



**University of Houston Elite Meet Last Chance Zones Qualifier  
Long Course Time Trials Meet**  
HOSTED BY  
**University of Houston Women's Swim Team**  
**Saturday June 26, 2010**  
SANCTION # GULC 10- 023

**LOCATION:** University of Houston Campus Recreation and Wellness Center



4500 U.H. University Drive Map attached  
Campus Recreation and Wellness Center is circled  
Houston, TX. 77204

Directions:

I-45 Southbound Exit on Texas Spur 5 follow road to stop light at U.H. University Dr. Turn right. Turn right into parking lot 20 A. Parking lot is across the street from the Campus Recreation and Wellness Center.

I-45 Northbound Exit Cullen. U Turn under I-45 at Cullen. Stay on the feeder road, follow road, continuing past stop light at Elgin to U.H. University Dr. Turn right. Turn right into parking lot 20 A. Parking lot is across the street from the Campus Recreation and Wellness Center.  
Parking is free on Saturday.

**COACHES:** Mark Taylor Head Coach  
Jaime Lewis Assistant Coach  
Greg Orphanides Coach  
Amanda Rutter Assistant Coach

**POOL:** Eight lane 50 meter indoor pool with non-turbulent lane lines.  
Separate warm up/down lanes available

**TIME AND DATE:** **Saturday June 26, 2010** Elite long course meters Time Trial meet. **The Time Trials meet will start immediately upon the conclusion of the Saturday Preliminary session.**

**PARTICIPANT REGISTRATION PROCEDURE** Swimmers coaches and officials must check in at the registration table located on deck just inside the swimmer entrance (Rotunda door). Coaches and officials should have their USA Swimming registration card with them to expedite the credential process. **All meet personnel are to enter and exit the pool deck through the swimmer entrance only.**

**MEET REFEREE:** Herb Schwab [herb.schwab@gmail.com](mailto:herb.schwab@gmail.com) 281.242.1334  
**MEET DIRECTOR:** Linda Brenneke [entries4meets@yahoo.com](mailto:entries4meets@yahoo.com) 281.589.8913  
**SAFETY MARSHAL:** Jim Rockwell

**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. The order of events will be determined by the Meet Referee and events may be combined by gender distance and stroke at the discretion of the Meet Referee.

**CHECK-IN:** Swimmers must check-in by submitting an entry with the Clerk of Course. There will be no "Circle In". After submitting an entry, failure to appear at the starting blocks will result in swimmer being assessed a \$5.00 fine, payable to Gulf Swimming Administrative Vice-Chairman, Henry Clark, for each event in which her/she fails to appear.

**ON-DECK ENTRIES:** **Swimmers must have achieved 3 (three) "A" times by the Tuesday June 15, 2010 Elite Meet entry deadline to enter the Time Trials Meet. Times achieved after this date do NOT qualify the swimmer to on deck and enter the meet.**

All swimmers must enter events by deck entry with the Clerk of Course on Saturday. **Entries will open at 9:00 AM and close at 12 Noon.** Swimmers do not have to be entered in the Elite Meet Last Chance Qualifier meet to enter but they must meet the entry qualifications of the Elite Meet Last Chance Zones Qualifier.

1. 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. Events may be combined by gender distance and stroke at the discretion of the Meet Referee.
2. Swimmers must be qualified to swim the event entered.
3. Swimmers must not exceed the allotted number of events allowed each day.

**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.

**Qualifying Times:** 2009-2012 National Motivational A times **Swimmers must have achieved 3 (three) "A" times by the Tuesday June 15, 2010 Elite Meet entry deadline to enter the Time Trials Meet. Times achieved after this date do NOT qualify the swimmer to on deck and enter the meet.**

**Cut-off Times:** None

**Age:** As of Saturday June 26, 2010

**Number of Events:** Swimmers may compete in a maximum of 3 (three) individual events on Saturday. This includes the events swum in the Saturday preliminary session.

**ELIGIBLE TEAMS:** All USA Swimming registered teams and swimmers.

**Fees:** \$18.00 per Individual Event, \$33.00 per Relay entry and \$5.00 per swimmer surcharge for those swimmers not already entered in the meet. Make checks payable to **Houston Cougars.**

**AWARDS:** None

**SCORING:** The meet will not be scored.

**SPECTATOR SEATING:** The spectator seating area (cement bench style) will accommodate 600 occupants. No reserve seating is allowed. Seating will be on a first come first served basis. **Swimmers are required to remain with their team on pool deck during each session.** **Wet swimmers are not allowed in the Rotunda or the spectator seating area.** Children of spectators must be supervised at all times. Smoothies and food are to be consumed in the rotunda or outside.

**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. **Swimmers must have achieved 3 (three) "A" times by the Tuesday June 15, 2010 Elite Meet entry deadline to enter the Time Trials Meet. Times achieved after this date do NOT qualify the swimmer to on deck and enter the meet.** Events may be combined by gender distance and stroke at the discretion of the Meet Referee. Swimmers may compete in a maximum of 3 (three) individual events on Saturday. This includes the events swum in the Saturday preliminary session. The Gulf up/down rule does not 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  
**Water depth** 202.3.6 "The water depth of the competition course is 7'2" feet measured from 1 meter to 5 meters on the starting end of the course, and 17' feet measured from 1 meter to 5 meters on the turning end of the course."

**TIMING SYSTEM:** A Daktronics electronic timing system with an electronic scoreboard will be used. Swimmers entered in the Time Trials meet must provide two timers and a lap counter where applicable.

**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.  
Swimmers are required to remain with their team on pool deck during each session.  
Coaches must supervise their swimmers. **Wet swimmers are not allowed in the Rotunda or the spectator seating area.**  
Spectators, wishing to volunteer as a timer, will receive a pass to access the deck and help for that specific purpose.  
Smoothies and food are to be consumed in the rotunda or outside. **Smoothies and food are not allowed on deck and will be confiscated if found.**  
**Swimmers are not allowed to bring portable seating on the pool deck.**  
**See complete facility rules attached to this invitation.**

**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).

**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:  
Gulf Safety Guidelines and Warm-up Procedures  
UH Pool Rules

**UNIVERSITY OF HOUSTON**  
**CAMPUS RECREATION AND WELLNESS CENTER**  
**NATATORIUM RULES FOR SWIM AND DIVE MEETS**

1. Seating is limited to 600 occupants in the spectator area of the Natatorium. **NO RESERVING OF SEATS IS PERMITTED** as seating will be on a first come basis only. **No Lawn chairs or portable seating** are allowed. Swimmers are not allowed to bring or use portable seating on deck.
2. Children under 15 years of age must be supervised at all times.
3. Participants and spectators are only allowed in areas specifically designated during Swim and Dive Meets.
4. Flash photography will **not** be permitted at the start of each race.
5. No coolers, glass or other breakable containers, hard plastic toys, tobacco, alcoholic beverages or gum are allowed in the facility.
6. Team banners must not exceed 5" x 8" and will be hung by event staff. No handmade signs.
7. No balloons permitted in the facility.
8. Animals are not allowed in the facility with the exception of service animals that are assisting disabled persons
9. No Heelys (or any style) of skate shoes allowed in facility.
10. No body paint allowed.
11. No Noise Makers/Coins (Tilt Bleachers) are allowed.
12. No changing clothes on deck.
13. You are encouraged not to bring any valuables with you to the facility. Campus Recreation personnel are not allowed to hold personal items for anyone.
14. No smoothies allowed on deck or in spectator seating area (Observation Deck).
15. No food or non-water beverages are allowed on pool deck. These items must be consumed in Rotunda or outside picnic areas in front of the building.
16. You may be asked to leave the facility if you are caught eating or drinking on the pool deck.
17. All food in the hospitality room must be eaten in the hospitality room.
18. Please respect the facility and clean up after your team and/or family at the conclusion of each session. Throw your trash in trash containers and recycle items where possible.
19. Only participants, coaches, event administrators and event volunteers are allowed on the pool deck.
20. Participants are not allowed to climb over the grandstand railings or pass by posted barriers.
21. Swimming and diving are allowed only when the area is supervised.
22. No swimming under the bulkheads will be permitted.
23. No hanging or sitting on the lane lines.
24. Diving boards and platforms will be closed and off limits during non-competition times.
25. The sauna, spa and outdoor pool areas are off limits to all competitors and spectators.
26. There will be no shaving within the CRWC facility. All shaving should be completed prior to arrival. Safety marshals will be monitoring the locker rooms and restrooms to enforce this policy.
27. Unauthorized personnel are not allowed to be on or walk across the bulkheads.
28. You will be asked to leave the pool deck if you do not have proper identification.
29. Swimmers are required to remain with their team on the pool deck during each session. Wet swimmers are not permitted to leave the pool deck.
30. Blocking or restricting fire lanes or emergency exits and the use of emergency exits for non-emergencies is prohibited.
31. All participants and spectators are expected to follow the directions of CRWC staff at all times. Questions about any decision can be directed to the Assistant Director of Aquatics or his/her representative.
32. The University of Houston Campus Recreation and Wellness Center staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.

# 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. See complete UH Campus Recreation and Wellness Center Pool rules attached.