



HOUSTON SWIM CLUB



10&Under Open Meet – Group A
HOSTED BY
Houston Swim Club
January 17-18, 2009
SANCTION #GUSC 09-030

LOCATION: Lamar HS Natatorium
3325 Westheimer
Houston, TX 77098
(Map attached)

COACHES: Gilbert Legaspi Head Coach
Leonel Dubon Age Group Coach
Karol Legaspi Age Group Coach

POOL: Eight lane, 25 yard, indoor pool with non-turbulent lane lines. There is a separate warm up / down area.

TIME AND DATE: This is a timed-finals meet
Saturday (January 17th)
Warm-Up Starts at 11:30 AM (Warm-Ups will be split)
Meet Begins at 1:00 PM

Sunday (January 18th)
Warm-Up Starts at 11:30 AM (Warm-Ups will be split)
Meet Begins at 1:00 PM

In order to split warm-ups equally, team assignments will be posted on the Internet at www.swimhouston.com or at www.gulfswimming.org by Wednesday, Jan. 14, 2009.

Lane assignments for warm-ups and timing will be designated in the psych sheet, and posted on the Gulf Swimming website and the HSC website at least three days prior to the start of the meet.

MEET REFEREE: Rick Tobin tobinrc@comcast.net

MEET DIRECTOR: Belinda Metts (bemetts@comcast.net) 713.432.7510

SAFETY MARSHAL: Charlie Metts

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.

Relays: Properly completed relay cards must be returned to the Clerk of Course by 8:15 AM or the entry will be considered scratched.



HOUSTON SWIM CLUB



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 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., Y, S, or L). If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested. There are NO cut-off and NO qualifying times.

Age: 10&Under as of January 17, 2009

Number of Events: Swimmers may compete in up to 4 individual events per day. And Up to one (1) relay per day.

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Friday, January 9, 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:

Gilbert Legaspi
8307 Augustine St.
Houston, TX 77036
713-771-7090
coachg@swimhouston.com

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 printout 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: HSC, AGS, ALAC, AQUA, BTA, CFSC, COOG, DADS, FCST, GIST, LJAC, MAC, NEHA, SPA, SS, SCAT, TAMU, UH

Fees: \$3.75 per Individual Event and \$7.50 per Relay Event.
Make checks payable to **HOUSTON SWIM CLUB BOOSTER CLUB**.
Entry fees must accompany entries, if delivered by any method other than email.



HOUSTON SWIM CLUB



AWARDS: Individual events: ribbons 1st - 8th place. Individual events will be scored in single age brackets: 6&under, 7, 8, 9, and 10

SCORING: 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 wimming 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 teams are not eligible to swim at this meet. The three-event rule and up/down rule do not apply.

This meet will be run using the "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.

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 their own timers 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. **Per the Fire Marshal No folding chairs may be placed on deck in front of the bleachers**
Coaches and Officials must present their membership cards in order to receive complimentary Psych Sheets and for admission to the Hospitality Room.

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.

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 throughout the meet.

HOSPITALITY: A hospitality room will be available for coaches and officials.

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), within three days after the conclusion of the meet. Or on the Houston Swim Club web page after each session at www.swimhouston.com.

Attach Meet Format, Entry Verification Form, Gulf Safety Guidelines and Warm-up Procedures, and Official Meet Entry Form.



HOUSTON SWIM CLUB





HOUSTON SWIM CLUB



ENTRY VERIFICATION APPENDIX E

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



HOUSTON SWIM CLUB

SAFETY GUIDELINES AND WARM-UP PROCEDURES APPENDIX G



WARM-UP PROCEDURES

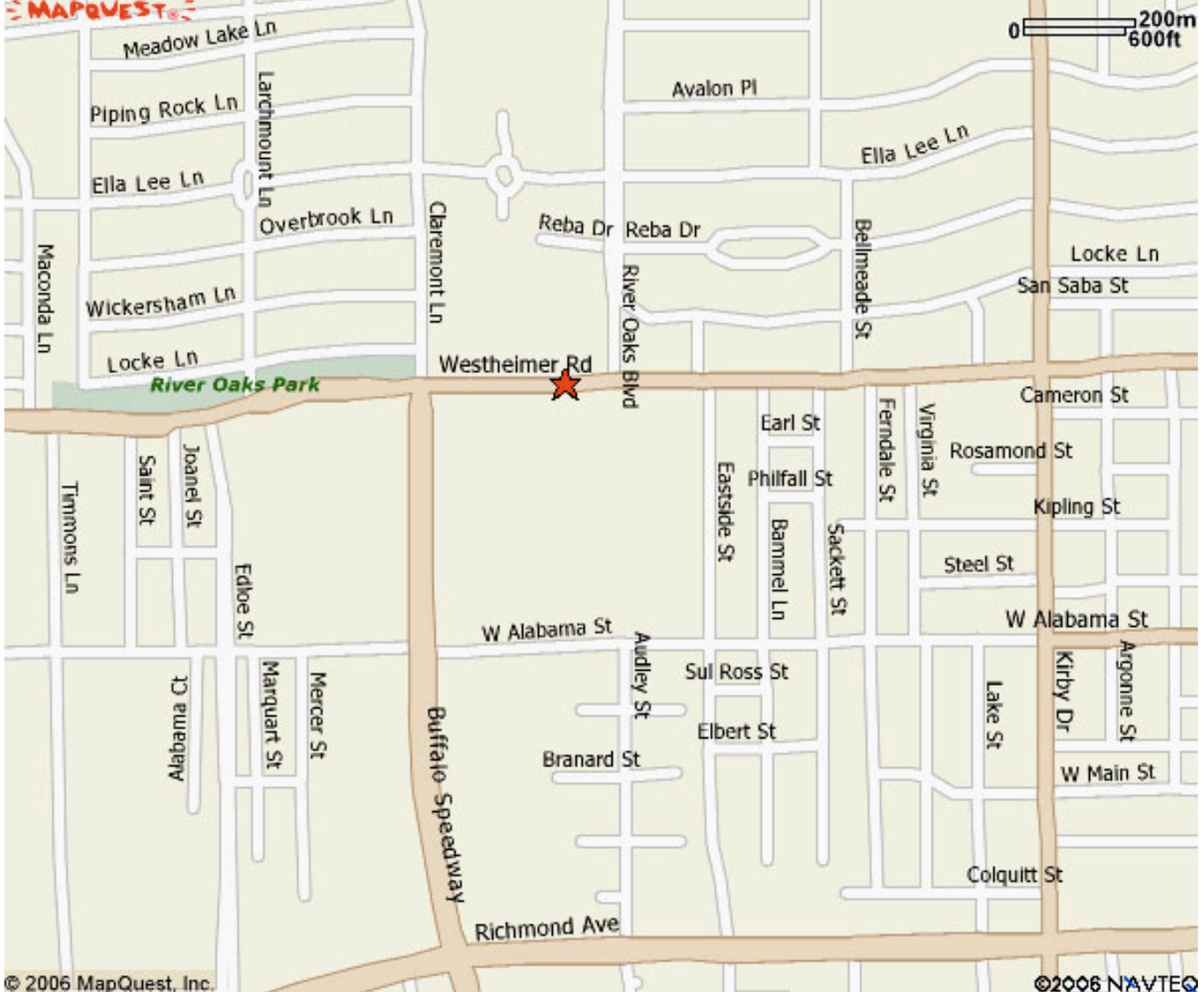
- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** 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 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.
 - 4. **Per the Fire Marshal No folding chairs may be placed on deck in front of the bleachers**



HOUSTON SWIM CLUB





HOUSTON SWIM CLUB



10&Under Open Meet – Group A
HOSTED BY
Houston Swim Club
January 17-18, 2009
SANCTION #GUSC 09-030

Entry rules	
Type of Meet	Timed Finals
Max # individual events per day	Four (4)
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?	Does not apply
Gulf "up/down" rule applies?	Does not apply
Fees	Individual - \$3.75 Relays - \$7.50

Girls Event #	Saturday (Jan. 17, 2009)			Boys Event #	Girls Event #	Sunday (Jan. 18, 2009)			Boys Event #
	Age	Time	Event			Age	Time	Event	
1	10&Un	200	Free Relay	2	23	10&Un	200	Medley Relay	24
3	8&Under	200	Free Relay	4	25	8 & Under	200	Medley Relay	26
5	10&Under	100	Fly	6	27	9-10	100	IM	28
7	9-10	50	Breast	8	29	8 & Under	100	IM	30
9	8&Under	50	Breast	10	31	10 & Under	100	Breast	32
11	9-10	100	Free	12	33	9-10	50	Free	34
13	8&Under	100	Free	14	35	8&Under	50	Free	36
15	9-10	50	Back	16	37	10&Under	100	Back	38
17	8&Under	50	Back	18	39	9-10	50	Fly	40
19	10 & Un	200	Free	20	41	8 & Under	50	Fly	42
21	10&Under	200	IM	22	43	10 & Un	500	Free *	44

- * The 500 Freestyle will be swum FASTEST to SLOWEST, alternating girls and boys heats. Swimmers must provide their own timers and lap counters.

- Individual events will be scored in single age groups brackets for 6 & under 7, 8, 9, and 10.