



2008 GULF SWIMMING
A Long Course Meter Timed Final “SENIOR” Meet
Hosted by
FLEET SWIMMING – CYPRESS-FAIRBANKS SWIM CLUB
October 25-26, 2008
Sanction # GUSC 09-013

Coaches : Head Coach, Clayton Cagle
 Head Age Group Coach, Allen Salinas
 Junior Team Coach, Erik Andrews
 Assistant Coaches, Chris Waid, Matt Hone

LOCATION:
Fleet Aquatic Center at 14654 Spring Cypress Road in between Telge Rd. and Louetta. See attached map.

POOL:
Twenty (10) lane, 50 Meter, outdoor pool with non-turbulent lane lines.

Time and Date :
Saturday (2 sessions) and Sunday (1 session) October 25-26, 2008
Session 1 (AM) warm up at 7:30 – 8:45, Meet starts at 9:00
Session 2 (PM) warm up will start at 12:30 PM, but not earlier than 2 hours after the conclusion of the Saturday AM session. The Saturday PM session will begin 1 hour after the start of warm ups.
Session 3 (AM) warm up at 7:30-8:45, Meet starts at 9:00
Warm Ups will be OPEN
Check www.gulfswimming.org for Warm Up, Time Line and Timing responsibilities by
Wed. October 22, 2008
Lane assignments for timing will be designated in the psych sheet and posted on the Gulf Swimming website 3 days prior to the start of the meet.

Flyover Starts:
This meet will be run using “Flyover Start” procedures unless a waiver is received from the Technical Planning Committee Chairman. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the “Flyover Start” procedures.

Meet Referee: Rick Tobin tobinrc@comcast.net 281-550-7275

Meet Director: Scott Scofield coachscotland@gmail.com 281-702-0307

Safety Marshall: Tom McNulty 281-859-7141

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, for each event in which he/she fails to appear.

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 October 17, 2008 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:

Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – long course meters (L) short course yards (Y), or short course meters (S), or Do not convert meter times to yard 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., S, Y, or L). If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested.

Qualifying Times:

15 & Over NONE

14 & Under 15-16 USAS Motivational "AA" times and are attached to this invitation

All 10 & Under swimmers entering senior events must pre-prove their times. Proof must be sent with entries. Failure to do so will prevent the swimmer from entering the senior events.

Number of Events:

Swimmers may swim five (5) events per day.

Age:

As of October 25, 2008

Deadline:

Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Friday, October 17, 2008. 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:**

Scott Scofield

PO BOX 600

Cypress, Texas 77410-0600 (281-376-2372)

Email entries to coachscotland@gmail.com

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. 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).

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 United States of America Swimming (USAS) registered Swimmers and Teams.

Fees:

\$4.00 per Individual Event Make checks payable to **Cypress Fairbanks Swim Club (or CFSC)**. Entry fees must accompany entries, if delivered by any method other than email.

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.**

AWARDS:

NONE

SCORING:

Individual Events: 9-7-6-5-4-3-2-1

RULES and SANCTIONS:

The 2008-09 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 three event up/down rule do apply.

TIMING SYSTEM:

A Colorado Model 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 and on web site by Wednesday before meet at www.gulfswimming.org.

Swimmers in the 800 Freestyle must provide 2 timers and lap counter.

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 for Coaches, Officials and Meet Personnel.

MERCHANDISE:

Swim apparel and swim gear will be available for sale at the meet.

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.

Attached are :

Meet Format

Entry Verification Form

Gulf Safety Guidelines and Warm-up Procedures

Official Meet Entry Form

Map to Fleet Aquatic Center

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.) **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 1. 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

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.

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

Entry Rules & Order of Events

NO AWARDS	
Entry Rules	
Type of Meet	Timed Finals
Max # of events per day	Five (5)
Swimmers Eligible	Any USAS Registered Swimmer
Entry times in	LCM /SCM/SCY
Qualifying times	15 & Over NONE 14 & Under 15-16 USAS Motivational "AA" times
Cut-off times	None
Enter with No Time (NT) ?	Yes
Gulf "three event "rule applies ?	Yes
Gulf "up/down" rule applies ?	Yes
Fees	Individual - \$4.00

Saturday October 25, 2008

“ SESSION 1 “

Warm up 7:30 – 8:45 A.M.

Meet Starts 9:00 A.M.

Time Standards are for 14 & Under Qualifying Times.

Girls				Boys				
Event #	Short Course Yard (SCY)	Short Course Meter (SCM)	Long Course Meter (LCM)	Event Description	Short Course Yard (SCY)	Short Course Meter (SCM)	Long Course Meter (LCM)	Event #
1	2:22.19	2:37.09	2:41.09	200 I.M.	2:09.99	2:23.69	2:30.59	2
3	:26.99	:29.89	:30.89	50 Free	:24.29	:26.89	:28.09	4
5	1:04.09	1:10.79	1:12.69	100 Fly	:57.99	1:04.09	1:06.19	6
7*	5:33.79	4:52.19	4:59.19	400 Free	5:11.69	4:32.79	4:41.09	8*

* The 400 IM & 400/800 Free will be swum fastest to slowest, alternating girls and boys heats.

** Swimmers in the 800 Freestyle must provide their own timers and lap counter.

*** All 10 & Under swimmers entering senior events must pre-prove their times. Proof must be sent with entries (Team manager report). Failure to do so will prevent swimmer from entering the senior meet.

“ SESSION 2 “

***** Warm-up for the Saturday P.M. session will start at 12:30 P.M. but not earlier than 2 hours after the conclusion of the Saturday A.M. session. The Saturday P.M. competition will begin 1 hour after the start of warm-up.**

Time Standards are for 14 & Under Qualifying Times.

Girls				Boys				
Event #	Short Course Yard (SCY)	Short Course Meter (SCM)	Long Course Meter (LCM)	Event Description	Short Course Yard (SCY)	Short Course Meter (SCM)	Long Course Meter (LCM)	Event #
9	2:05.99	2:19.19	2:23.19	200 Free	1:55.79	2:07.89	2:13.19	10
11	1:04.89	1:11.69	1:14.99	100 Back	:58.79	1:04.89	1:08.69	12
13	1:13.19	1:20.89	1:24.09	100 Breast	1:06.29	1:13.29	1:17.19	14
15*	5:00.99	5:32.59	5:41.69	400 I.M.	4:37.09	5:06.09	5:16.19	16*

* The 400 IM & 400/800 Free will be swum fastest to slowest, alternating girls and boys heats.

** Swimmers in the 800 Freestyle must provide their own timers and lap counter.

*** All 10 & Under swimmers entering senior events must pre-prove their times. Proof must be sent with entries (Team manager report). Failure to do so will prevent swimmer from entering the senior meet.

Sunday October 26, 2008

“ SESSION 3 “

Warm up 7:30 – 8:45 A.M.

Meet Starts 9:00 A.M.

Time Standards are for 14 & Under Qualifying Times.

Girls				Boys				
Event #	Short Course Yard (SCY)	Short Course Meter (SCM)	Long Course Meter (LCM)	Event Description	Short Course Yard (SCY)	Short Course Meter (SCM)	Long Course Meter (LCM)	Event #
17	2:19.79	2:34.49	2:40.29	200 Back	2:07.09	2:20.49	2:27.89	18
19	:58.59	1:04.69	1:06.69	100 Free	:53.09	:58.69	1:01.39	20
21	2:37.79	2:54.39	3:00.59	200 Breast	2:23.89	2:38.99	2:46.99	22
23	2:20.49	2:35.19	2:37.79	200 Fly	2:08.79	2:22.29	2:25.89	24
25**	11:25.99	10:00.39	10:15.19	800 Free	10:44.19	9:23.79	9:39.39	26**

* The 800 Freestyle will be swum fastest to slowest.

** Swimmers in the 800 Freestyle must provide their own timers and lap counter.

*** All 10 & Under swimmers entering senior events must pre-prove their times. Proof must be sent with entries (Team manager report). Failure to do so will prevent swimmer from entering the senior meet.



