



2009 GULF SWIMMING
Group A
A Short Course Timed Final Time Trials Meet
“All Ages Spring Champs Time Trials”
Hosted by
FLEET SWIMMING – CYPRESS-FAIRBANKS SWIM CLUB
February 28-March 1, 2009
Sanction # GUSC 09-045

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.

Time and Date :

Saturday and Sunday February 23-24, 2007

“Warm ups for the Time Trials Meet will begin at the conclusion of the 12 & Under Spring Champs Meet. The Time Trials Meet will start no earlier than 30 minutes after the conclusion of the 12 & Under Spring Champs Meet.”

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:

Swimmer must check-in by submitting an entry with 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, Herb Schwab, for each event in which he/she fail to appear.

ENTRY INFORMATION:

Meet Rules:

1. All swimmers must enter event/events by deck entry with the Clerk of Course on Saturday or Sunday February 28 and March 1, 2009. Entries will open at 9:30 AM and close at the conclusion of the 12 & Under Spring Champs Meet.
2. The swimmer entered will be seeded into the events according to their best time. Events may be combined by sex, distance, or stroke at the discretion of the Meet Referee.
3. "Swimmers **MAY NOT** enter with no time."
4. There will be 1 (one) round of time trials.
5. "Swimmers do not have to be entered in the 12 & Under Spring Champs Meet to compete in this time trials meet."

ENTRY TIMES:

"Swimmers must have swum events entered at a previous time." Swimmers must enter at their best time. Swimmers may not enter with a NT. 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. Swimmers should indicate on their entry the course at which the entry time was made, (i.e., Y, S, or L).

QUALIFYING TIMES:

None

CUT OFF TIMES:

None

AGE:

Age as of Friday, February 28, 2009

NUMBER of EVENTS:

Swimmers may compete in a maximum of (5) individual events per day. This includes all events and bonus events swum at CFSC 12 & Under Spring Champs Meet.

AWARDS:

None

SCORING:

None

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.

ENTRY FEES:

Time Trial Events are \$9.00 per event for individual and \$16.00 for relays.

Make checks payable to Cypress Fairbanks Swim Club (or CFSC).

RULES AND SANCTIONS:

The 2008-2009 USA and Gulf Swimming rules will apply. The meet will be held under the sanction of USA and Gulf Swimming. No entries will be accepted unless the entrant is either registered or certified by USA Swimming. Swimmers may swim a maximum of 5 (five) events per day. Gulf Groups B, C, and D are not eligible to swim at 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.

TIMING SYSTEM:

A Colorado electronic timing System 6 with an 8-lane electronic scoreboard will be used. Two watches per lane will be used as back-up. Swimmers will be required to furnish timers and counters for those needed events.

POOL DECK RESTRICTIONS:

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 registration card. **No chairs in front of bleachers.**

CONCESSIONS:

Food will be available in the natatorium throughout 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.

ATTACHMENTS:

Meet Format
Gulf Safety Guidelines and Warm up Procedures
Map to Spring Branch Natatorium

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February 28 and March 1, 2009
Sanction # *GUSC 09-045*

ENTRY RULES	
Type of Meet	Time Trial
Maximum # of individual events per day “See entry information”	Five (5)
Swimmers Eligible	USA Swimmers All Ages Group A, Gulf Only
Entry Times	SCY/LCM/SCM
Qualifying Times	None
Cut-off Times	None
Enter with No Time	No
Gulf “ Three Event” rule applies	Does Not Apply
Gulf “up/down” rule applies	Does Not Apply
Fees	Individual \$9.00, Relays \$16.00

Saturday, February 28, 2009

ORDER OF EVENTS

SESSION I

Girls Event #	Event	Boys Event #
81	100 IM	82
83	50 Free	84
85	100 Fly	86
87	200 Back	88
89	200 IM	90
91	50 Breast	92
93	100 Free	94
95	200 Fly	96
97	50 Back	98
99	100 Breast	100
101	200 Free	102
103	400 IM	104
105	50 Fly	106
107	100 Back	108
109	200 Breast	110
111	500 Free	112
113	200 Free Relay	114
115	200 Medley Relay	116
117	400 Free Relay	118
119	400 Medley Relay	120
121	1000 Free	122

123	1650 Free	124
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- “Events may be combined by gender, distance and stroke”
- “Swimmers in Time Trials must provide their own timers”
- “The 400 IM, 500 Free, 1000 Free, and the 1650 Free will be swum fastest to slowest and alternating girls and boys heats”

Sunday, March 1, 2009

ORDER OF EVENTS

SESSION II

Girls Event #	Event	Boys Event #
126	100 IM	127
128	50 Free	129
130	100 Fly	131
132	200 Back	133
134	200 IM	135
136	50 Breast	137
138	100 Free	139
140	200 Fly	141
142	50 Back	143
144	100 Breast	145
146	200 Free	147
148	400 IM	149
150	50 Fly	151
152	100 Back	153
154	200 Breast	155
156	500 Free	157
158	200 Free Relay	159
160	200 Medley Relay	161
162	400 Free Relay	163
164	400 Medley Relay	165
166	1000 Free	167
168	1650 Free	169

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- “Swimmers in Time Trials must provide their own timers”
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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 backstroke 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.

MAP :

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

