



Gulf Swimming "11 and Up Open" Meet

**HOSTED BY
First Colony Swim Team**

**Short Course Yards – Timed Finals
Oct. 11 & 12, 2008
SANCTION #GUSC 09-002
Group A**

LOCATION: Lamar Consolidated Independent School District Natatorium.
5021 Airport Rd
Rosenberg, TX. 77471

Directions: (Take Highway 59 south to exit for 2218, take right on 2218 to Airport, take left on Airport and the Natatorium is on the right approximately 1/2 mile from 2218.

COACHES: Allison Beebe Co-Head Coach
Terry Fritch Co-Head Coach

POOL: 12 lane, 25 yard, outdoor pool with non-turbulent lane lines. 8 lanes will be for competition 2 non-connected lanes will be for warm up and warm down

TIME AND DATE: This is a timed final meet for 11 & Up swimmers.

Saturday October 11 7:30 a.m. warm-up, meet starts at 9:00 a.m.
Sunday October 12 7:30 a.m. warm-up, meet starts at 9:00 a.m.

There will be two 35 minute warm up periods on Saturday and Sunday. Lane assignments for warm-ups and timing will be designated in the psych sheet, and posted on the Gulf Swimming website 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: Joe Stucka, joe.stucka@kbr.com

MEET DIRECTORS: Chris Landeck, clandeck@alltel.net
Michael Wilson, mwilson@nol.net

SAFETY MARSHAL: Jeff Myerson

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, Herb Schwab 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 deadline, stated below, 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: **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. 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., Y, S, or L). If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested.

Qualifying Times: None

Cut-off Times: None

Age: As of October 11, 2008

Number of Events: Swimmers may compete in up to 3 individual events per day.
1000 Freestyle does not count as one of the three events per day.

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Friday, October 3, 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 entries to the Meet Entry Chairman at:

Valerie Wolterman
First Colony Swim Team
P.O. Box 16220
Sugar Land, TX 77496
281-565-4881
vwolterman@comcast.net

Entries: 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).

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: FCST, AQUA, COOG, HSC, KATY, PEAK, SCAT, SPA, UH

Fees: \$3.75 per Individual Event. Make checks payable to **FCST**. Entry fees must accompany entries, if delivered by any method other than email.

AWARDS: Individual events: ribbons 1st - 8th place.

SCORING: Individual Events: 9-7-6-5-4-3-2-1
11 and over events will be combined but scored separately for 11-12, 13-14 and 15 & over age groups. The 13 & over events will be combined and scored separately 13-14 and 15 & over age groups.

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 teams are not eligible to swim at this meet. The three (3) event rule and up/down rule do not 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. **Swimmers in the 1000 Freestyle must provide two timers and a 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: A Concessions Stand will be available during the meet

HOSPITALITY: A hospitality room will be available

MERCHANDISE: Swim Shops of The Southwest will be at the meet selling swim apparel and swim gear.

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. Results from each session will be posted daily at www.swimfcst.com .

Attachments: Entry verification form
Map to LCISD Natatorium
Order of events
Safety Guidelines & Warm-up Procedures
Official Entry form
Hotel list.

ENTRY VERIFICATION

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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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**.

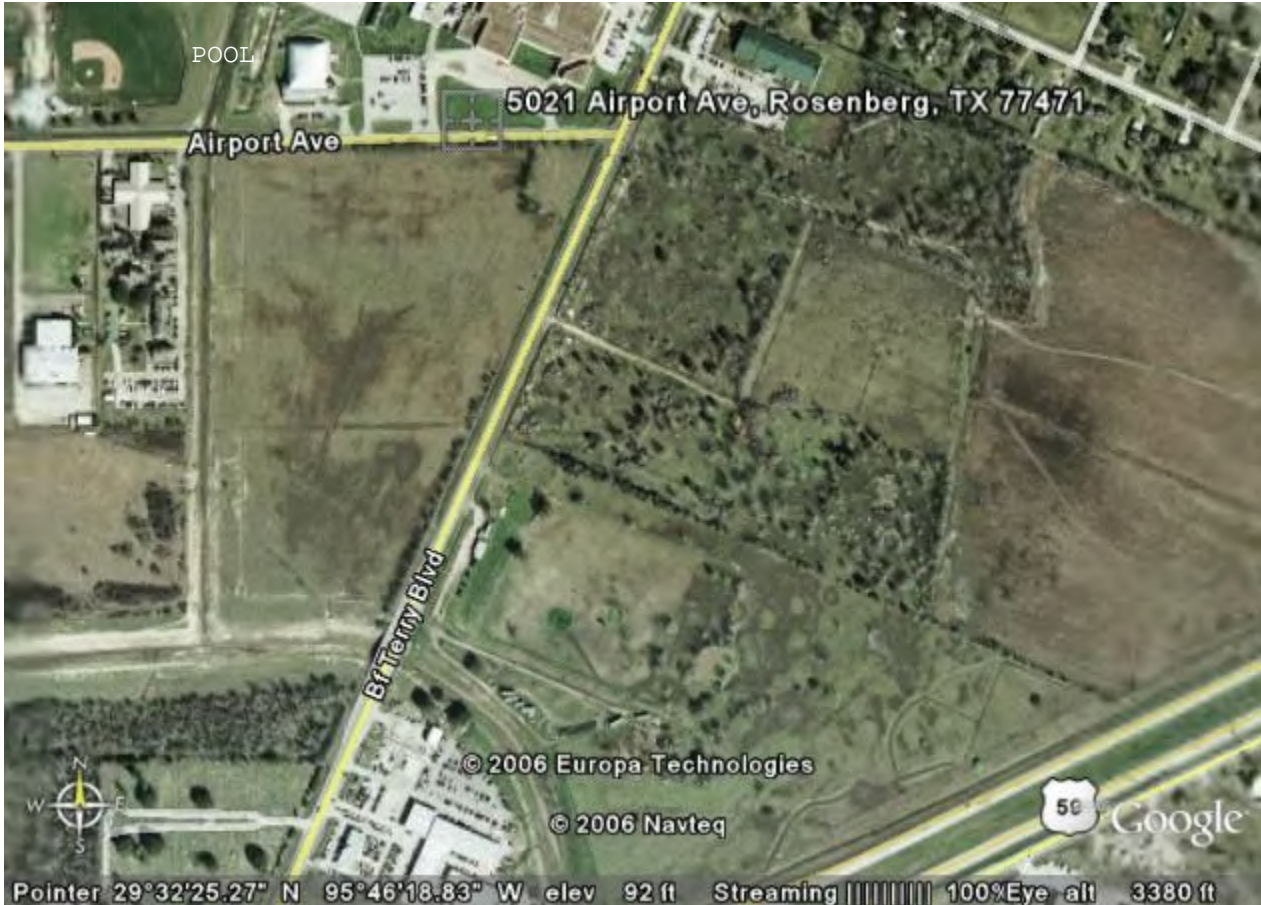
SAFETY GUIDELINES

- 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.



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AREA HOTELS

Comfort Suites, 4820 Techniplex, Stafford, Tx 77477, 281 565-5566
Courtyard by Marriott, 12655 Southwest Freeway, Stafford Tx 77477, 281 491-7700
Drury Inn & Suite, 13770 Southwest Freeway, Sugar Land Tx 77478, 281 277-9700
Hampton Inn, 4714 Techniplex, Stafford, Tx 77477, 281 565-0559
La Quinta Inn, 12727 Southwest Freeway, Stafford, Tx 77477, 281 240-2300
Holiday Inn Express, 14444 Southwest Freeway, Sugar Land Tx 77478, 281 565-6655
Marriott Sugar Land Town Square, 16090 City Walk, Sugar Land Tx 77479, 281 275-8400



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Entry rules

Type of Meet	Timed Finals
Max # individual events per day (1000 Free does not count as one of the 3 events/day)	Three (3)
Swimmers eligible	Group A
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times	None
Enter with no time?	Yes
Gulf "three event" rule applies?	No
Gulf "up/down" rule applies?	No
Fees	Individual – \$3.75

Saturday October 11, 2008 – 11 & Up Open – hosted by FCST

Girls Events	Event Description	Boys Events
1	11-12 50 Fly	2
3	13 & Over 200 I.M.	4
5	11-12 100 I.M.	6
7	13 & Over 100 Free	8
9	11-12 100 Free	10
11	11 & Over 200 Breast	12
13	11-12 50 Back	14
15	13 & Over 100 Fly	16
17	11-12 100 Fly	18
19	11 & Over 200 Back	20
21	*11 & Over 1000 Free	22

*The 400 I.M. and 1000 Freestyle will be swum fastest to slowest, alternating women's and men's heats.

The 11 & Over events will be combined and scored separately for 11-12, 13-14 and 15 & Over age groups.
The 13 & Over events will be combined and scored separately for 13-14 and 15 & Over age groups.

Sunday October 12, 2008 – 11 & Up Open – hosted by FCST



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Girls Events	Event Description	Boys Events
23	11-12 200 I.M.	24
25	13 & Over 100 Back	26
27	11-12 100 Back	28
29	11 & Over 200 Fly	30
31	11-12 50 Breast	32
33	13 & Over 50 Free	34
35	11-12 50 Free	36
37	13 & Over 100 Breast	38
39	11-12 100 Breast	40
41	13 & Over 200 Free	42
43	11-12 200 Free	44
45	*13 & Over 400 I.M.	46

*The 400 I.M. and 1000 Freestyle will be swum fastest to slowest, alternating women's and men's heats.

The 11 & Over events will be combined and scored separately for 11-12, 13-14 and 15 & Over age groups.
The 13 & Over events will be combined and scored separately for 13-14 and 15 & Over age groups.