



2009 January Open Meet
HOSTED BY
Premier Aquatics Club of Klein
Timed Finals – Short Course Yards
Group A
January 30 – February 1, 2009
SANCTION # GUSC 09-029

LOCATION: **Klein Oak High School.**
22603 Northcrest Drive.
Spring, TX 77389

Directions: From I- 45N take F.M 2920/Spring Cypress exit and go 4.8 miles west and turn right on Kuykendahl Rd. Go 1.1 miles north to Spring Stuebner and turn right. Go .6 miles on Spring Stuebner and then turn left on Northcrest Dr. Klein Oak High School is at the corner of Northcrest Drive and Klein Oak Dr. (map included with invitation)

COACHES: Mike McCauley Head Coach
Shane McCauley Head Age Group Coach

POOL: Eight lane, 25 yard indoor pool with non-turbulent lane lines with separate warm down area.

TIME AND DATE: **This is a timed-finals meet with an evening session on Friday, along with morning sessions on Saturday and Sunday.**

Session 1: Friday – January 30, 2009 (TIMED FINAL EVENTS)
Age Group: All Age Group
Warm-ups: 5:00 pm – 6:15 pm
Meet Starts: 6:30 pm

Session 2: Saturday Morning – January 31, 2009 (TIMED FINAL EVENTS)
Age Group: All Age Group
Warm-ups*: 7:30 am – 8:45 am
Meet Starts: 9:00 am

Session 3: Sunday Morning – February 1, 2009 (TIMED FINAL EVENTS)
Age Group: All Age Group
Warm-ups* 7:30 am – 8:45 am
Meet Starts: 9:00 am

*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: Tom Jones, Phone: 281.705.9063, E-mail: twjones@earthlink.net

MEET DIRECTORS: Kevin Little, Phone: 281-257-2742, E-mail: Kevin.Little@dhl.com
Darlan Horn, Phone: 925-366-1129, E-mail: dm_horn@hotmail.com

SAFETY MARSHAL: Ted Machicek

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, 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 *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.

Cut-off Times: None

Qualifying Times: None

Age: As of January 30, 2009

Number of Events: Swimmers may compete in up to three (3) individual events per day (400 IM, 500, and 1000 Free do not count as one of 3 events/day)

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Friday, January 23, 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:

Ted Machicek
20006 Wyndham Rose Lane Spring, TX 77379
713-898-1503
T_machicek@hotmail.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 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: BRAZ, BTA, ESA, ETEX, HCAP, LJAC, NEHA, PACK, SS, TYES
Swimmers must swim at the meet site where the team he/she was last registered with and is assigned unless a completed transfer form has been filed.

Fees: Three dollars and 75 cents (\$3.75) per Individual Event. Make checks payable to **Premier Aquatics Club**. Entry fees must accompany entries, if delivered by any method other than email.

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

SCORING: Individual Events: 9-7-6-5-4-3-2-1
The 10 & Over event will be scored separately for 10, 11-12, 13-14 and 15 & Over
The 13 & Over events will be scored separately for 13-14 and 15 & Over
The 10 & Under events will be scored separately for 9-10 and 8 & Under

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. The three (3) event rule and up/down rule do not apply. Gulf Groups B & C 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 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 and 1000 Freestyle must provide two (2) timers and a lap counter. Swimmers in the 400 IM must provide two (2) timers.

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 for purchase

HOSPITALITY: A hospitality room will be available for Coaches and Officials. Coaches and Officials must present their membership credentials in order to receive complimentary Psych Sheet and for admission to the Hospitality Room.

MERCHANDISE: D and J **Sports** 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.



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| | |
|----------------------------------|--|
| Entry rules | |
| Type of Meet | Timed Finals – Short Course Yards |
| Max # individual events per day | Three (3) 400 IM, 500 and 1000 Freestyle do not count as one of the three events per day |
| Swimmers eligible | Group A |
| Entry times in | SCY/SCM/LCM |
| Qualifying times | None |
| Cut-off times | None |
| Enter with no times? | Yes |
| Gulf “three event” rule applies? | Does not apply |
| Gulf “up/down” rule applies? | Does not apply |
| Fees | Individual - \$3.75 |

| Session 1 – Friday Evening – January 30, 2009 | | | |
|--|------------|-----------|-------------|
| Girls | | | BOYS |
| Event # | Age | Event | Event # |
| 1 | 11-12 | 200 IM | 2 |
| 3 | 13 & Over | 200 IM | 4 |
| 5 | 10 & Under | 200 IM | 6 |
| 7 | 11-12 | 500 Free* | 8 |
| 9 | 13 & Over | 500 Free* | 10 |
| * The 500 Freestyle will be swum fastest to slowest, alternating girls and boys heats. Swimmers in the 500 free must provide 2 timers and a lap counter | | | |
| The 10 & Over event will be scored separately for 10, 11-12, 13-14 and 15 & Over The 13 & Over events will be scored separately for 13-14 and 15 & Over The 10 & Under events will be scored separately for 9-10 and 8 & Under | | | |
| Swimmers must swim at the site where the team he/she was last registered with is assigned; unless a completed transfer form has been filed. | | | |



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| Session 2 – Saturday Morning – January 31, 2009 | | | |
|--|------------|------------|---------|
| GIRLS | | | BOYS |
| Event # | Age | Event | Event # |
| 11 | 10 & Under | 200 Free | 12 |
| 13 | 11-12 | 200 Free | 14 |
| 15 | 13 & Over | 200 Free | 16 |
| 17 | 10 & Under | 100 Breast | 18 |
| 19 | 11-12 | 100 Breast | 20 |
| 21 | 13 & Over | 100 Breast | 22 |
| 23 | 10 & Under | 50 Fly | 24 |
| 25 | 10 & Over | 200 Fly | 26 |
| 27 | 11-12 | 50 Breast | 28 |
| 29 | 10 & Under | 100 Back | 30 |
| 31 | 11-12 | 100 Back | 32 |
| 33 | 13 & Over | 100 Back | 34 |
| 35 | 10 & Under | 50 Free | 36 |
| 37 | 11-12 | 50 Free | 38 |
| 39 | 13 & Over | 50 Free | 40 |
| 41 | 10 & Under | 500 Free* | 42 |
| 43 | 11-12 | 1000 Free* | 44 |
| 45 | 13 & Over | 1000 Free* | 46 |
| <p>* The 500, 1000 Freestyle will be swum fastest to slowest, alternating girls and boys heats. Swimmers in the 500, 1000 Freestyle must provide 2 timers and a lap counter</p> <p>The 10 & Over event will be scored separately for 10, 11-12, 13-14 and 15 & Over The 13 & Over events will be scored separately for 13-14 and 15 & Over The 10 & Under events will be scored separately for 9-10 and 8 & Under</p> <p>Swimmers must swim at the site where the team he/she was last registered with is assigned; unless a completed transfer form has been filed.</p> | | | |



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| Session 3 – Sunday Morning – February 1, 2009 | | | |
|---|------------|------------|---------|
| GIRLS | | | BOYS |
| Event # | Age | Event | Event # |
| 47 | 11-12 | 100 IM | 48 |
| 49 | 10 & Under | 100 IM | 50 |
| 51 | 11-12 | 50 Back | 52 |
| 53 | 10 & Under | 50 Breast | 54 |
| 55 | 10 & Over | 200 Breast | 56 |
| 57 | 13 & Over | 100 Fly | 58 |
| 59 | 11-12 | 100 Fly | 60 |
| 61 | 10 & Under | 100 Fly | 62 |
| 63 | 13 & Over | 100 Free | 64 |
| 65 | 11-12 | 100 Free | 66 |
| 67 | 10 & Under | 100 Free | 68 |
| 69 | 11-12 | 50 Fly | 70 |
| 71 | 10 & Under | 50 Back | 72 |
| 73 | 10 & Over | 200 Back | 74 |
| 75 | 11-12 | 400 IM* | 76 |
| 77 | 13 & Over | 400 IM* | 78 |
| | | | |
| | | | |
| | | | |
| <p>* The 400 IM will be swum fastest to slowest, alternating girls and boys heats. Swimmers in the 400 IM must provide 2 timers.</p> <p>The 10 & Over event will be scored separately for 10, 11-12, 13-14 and 15 & Over The 13 & Over events will be scored separately for 13-14 and 15 & Over The 10 & Under events will be scored separately for 9-10 and 8 & Under</p> <p>Swimmers must swim at the site where the team he/she was last registered with is assigned; unless a completed transfer form has been filed.</p> | | | |

ENTRY VERIFICATION
APPENDIX F

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
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.





