

**10 & Under Open**  
hosted by  
**HARRIS COUNTY AQUATICS PROGRAM**  
*Group A*  
**November 15-16, 2008**  
**SANCTION #GUSC 09-017**

**LOCATION:** Kashmere High School Natatorium  
6900 Wileyvale @ Bennington  
Houston, Texas 77028

Directions: Travel East or West on Loop 610. Take the Homestead Road exit. Proceed north on Homestead Road to Bennington Street. Turn left on Bennington. Proceed on Bennington and enter parking lot to right. The natatorium is the standalone building.

**COACHES:** Johnnie Means, Head Coach      Marion Oliver, Assistant Coach      Asdrubal Gutierrez, Assistant Coach  
Falon Hopkins, Assistant Coach      Rodney Rodgers, Assistant Coach  
Paul Rodgers, Assistant Coach      Mike McMahan, Assistant Coach

**POOL:** Eight lane, (25 yard, indoor pool with non-turbulent lane lines) with separate warm up/down area.

**TIME AND DATE:** Saturday & Sunday, November 15-16: warm-up at 7:30 a.m., meet starts at 9:00 a.m. (TIMED FINAL EVENTS)

Split warm-ups will be in effect, with assignments posted on the Gulf Swimming web site. 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.

**MEET TYPE:** This meet will be run utilizing the "Flyover Starts" 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:** Gary Baker      gary.baker@shell.com

**MEET DIRECTOR:** John Beaudion      713.748.7333      john\_beaudion@cp1.hctx.net

**SAFETY MARSHAL:** Lorraine Gantt

**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. Relay cards are due by 8:15 a.m. each day or the entry will be considered scratched. 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 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 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., Y, S, 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.

**Age:** 10 & Under as of November 15, 2008.

**Number of Events:** Swimmers may compete in up to 4 individual events per day and up to 1 relay event per day.

**Deadline:** Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Friday, November 7, 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:

Connye Thomas, Meet Entry Chairman  
2727 El Camino  
Houston, Texas 77054  
713.748.7333 or 713.870.6582  
Connye\_Thomas@cp1.hctx.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. Include relays and relay-only swimmers on your completed entry form, diskette or electronic submission.

**Eligible Teams:** ALAC, BRAZ, COOG, CSC, DADS, ESA, HCAP, HSC, MAC, NEHA, RICE & UH.

**Fees:** \$3.75 per Individual Event and \$7.50 per Relay Event. Make checks payable to Harris County Aquatics Program. Entry fees must accompany entries, if delivered by any method other than email.

**AWARDS:** Individual Events: Ribbons 1<sup>st</sup> - 8<sup>th</sup> place.  
Relay Events: Ribbons 1<sup>st</sup> - 3<sup>rd</sup> place.

**SCORING:** Individual Events: 9-7-6-5-4-3-2-1.  
Relay Events: 18-14-12-10-8-6-4-2.

Individual Events will be scored in single age brackets for ages 6 & under, 7, 8, 9 and 10.

**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 and C 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 500 Freestyle must provide 2 timers and lap counters.

**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 during the meet.

**HOSPITALITY:** A hospitality room will be available for coaches and officials only. Coaches and officials must show their credentials for admission.

**MERCHANDISE:** Texas Swim Shop 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](http://www.gulfswimming.org)), within three days after the conclusion of the meet.

<b>Entry Rules</b>	
Type of Meet	Timed Finals
Maximum # individual events per day	Four (4)
Swimmer 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?	Does not apply
Gulf "up/down" rule applies?	Does not apply
Fees	Individual \$3.75; Relay \$7.50

***Saturday, November 15, 2008***

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	10 & Under 200 Medley Relay	2
3	9-10 100 Back	4
5	8 & Under 100 Back	6
7	9-10 100 I.M.	8
9	8 & Under 100 I.M.	10
11	9-10 50 Breast	12
13	8 & Under 50 Breast	14
15	9-10 50 Free	16
17	8 & Under 50 Free	18
19	9-10 100 Fly	20
21	8 & Under 100 Fly	22
23	10 & Under 200 Free	24

***Sunday, November 16, 2008***

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
25	10 & Under 200 Free Relay	26
27	9-10 100 Free	28
29	8 & Under 100 Free	30
31	9-10 50 Back	32
33	8 & Under 50 Back	34
35	9-10 100 Breast	36
37	8 & Under 100 Breast	38
39	9-10 50 Fly	40
41	8 & Under 50 Fly	42
43	10 & Under 200 I.M.	44
	10 Minute Break	
45	10 & Under 500 Free*	46

\*The 500 Freestyle will be swum **fastest to slowest** alternating girls and boys heats.

Individual Events will be scored in single age brackets for age 6 & Under, 7, 8, 9 and 10.

Swimmers in the 500 Freestyle must provide 2 timers and lap counters.

**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

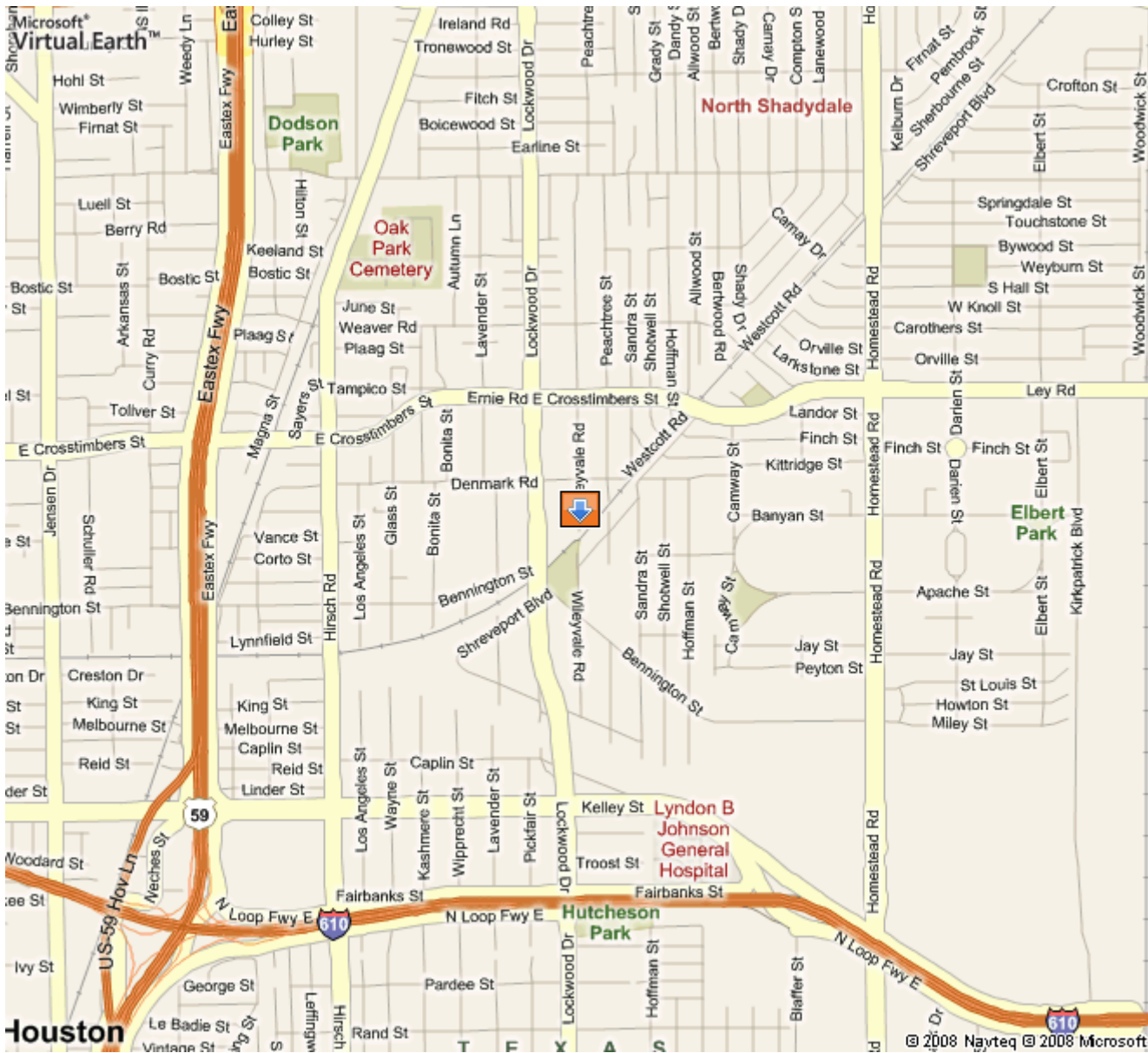
## SAFETY GUIDELINES AND WARM-UP PROCEDURES

### 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 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.



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Team \_\_\_\_\_ Abbrev. \_\_\_\_\_ Entry Chairman \_\_\_\_\_ Phone \_\_\_\_\_

Coach (Or Rep.) \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Entries For: Boys \_\_\_\_\_ Girls \_\_\_\_\_

Swimmer	USA #	Age	Event	Time	Event	Time	Event	Time	Event	Time	Event	Time	Swims	Fees
TOTALS														