--	

* The 13-14 and 15 & Over 400 IM and 1500 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 odd/even heats by gender.

Gulf Swimming 14 & Under Elite- 15 & Over Open

HOSTED BY
Sienna Plantation Aquatics

June 4,5 & 6, 2010

Sunday, June 6, 2010 (AM)

Event	Girls			Age	Event	Boys			Event
	SCY	SCM	LCM			SCY	SCM	LCM	
65	--	--	--	11-12	200 Medley Relay	--	--	--	66
67	--	--	--	10 & Under	200 Medley Relay	--	--	--	68
69	2:35.89	2:52.29	3:00.19	11-12	200 Back	2:32.89	2:48.89	2:56.39	70
71	1:22.19	1:30.89	1:35.29	10 & Under	100 Back	1:21.29	1:29.79	1:33.29	72
73	32.39	35.79	36.29	11-12	50 Fly	32.09	35.49	36.19	74
75	37.29	41.19	42.09	10 & Under	50 Fly	36.69	40.49	40.99	76
77	29.49	32.59	33.69	11-12	50 Free	28.59	31.59	32.59	78
79	32.19	35.49	36.39	10 & Under	50 Free	31.59	34.89	36.09	80
81	1:22.19	1:30.79	1:33.79	11-12	100 Breast	1:20.49	1:28.99	1:32.49	82
83	1:33.39	1:43.19	1:46.99	10 & Under	100 Breast	1:31.79	1:41.39	1:45.99	84
85	2:38.59	2:55.19	2:59.29	11-12	200 Fly	2:35.29	2:51.59	2:58.49	86

87	6:48.39	5:57.39	6:05.89	10 & Under	400 Free**	6:44.59	5:54.09	6:06.79	88
89	5:36.09	6:11.39	6:23.99	11-12	400 IM**	5:28.89	6:03.39	6:20.19	90
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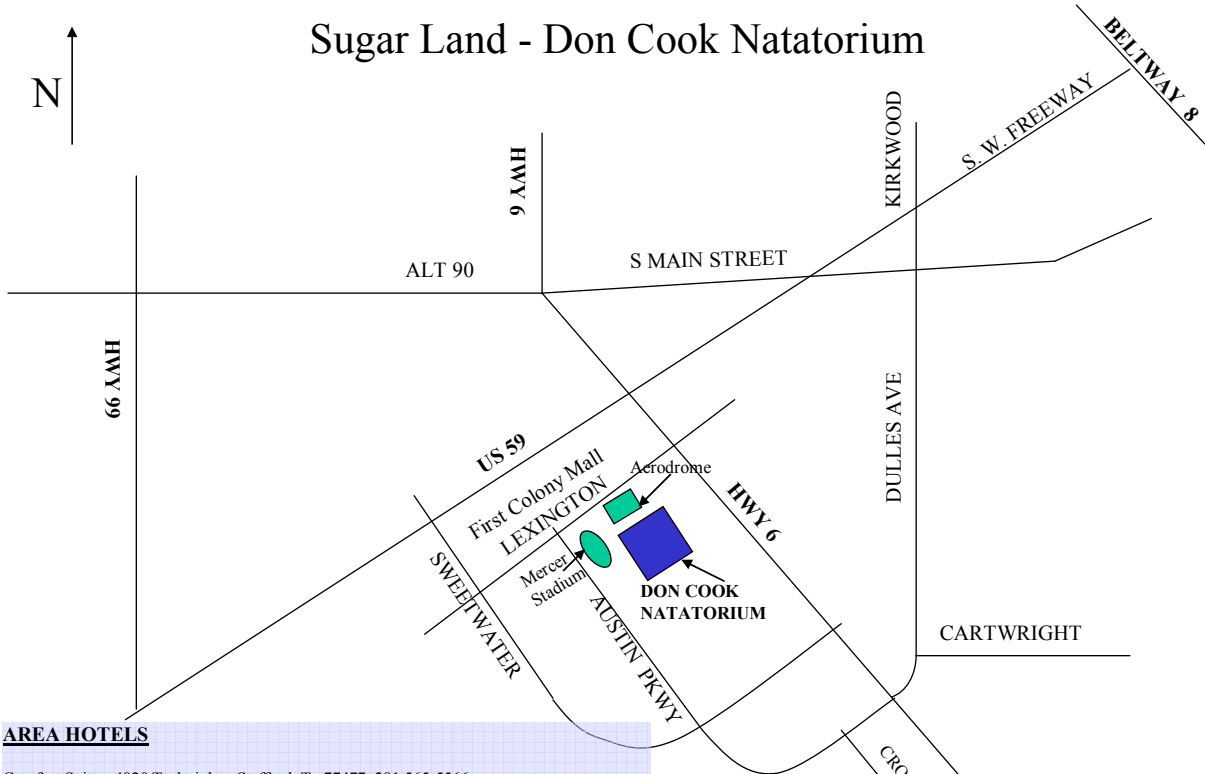
** The 11-12 400 IM and 10 & Under 400 Free heats will be swum fastest to slowest, alternating odd/even heats by gender.

Sunday June 6, 2010 (PM)

Event	Girls			Age	Event	Boys			Event
	SCY	SCM	LCM			SCY	SCM	LCM	
91	--	--	--	15 & Over	200 Medley Relay	--	--	--	92
93	--	--	--	13-14	200 Medley Relay	--	--	--	94
95	--	--	--	15 & Over	200 Back	--	--	--	96
97	2:27.29	2:42.79	2:47.39	13-14	200 Back	2:18.19	2:32.79	2:40.69	98
99	--	--	--	15 & Over	100 Fly	--	--	--	100
101	1:07.79	1:14.89	1:16.49	13-14	100 Fly	1:02.89	1:09.49	1:11.09	102
103	--	--	--	15 & Over	200 Free	--	--	--	104
105	2:13.79	2:27.89	2:31.79	13-14	200 Free	2:05.29	2:18.39	2:23.29	106
107	--	--	--	15 & Over	100 Breast	--	--	--	108
109	1:17.59	1:25.79	1:28.99	13-14	100 Breast	1:12.09	1:19.59	1:21.29	110
111	--	--	--	15 & Over	50 Free	--	--	--	112
113	28.69	31.69	32.49	13-14	50 Free	26.29	29.09	30.29	114
115	--	--	--	15 & Over (girls)	400 IM*	--	--	--	
115	5:17.79	5:51.19	6:00.99	13-14 (girls)	400 IM*	---	--	--	
	--	--	--	15 & Over (boys)	1500 Free *	18:47.99	18:41.39	19:13.39	118
	--	--	--	13-14(boys)	1500 Free *	19:15.69	19:08.99	19:55.69	118

* The 13-14 and 15 & Over 400 IM and 1500 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 odd/even heats by gender.

Sugar Land - Don Cook Natatorium



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



FIRST COLONY
AQUATIC CENTER

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

