



All Ages Spring Champs

Time Trials

A TIMED FINAL SHORT COURSE YARDS MEET

Group B

February 28- March 1, 2009

Sanction # GUSC 09-038

LOCATION: (Map attached)

Katy High School Aquatics Center
6331 Highway Boulevard
Katy, TX 77494

COACHES:

Sharon Power, Head Coach
Jason Devine, Head Age Group Coach
Dana Abbott, Assistant Coach
Justin Doherty, Assistant Coach
Lynn Leigh, Assistant Coach
Nate Chessey, Assistant Coach

POOL: Eight lane, 25 yard indoor pool (5 warm-up-down lanes) with non-turbulent lane lines.

TIME AND DATE: 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.

ELIGIBLE TEAMS: Gulf Only ALAC, KATY, BRAZ, DADS, HCAP, RICE, TYES, WHAT

MEET REFEREE: David A. Brown David.A.Brown@conocophillips.com 713-294-8863

MEET DIRECTOR: Robert Arceneaux rarceneaux@tdw.com 713-825-8328

SAFETY MARSHAL: Sally Taggert

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: Swimmers must check-in by submitting an entry with the 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 her/she fails to appear.

ENTRY INFORMATION:

Meet Rules:

1. All swimmers must enter event by deck entry with the Clerk of Course on Saturday and Sunday. Entries will open at 9:30 am and close at the conclusion of the Spring Champs Meet that day. Swimmers do not have to be entered in the 12 & Under Spring Champs meet to compete in the time trials.
2. The swimmer entered will be seeded into the events according to their best time. Events may be combined by gender, distance, and stroke at the discretion of the Meet Referee;
3. There will be 1 (one) round of time trials.
4. 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). Swimmers must have swum events entered at a previous time. Swimmers may not enter with a no time.

Qualifying Times: There are no qualifying times but swimmers cannot enter with a no time (NT).

Cut-off Times: There are no cut-off times.

Age: As of February 28, 2009.

Number of Events: Five (5) events per day – **this includes events and bonus events which may have been swum at the Spring Champs Meet Saturday or Sunday.**

Fees: "On-Decks" will be \$9.00 per event for individual and \$16.00 per Relay. Make checks payable to Katy Aquatics.

AWARDS: None.

SCORING: None.

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. Gulf Group "A", "C" & "D" are not eligible for this meet.

Swimmers may swim a maximum of 5 (five) events per day. This includes all individual events and bonus events swum in the KATY 12 & Under Spring Champs 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 System 6 electronic timing system with 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 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.

CONCESSIONS: Concessions will be available.


HOSPITALITY: A hospitality room will be available.

MERCHANDISE: Texas Swim Shops 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.

Entry Rules		
Type of Meet		Timed Finals
Max # of individual events per day		Five (5)
THIS INCLUDES EVENTS AND BONUS EVENTS SWUM THAT DAT AT THE SPRING CHAMPS MEET		
Swimmers eligible		Gulf Only – Group B
Entry times in		SCY/SCM/LCM
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?		No
Fees:	Individual	\$9.00
	Relay	\$16.00

All Ages Spring Champs
Group B
TIMED FINAL
Time Trials
Short Course, Yards Meet
Hosted by
KATY Aquatics



SATURDAY, FEBRUARY 28, 2009

Girls Event #	ORDER OF EVENTS	Boys Event #
	Event	
201	100 IM	202
203	50 Free	204
205	100 Fly	206
207	200 Back	208
209	200 IM	210
211	50 Breast	212
213	100 Free	214
215	200 Fly	216
217	50 Back	218
219	100 Breast	220
221	200 Free	222
223	400 IM	224
225	50 Fly	226
227	100 Back	228
229	200 Breast	230
231	500 Free	232
233	200 Free Relay	234
235	200 Medley Relay	236
237	400 Free Relay	238
239	400 Medley Relay	240
241	1000 Freestyle	242
243	1650 Freestyle	244

- The 400 IM, 500 freestyle, 1,000 Freestyle and 1,650 Freestyle will be swum fastest to slowest, alternating girls and boys heats.
- Events may be combined by gender, distance and stroke at the discretion of the Meet Referee.
- Swimmers in the time trials meet must provide their own timers and lap counters (if necessary).

SUNDAY, MARCH 1, 2009

Girls Event #	ORDER OF EVENTS	Boys Event #
	Event	
301	100 IM	302
303	50 Free	304
305	100 Fly	306
307	200 Back	308
309	200 IM	310
311	50 Breast	312
313	100 Free	314
315	200 Fly	316
317	50 Back	318
319	100 Breast	320
321	200 Free	322
323	400 IM	324
325	50 Fly	326
327	100 Back	328
329	200 Breast	330
331	500 Free	332
333	200 Free Relay	334
335	200 Medley Relay	336
337	400 Free Relay	338
339	400 Medley Relay	340
341	1000 Freestyle	342
343	1650 Freestyle	344

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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**.

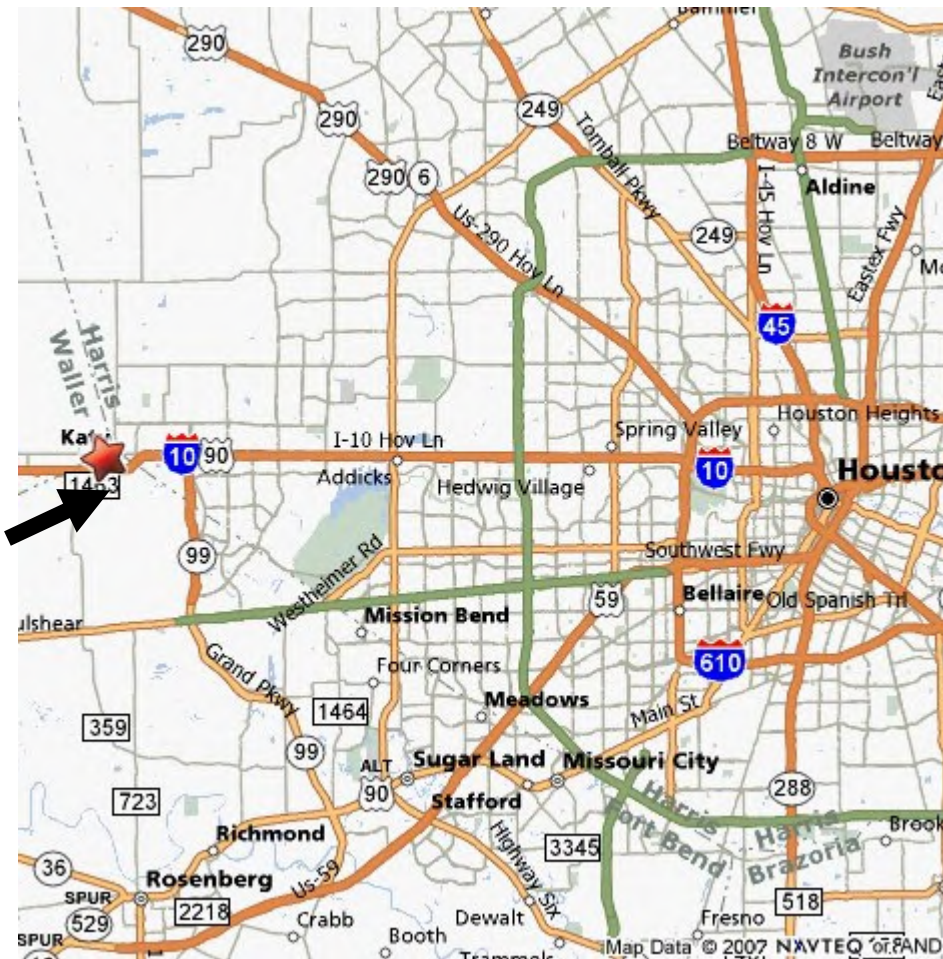
SAFETY GUIDELINES

- 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.



DIRECTIONS: From Downtown Houston, take I-10 West to the Pin Oak exit. Stay in the left hand lane of the feeder road and continue under the Pin Oak overpass to FM 1463. Turn right. You will pass the KISD Administration building and an open soccer field. Turn left immediately after the soccer field and continue to the large parking lot for the Natatorium.

