



2008 GULF SWIMMING
Group B
A Short Course Timed Final Meet
“11-14 Open”

Hosted by
FLEET SWIMMING – CYPRESS-FAIRBANKS SWIM CLUB
November 21-23, 2008
Sanction # GUSC 09-019

Coaches :

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

Location :

Magnolia I.S.D. Natatorium
14350 FM 1488
Magnolia, Texas 77354

Directions :

Traveling from I-45 just north of The Woodlands, take FM 1488 West Approx. 15 mile toward Magnolia. The pool is located on the Magnolia High School Campus (On the East Side of the High School). The School is located on the North side of FM 1488 at the corner of FM 1488 & FM 149. Traveling from the West, take Beltway 8 North to Highway 249. Take 249 north approx. 25 miles to FM 149 (Approx. 3 miles north of Tomball). Turn right on FM 149 and go north to FM 1488. The pool is located on the Magnolia High School campus (On the East Side of the High School). The School is located on the North side of FM 1488 at the corner of FM 1488 & FM 149.

Pool :

Eight lane (8) 25 yard indoor pool with non-turbulent lane lines. Attached warm up pool will be available and used for Meet warm ups.

Time and Date :

Friday November 21, 2008

Warm-up 5:00 – 6:15

Meet Starts 6:30

Saturday and Sunday November 22-23, 2008

Warm ups 7:30 – 8:45

Meet Starts 9:00

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.

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. Relay cards are due by 8:15 AM each day 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. Friday 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 – short course yards (Y), short course meters (S), or long course meters (L). 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.

Cut-off Times:

NONE

Qualifying Times:

NONE

Number of Events :

Swimmers may swim three (3) events per day and up to one (1) relay event per day. The 500 and 1650 Freestyle do not count as one of the three events per day.

Age :

As of November 21, 2008

Deadline :

Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Friday, November 14, 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 at:**

Scott Scofield
PO BOX 600
Cypress, Texas 77410-0600 (281-376-2372)

Email entries to coachscotland@gmail.com

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. 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, 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:

CFSC, AGS, ALAC, BRAZ, COOG, CSC, DADS, FCST, HSC, KATY, MAC, NCAT, SS, TAMU, TWST, UH

Fees:

\$3.75 per Individual Event and \$7.50 for each Relay event. Make checks payable to **Cypress Fairbanks Swim Club (CSFC)**.

AWARDS:

Individual events: ribbons 1st - 8th place. Relay events: ribbons 1st - 3rd place.

SCORING:

11-14 events will be swum combined but scored separately for 11-12 and 13-14.

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

Relay Events: 18-14-12-10-8-6-4-2

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. *Gulf Zone "A" teams are not eligible to swim at this meet. The three (3) event rule and up/down rule do not apply.*

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.

TIMING SYSTEM:

A Colorado Model 6000 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 500 and the 1650 Freestyle must provide their own timers (2) 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) and Fleet Swimming Web Page (www.fleetswimming.com), 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 Magnolia ISD Natatorium

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 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.

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

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Entry Rules & Order of Events

Entry Rules	
Type of Meet	Timed Finals
Max # of events per day (500 and 1650 Free do not count as one of the 3 events per day)	Three (3)
Swimmers Eligible	Group “B”
Entry times in	SCY/SCM/LCM
Qualifying times	NONE
Cut-off times	NONE
Enter with No Time (NT) ?	Yes
Gulf “three event” rule applies ?	No
Gulf “up/down” rule applies ?	No
Fees	Individual - \$3.75 Relays - \$7.50

Friday November 21, 2008
Warm up 5:00 – 6:15 pm
Meet Starts 6:30 pm

Girls		Boys
Event #	Event Description	Event #
1*	11-14 50 Fly	2*
3*	11-14 50 Free	4*
5*	11-14 50 Breast	6*
7*	11-14 50 Back	8*
9**	11-14 400 IM	10**

* The 11-14 events will be combined but scored separately for 13 – 14 and 11-12 age groups.

** The 400 IM & 500 Free will be swum fastest to slowest, alternating girls and boys heats. 500 swimmers must provide their own timers (2) and lap counters.

*** The 1650 Freestyle will be swum fastest to slowest 1650 Swimmers must provide their own timers (2) and Lap Counters.

FLEET SWIMMING – CYPRESS-FAIRBANKS SWIM CLUB
November 22, 2008 “11-14 Open”
Sanction # GUSC08-???
Order of Events

Saturday November 22, 2008 Warm up 7:30 – 8:45 am, Meet Starts 9:00 am

Girls		Boys
Event #	Event Description	Event #
11*	11-14 200 Free Relay	12*
13*	11-14 200 IM	14*
15*	11-14 100 Breast	16*
17*	11-14 100 Back	18*
19*	11-14 100 Free	20*
21*	11-14 100 Fly	22*
23**	11-14 500 Free	24**

- * The 11-14 events will be combined but scored separately for 13 – 14 and 11-12 age groups.
- ** The 400 IM & 500 Free will be swum fastest to slowest, alternating girls and boys heats. 500 swimmers must provide their own timers (2) and lap counters.
- *** The 1650 Freestyle will be swum fastest to slowest. 1650 Swimmers must provide their own Timers (2) and Lap Counters.

FLEET SWIMMING – CYPRESS-FAIRBANKS SWIM CLUB
November 23, 2008 “11-14 Open” Sanction # GUSC08-????
Order of Events

Sunday November 23, 2008 Warm up 7:30 – 8:45 am, Meet Starts 9:00 am

Girls		Boys
Event #	Event Description	Event #
25*	11-14 200 Medley Relay	26*
27*	11-14 200 Fly	28*
29*	11-14 200 Back	30*
31*	11-14 200 Free	32*
33*	11-14 200 Breast	34*

35*	11-14 100 IM	36*
37***	11-14 1650 Free	38***

- * The 11-14 events will be combined but scored separately for 13 – 14 and 11-12 age groups.
- ** The 400 IM & 500 Free will be swum fastest to slowest, alternating girls and boys heats. 500 swimmers must provide their own timers (2) and lap counters.
- *** The 1650 Freestyle will be swum fastest to slowest. 1650 Swimmers must provide their own Timers (2) and Lap Counters.

MAP :

***Magnolia I.S.D. Natatorium
14350 FM 1488
Magnolia, Texas 77354***

<http://www.mapquest.com/maps?city=Magnolia&state=TX&address=14350+FM+1488+Rd>

