

Texas Senior Circuit Long Course Meet #3

Hosted by Texas A&M University
3 Days, Prelim/Final LCM
June 18-20, 2010
GULF SANCTION #: GULC 10-018



AGGIE
SWIMMING
& DIVING

FACILITY

- **Texas A&M University Student Recreation Center**
Natatorium
Olsen Boulevard
College Station, TX 77843
- Indoor 50 meter course, eight lanes, depth 7-9 feet. Separate diving well, 8 lanes, 25 meters. Lane lines are non-turbulent
- Daktronics timing system, color scoreboard.
- Directions and more facility information can be found here:
<http://recsports.tamu.edu/facilities/natatorium.stm>
- Natatorium host of:
 - 2009 Women's and Men's NCAA Championships
 - 2005, 2007, 2010 Big 12 Championships
 - 2004 Women's NCAA Championships
 - 2001 Men's NCAA Championships
 - 1998 US Open and World Cup

HEAD COACHES: Jay Holmes – Men's Head Coach
Steve Bultman – Women's Head Coach

MEET SCHEDULE

Thursday, June 17	Warm-up 4 - 8 p.m. 50-meter course only	
Friday, June 18	Prelims Warm-up 7:30-8:45am Start 9:00 am	Finals Warm-Up 4:30pm Start 6:00 pm
Saturday, June 19	Prelims Warm-up 7:30-8:45am Start 9:00 am	Finals Warm-up 4:30pm Start 6:00 pm
Sunday, June 20	Prelims Warm-up 7:30-8:45am Start 9:00 am	Finals Warm-up 3:30 pm Start 5:00 pm

The pool will not be available for earlier warm-up times on these days. **Lap swim will be open for Student Rec members based on any available time between prelims and finals.**

PARKING

General parking is available in the West Campus Parking Garage just outside the Student Rec Center. Rates and other helpful information can be found here:
<http://transport.tamu.edu/parking/visitor.aspx>

After 5 p.m. on Thursday and Friday and all day Saturday and Sunday, parking will be free in any lot surrounding the Student Rec Center. However, do not park in any 24 hour reserved space.

MEET AND ADMINISTRATIVE PERSONNEL

Meet Referee:	Herb Schwab	Herb.Schwab@gmail.com	281-242-1334
Meet Director:	Alex Dawson	adawson@athletics.tamu.edu	979-458-3302
Meet Manager:	Dave Brown	dhbrown.mail@gmail.com	
Safety Marshal:	Tracy Duchac	tduchac@athletics.tamu.edu	

SEEDING

The meet will be pre-seeded for all distances 200 meters and below. Events 400 meters and above (relays included) will be deck-seeded requiring a positive check-in by 9:00 a.m. the day of the event at the clerk of course. Individual events will be championship seeded for every heat for every event 200 meters and below and swum slowest to fastest. (Every individual heat 200 meters and below will have a seeded swimmer in it.) The 400 IM and 400 Free will swim: 3 circle seeded heats women, 3 circle seeded heats men, then alternating women-men fastest to slowest.

CHECK-IN

All swimmers and clubs competing in 400 events (individual and relay), 800, and 1500 meter freestyle events must check in each day with the Clerk of Course for that day's events. Check in for individual distance events will close at 7 p.m. on Saturday night.

SCRATCHES

The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rules 207.12.6D and 207.12.6E, as modified below.

Any finalist who fails to compete in finals or consolation finals, or any other bonus final heat, for which he has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the *USA Swimming Rules and Regulations* and will be assessed a fine of \$50.00. A Club, which has not paid the fine, will not be allowed to register for membership in the Gulf LSC until the fine is paid.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals or consolation finals or any other bonus finals if he has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet and a fine of \$50.00. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals. The alternates, after the existing scratches are tabulated, will not be penalized if they are unavailable to compete in finals.

The USA Swimming National Championships Meets "reserve the right to scratch" rule is not applicable to any Gulf Swimming meet. The "intent to scratch" rule is not applicable to any Gulf Swimming meet.

FORMAT

This is a three-day prelim/final event with bonus, consolation, and championship finals. At the discretion of the Meet Referee and Meet Director, an A and B prelim session and/or chase starts will be conducted. This decision will be made based on number of entries and estimated time lines. This decision will be posted on www.texasseniorcircuitswimming.org on or before Monday, June 14, 2010.

The maximum number of individual events per day is three (3). Relay swimmers must be entered in an individual event that meets proof of time criteria.

The women's 800 and the men's 1500 will be timed final events. The fastest heat of each event will be swum in event order in Finals. All other heats will be swum slowest to

fastest alternating women 800/men 1500 such that the last preliminary heat will end at 3:30 pm. All competitors in these two events must provide two timers and one lap counter for their swim.

RELAYS

The final three heats of each relay will be swum as timed finals at the end of each Finals session, with any additional heats swum in event order during prelims. All relays will be swum slowest to fastest in event order. Relay cards are due to the meet manager at 6 p.m. the day of the event or the relay will be considered scratched.

Only two relay entries per event per team are allowed.

OFFICIALS

All officials must attend a mandatory meeting one hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt. The Finals uniform will be navy blue polo shirt over khaki pants/skirt (no shorts).

HOTEL CONTACT

Please ask for the Senior Circuit rate.

Howard Johnson Express	(979) 693-6810	Rate \$62
Quality Suites	(979) 695-9400	Rate \$92/\$94
Hampton Inn	(979) 846-0184	Rate \$94
Comfort Suites	(979) 680-9000	Rate \$99/\$109

For additional hotel or restaurant information, contact the Visitor's Bureau at 979-260-9898, or visit www.aggieathletics.com and click on "visitor's guide" on left column.

TIMERS

Teams will be required to furnish timers based on their percentage of swims at the meet. All teams should provide at least one timer.

PROOF OF TIME

Proof of time is required to accompany entries. Official reports from a team's Hy-Tek program will be accepted as proof of time provided it lists date and meet the time was achieved. Valid scans/printouts from SWIMS will also be accepted. Proof of time will be enforced. If proof of time is not included with entry, that swimmer or the swimmer's event in question will not be entered in the meet and will have to be entered (and paid) as a deck entry. Send proof of time with entry fee payment. Deck entries will need to supply proof of time at time of deck entry.

ENTRY INFORMATION

Enter events using a real long course time. Do not enter at the cut-off or with a NT. If qualifying for the event was done short course, still enter using a best long course time.

Swimmers who have one or more LC Sectional Standard (attached) can swim **an additional event in which they own a bonus standard**, except the 800/1500. **There may be one bonus event entered for each Sectional Standard** entered. To swim the 800/1500 swimmers must have the Sectional cut in either the 400 Free or the 800/1500. A female having the 1500 cut qualifies them to swim the 800. A male having the 800 cut qualifies them to swim the 1500.

50s of Stroke will be entered with 100 times. Time standards for the 50s of stroke are also determined by 100 standards.

The maximum number of individual events per day is 3 including time trials. Relay swimmers must be entered in an individual event that meets proof of time criteria.

Deadline: All entries must be received by the Meet Entry Chairman on or before **Tuesday, June 8 at 6 p.m.** No phone or fax entries will be accepted. Late entries will require proof of time and

will only be accepted on deck.

Email entries: All teams with 10 or more swimmers MUST submit their entries using Hy-Tek Team Manager software. Teams with more than 10 athletes using paper entries must include a \$25 fee with their entries. Send entries to adawson@athletics.tamu.edu. After emailing, please send your proof of time, and entry fees overnight mail to Alex Dawson. For overnight mail please indicate that a signature is NOT required.

**Alex Dawson
730 Olsen Blvd
Reed Arena 326D
College Station, TX 77842
Phone (979) 458-3302**

FEES: Entry fees must accompany entries.

- \$15.00 per individual event
- \$25.00 for each relay event
- \$20.00 per team (Texas Senior Circuit surcharge. Please make separate check payable to Texas Senior Circuit)

Make entry checks payable to: **Texas A&M Athletics**

ON-DECK ENTRIES

Late entries will be accepted each day for those events swum up to 30 minutes before the start of the meet. You may enter the meet on deck in the following manner:

- Swimmers must pay late entry fee of \$20 for individual events and \$30 for relay events.
- Late entries will close at 8:30 am each morning.
- Swimmers must be qualified to swim the event entered and must supply proof of time
- Swimmers must not exceed the allotted number of events allowed each day.
- Swimmers must supply completed entry forms entered at best time.
- Swimmers who on deck to change a 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 fees still apply to these swimmers.
- Deck entered relays will be seeded in the preliminary heats unless there is an open lane in a seeded heat in finals.

TIME TRIALS – Sanction # GULC 10-019

Time permitting, time trials will be offered at the conclusion of the Saturday preliminary session. Entries can be made at the clerk of course at the cost of \$15 per individual event and \$25 per relay event. Entries must be received by the clerk of course by 11:00 am on Saturday.

The swimmer must be entered in TSC #3 and provide their own timers and counters.

The maximum number of individual events per day is 3 including time trials. Relay swimmers must be entered in an individual event that meets proof of time criteria.

Order of events: 200 free relay, 400 free relay, 800 free relay, 200 medley relay, 400 medley relay, 50 free, 100 free, 100 stroke (back, breast, fly), 200 free, 200 stroke (back, breast, fly), 200 IM, 400 IM, 500 free, 1000 free and 1650 free.

RULES AND SANCTIONS

The meet will be held under the sanction of USA Swimming and Gulf Swimming. No entries can be accepted unless the entrant is registered or certified by USA Swimming. The 2010 USA Swimming and Gulf Swimming Rules will apply.

POOL MEASUREMENT:

The competition course has been certified in accordance with 104.2.2C(4). The copy of such

certification is on file with USA Swimming. Course measurements will be verified each session in accordance with Gulf Swimming Rules. 202.3.6 The water depth of the competition course is 7 feet measured from 1 meter to 5 meters on the starting end of the course, and 7 feet measured from 1 meter to 5 meters on the turning end of the course.

SWIMMERS ELIGIBLE

All USA Swimming registered teams and swimmers.

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 the Gulf Swimming equipment (remote strobe).

Coaches and officials must present their current membership card in order to receive complimentary psych/heat sheets and for admission to the hospitality room.

SCORING

As per the Texas Senior Circuit by-laws: Team points will be scored for the first 16 places only (20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1). Relay points are doubled: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.

MEET RESULTS

Results will be posted on: Texas A&M Athletic web page: www.aggieathletics.com.
Gulf Swimming web page: www.gulfswimming.org

POOL DECK RESTRICTION

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf sanctioned swim 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 registered personnel, please do so, it is for your safety.

See attached safety guidelines and warm-up procedures.

LIABILITY

Gulf Swimming and Texas A&M University accepts no responsibility or liability for injuries sustained by any individual, athlete or spectator, while traveling to and from, while participating in or viewing the meet.

ORDER OF EVENTS

Friday, June 18

Prelims: Warm-up 7:30 a.m. *Finals:* Warm-up 4:30 p.m.
Meet starts 9:00 a.m. Meet starts 6:00 p.m.

Women #	Event	Men #
1	50 Fly	2
3	200 Back	4
5	100 Free	6
7	200 Breast	8
9	*400 Free	10
11	400 FR ¹	12

Saturday, June 19

Prelims: Warm-up 7:30 a.m. *Finals:* Warm-up 4:30 p.m.
Meet starts 9:00 a.m. Meet starts 6:00 p.m.

13	100 Fly	14
15	100 Breast	16
17	200 Free	18
19	50 Back	20
21	*400 IM	22
23	400 MR ¹	24

Sunday, June 20

Prelims: Warm-up 7:30 a.m. *Finals:* Warm-up 3:30 p.m.
Meet starts 9:00 a.m. Meet starts 5:00 p.m.

25	50 Breast	26
27	200 Fly	28
29	100 Back	30
31	**800 Free	--
32	200 IM	33
--	**1500 Free	34
35	50 Free	36

*400 Free & IM swim 3 circle seeded women, 3 circle seeded men. Then alternate women/men fast to slow.

** 800/1500 Freestyle – top seeded heat swims in finals. All others alternate women/men slowest to fastest so as to end at 3:30 pm.

¹ The final three heats of each relay will be swum as timed finals at the end of each Finals session, with any additional heats swum in event order during prelims. All relays will be swum slowest to fastest in event order.

2010 Senior Circuit Time Standards

WOMEN					MEN			
LC Sectional		Bonus		2010	LC Sectional		Bonus	
Short Course	Long Course	Short Course	Long Course	TSC	Short Course	Long Course	Short Course	Long Course
25.19	28.49	25.79	29.19	50 FREE	22.29	25.49	22.89	26.19
54.09	1:01.39	55.49	1:02.99	100 FREE	48.39	55.49	49.19	56.39
1:56.49	2:12.59	1:59.69	2:16.29	200 FREE	1:46.19	2:01.69	1:47.99	2:03.79
5:13.59	4:39.69	5:20.79	4:46.09	400 FREE	4:50.09	4:22.39	4:56.79	4:28.39
10:45.89	9:30.49	10:57.99	9:40.99	800 FREE	9:56.49	9:00.99	10:05.19	9:08.79
18:21.59	18:23.29	18:49.29	18:50.99	1500 FREE	16:46.39	17:05.59	17:06.19	17:25.69
1:01.29	1:10.99	1:02.69	1:12.59	100 BACK	55.39	1:04.59	56.69	1:05.99
2:11.19	2:32.79	2:13.89	2:35.99	200 BACK	2:00.09	2:20.89	2:02.99	2:24.09
1:09.99	1:20.89	1:10.99	1:22.09	100 BREAST	1:02.89	1:12.69	1:04.19	1:14.09
2:29.99	2:54.79	2:32.99	2:58.19	200 BREAST	2:17.69	2:40.59	2:21.49	2:44.89
59.59	1:07.99	1:00.94	1:09.59	100 FLY	53.59	1:00.59	54.79	1:01.89
2:11.99	2:34.79	2:14.59	2:37.89	200 FLY	2:01.79	2:21.09	2:04.09	2:23.59
2:12.09	2:32.89	2:15.09	2:36.39	200 I.M.	2:01.39	2:20.19	2:03.29	2:22.29
4:40.79	5:22.89	4:45.89	5:28.69	400 I.M.	4:21.39	5:00.49	4:25.69	5:05.29

For SCM standards, please visit the TSC website.

POOL DECK RESTRICTIONS

- 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.

TEXAS A&M NATATORIUM RULES AND REGULATIONS

- 👉 Participants and spectators are not allowed to use other areas of the Student Recreation Center Complex during this event, without purchasing a pass at the Member Services Desk.
- 👉 Swimming is allowed only when the area is supervised.
- 👉 NO glass containers, tobacco, or alcoholic beverages are allowed within the natatorium area.
- 👉 Only participants, coaches, event administrators, and event volunteers allowed on the pool deck.
- 👉 Participants are not allowed to climb over the grandstand railings or pass any posted barriers.
- 👉 There will be no shaving within the Student Recreational Complex. We request that swimmers be informed of this policy. All shaving should be completed prior to arrival at the natatorium. Safety marshals will be monitoring the locker rooms and restrooms to enforce this policy.
- 👉 Do not hang on lane lines.
- 👉 Safety rules will be enforced during warm-ups before each event session and in the diving well during the meet. The diving well is a warm-up area. Recreational swimming is prohibited.
- 👉 Diving Boards will be closed and off-limits to all competitors and spectators.
- 👉 Please be neat. Throw your trash in the trash containers.
- 👉 The Texas A&M Recreational Sports staff has the final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
- 👉 Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited.
- 👉 Team banners must not exceed 5'x8' and will be hung by event staff.
No handmade signs are allowed in the facility.

Meet Name	Special TSC Rules[#] [#] The Meet Management may adapt the starting procedures and timelines to accommodate unusually large, or small, meets. [#] Deck entered relays swim morning only. [#] In the event that the pre-scratch heat sheet shows less than 2 hours between prelims and finals, chase starts will be used.	Time Standards* * A swimmer proving an automatic time standard may enter ANY event at ANY TSC meet.
SC Sectionals	<ul style="list-style-type: none"> • 3 1/2-day format • All of SC Sectionals prelims seeded fastest to slowest • 4 heats of every event in finals • Finals start at 6 pm/5 pm on Saturday 	<ul style="list-style-type: none"> • Sectional Standards • 2 bonus events (200 or less). Only swimmers in the 1650/1500, the 1000/800, and/or the 500/400 can bonus enter those events. • Proof-of-Time must have been achieved within 2 years of the first day of the meet. • Limit out-of-Section swimmers to 100 (i.e. out-of-Section entries will close with the team that puts out-of-Section entries over 100.)
LC #1	<ul style="list-style-type: none"> • 2-session, timed-final 	<ul style="list-style-type: none"> • 1 Sectional Time Standard qualifies the swimmer for the entire meet
LC #2	<ul style="list-style-type: none"> • 4-session, timed final • 5 pm start on Friday • 9 am / 6 pm on Saturday • 9 am on Sunday 	<ul style="list-style-type: none"> • 1 LC Time Standard qualifies the swimmer for the entire meet
LC #3	<ul style="list-style-type: none"> • 3-day, prelim / final • ALL prelim heats (200 and shorter) circle-seeded, fastest to slowest • 400s: 3 fastest women's heats/3 fastest men's heats, then alternate • Same order of events prelims and finals • 400 MR&FR only: 3 heats in finals. Other relays in am. • 50s in all strokes. • 2 relays/team/event 	<ul style="list-style-type: none"> • 1 bonus event (200m or less) for every LC standard achieved.
LC #4	<ul style="list-style-type: none"> • Ø 50s in Olympic year. Olympic events only. • Non-conforming times seeded like Nationals • 3 heats in finals • 400s: 3 fastest women's heats/3 fastest men's heats, then alternate 	<ul style="list-style-type: none"> • 1 bonus event (200m or less) for every LC standard achieved.
LC Sectionals	<ul style="list-style-type: none"> • Full 4-day format • 4 heats of every event in finals • Finals start at 6 pm/5 pm on Saturday 	<ul style="list-style-type: none"> • Sectional Standards • 2 bonus events (200 or less). Only swimmers in the 1650/1500, the 1000/800, and/or the 500/400 can bonus enter those events. • Proof-of-Time must have been achieved within 2 years of the first day of the meet.