



2009 GULF SWIMMING

Group A

A Short Course Timed Final Meet

“12 & Under Spring Champs”

Hosted by

FLEET SWIMMING – CYPRESS-FAIRBANKS SWIM CLUB

February 27-28 and March 1, 2009

Sanction # GUSC 09-044

Coaches :

Head Coach, Clayton Cagle
Head Age Group Coach, Allen Salinas
Senior Team Coach, Lindsie Micko
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.

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 (S,Y, or L). Swimmers must have swum each event entered at some time prior to this meet. **Swimmers may NOT enter with a No Time.**

Cut-off Times:

There are no cut-off times.

Qualifying Times:

None.

Number of Events :

Swimmers may compete in up to 3 individual events and one (1) relay per day.
10 & Under 500 Free does not count as one of 3 events/day.
400 I.M. does not count as one of the 3 events/day.

Age :

As of February 27, 2009

Deadline :

Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Friday, February 20, 2009. 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

14654 Spring Cypress Rd.

Cypress, Texas 77429 (281-702-0307)

Email entries to coachscfield@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:

Gulf Only Teams are allowed for this meet.

CFSC, AGS, ESA, MAC, NEHA, TAMU, TWST, CSC

Fees:

\$4.50 per Individual Event and \$8.00 for each Relay 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:

Individual events: Gulf Custom Medals for 1st – 3rd place; Gulf Custom ribbons for 4th – 8th place. Relay events: Gulf Custom Medals for 1st place; ribbons for 2nd - 3rd place Team Awards will be given out for 1st-3rd place. High Point awards will be given for each age group and gender.

SCORING:

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

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

8 & Under events will be scored BB/B based upon entry times 9 - 10, 10 & Under, and 11 - 12 - 50 and 100 events will be scored A/BB/B based upon entry times 9 - 10, 10 & Under and 11 - 12 - 200, 400 and 500 events will be scored A/BB based upon entry times

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 "B, C, and D" teams are not eligible to swim at this meet. The three (3) event rule does not apply, and up/down rule does 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. "Swimmers in the 500 Free and 400 IM must provide 2 timers and 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.

Coaches and Officials must present their membership cards in order to receive complimentary Psych Sheets and for admission to the Hospitality Room. No chairs in front of bleachers.

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 I.S.D. 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 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. **No chairs in front of bleachers**

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

GULF Custom Medals will be awarded	
Type of Meet	Timed Finals
Max # of events per day (10 & Under 500 Free does not count as one of the three events per day) (400 IM does not count as one of the three events per day)	Three (3)
Swimmers Eligible	Gulf Only Swimmers Group “A” ONLY
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times	None
Enter with No Time (NT) ?	No
Gulf “three event” rule applies ?	Does not apply
Gulf “up/down” rule applies ?	Yes
Fees	Individual - \$4.50; Relays - \$8.00

Friday February 27, 2009

Warm Up 5:00 – 6:15

Meet Starts 6:30

Check web site for warm up schedule www.gulfswimming.org

Girls

Boys

Event #	Event Description	Event #
1	11-12 200 IM	2
3	10&Under 200 IM	4
*5	11-12 500 Free	*6

* The 500 Free will be swum fastest to slowest, alternating girls and boys heats.

. “Swimmers in the 500 and 400 IM must provide 2 timers and lap counter where applicable.”

** 8 & Under events will be scored BB/B based upon entry times

9– 10, 10 & Under, and 11 – 12 - 50 and 100 events will be scored A/BB/B based upon entry times

9 – 10, 10 & Under and 11 – 12 - 200, 400 and 500 events will be scored A/BB based upon entry times

“12 & Under Spring Champs” February 28, 2009 Group “A” Sanction #GUSC 09-044 Order of Events
 Saturday February 28, 2009 Warm up 7:00 – 8:45 am, Meet Starts 9:00 am

Girls		Boys
Event #	Event Description	Event #
7	11-12 50 Breast	8
9	8& Under 100 IM	10
11	10&Under 100 Fly	12
13	11-12 100 Fly	14
15	8& Under 50 Free	16
17	9-10 50 Free	18
19	11-12 50 Free	20
21	10&Under 100 Back	22
23	11-12 100 Back	24
25	8& Under 50 Breast	26
27	9-10 50 Breast	28
29	11-12 200 Breast	30
31	10&Under 200 Free	32
33	11-12 200 Free	34
35	8 & Under 200 Med Relay	36
37	9-10 200 Med Relay	38
39	11-12 400 Med Relay	40
*41	11-12 400 IM *	*42

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

* “Swimmers in the 500 and 400 IM must provide 2 timers and lap counter where applicable.”

* The Time Trials will start 30 Minutes after Conclusion of the 12 & Under Spring Champs Meet.

** 8 & Under events will be scored BB/B based upon entry times

9– 10, 10 & Under, and 11 – 12 - 50 and 100 events will be scored A/BB/B based upon entry times

9 – 10, 10 & Under and 11 – 12 - 200, 400 and 500 events will be scored A/BB based upon entry times

“12 & Under Spring Champs” March 1, 2009 Group “A” Sanction #GUSC 09-044 Order of Events

Sunday March 1, 2009 Warm up 7:00 – 8:45 am, Meet Starts 9:00 am

Check Gulf web site for warm up schedule www.gulfswimming.org

Girls

Boys

Event #	Event Description	Event #
43	11-12 50 Fly	44
45	8 & Under 100 Free	46
47	9-10 100 Free	48
49	11-12 100 Free	50
51	11-12 200 Fly	52
53	8 & Under 50 Fly	54
55	9-10 50 Fly	56
57	11-12 50 Back	58
59	10&Under 100 Breast	60
61	11-12 100 Breast	62
63	8 & Under 50 Back	64
65	9-10 50 Back	66
67	11-12 200 Back	68
69	9-10 100 IM	70
71	11-12 100 IM	72
73	8 & Under 200 Free Relay	74
75	9-10 200 Free Relay	76
77	11-12 400 Free Relay	78
79	10&Under 500 Free	*80

* 500 Free will be swum fastest to slowest, alternating girls and boys heats.

* “Swimmers in the 500 Free and 400 IM must provide 2 timers and lap counter where applicable.”

* The Time Trials will start 30 Minutes after Conclusion of the 12 & Under Spring Champs Meet.

** 8 & Under events will be scored BB/B based upon entry times

9– 10, 10 & Under, and 11 – 12 - 50 and 100 events will be scored A/BB/B based upon entry times

9 – 10, 10 & Under and 11 – 12 - 200, 400 and 500 events will be scored A/BB based upon entry times

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>

