



**2009 Gulf Swimming
Group C
A Short Course Timed Final Time Trials Meet
"All Age Spring Champs"**

**HOSTED BY
Space City Aquatic Team**

**February 28 – March 1, 2009
SANCTION #GUSC 09-041**

- LOCATION:** Texas City Natatorium
1900 5th Ave. North
Texas City, TX 77590
- DIRECTIONS:** From Houston head south on IH 45. Take Exit 16 to Emmett F. Lowry Expressway (FM 1764) and head east for about 6.5 miles to 21st Street. Take a right (heading south) on 21st Street and go four blocks to 5th Ave. Turn left onto 5th and the Natatorium/Rec center will be on the left in about .1 miles. See maps on the last 2 pages of this invitation.
- COACHES:** Rob McLean Head Coach
David Denholm Assistant Coach
- POOL:** Eight lane, 25 yard indoor pool with non-turbulent lane lines. Warm-up/down lanes will be available.
- TIME AND DATE:** Saturday and Sunday, February 28 – March 1, 2009
- Warmups 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.
- MEET REFEREE:** Tim Axt, 281-819-1259, taxt1@juno.com
- MEET DIRECTOR:** Tacey L. Baker, 281-455-2245, scatentries@comcast.net
James Beaman, 281-782-8792, james.beaman@escq.jacobs.com
- SAFETY MARSHAL:** Hugh Putnam
- 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 Clerk of Course. There will be no "Circle In." After submitting an entry, failure of the swimmer to appear at the block will result in the swimmer being assessed a \$5.00 fine, payable to Gulf Swimming Administrative Vice-Chairman, Herb Schwab, for each event he/she fails to appear.
- ENTRY INFORMATION:**
- Meet Rules:**
1. All swimmers must enter event/events by deck entry with Clerk of Course on Saturday, February 28 or Sunday, March 1, 2009. Entries will open at 9:30 a.m. and close at the

- conclusion of the 12-Under Spring Champs meet.
2. The swimmer entered will be seeded into the events according to their best time. Events may be combined by sex, distance or stroke at the discretion of the Meet Referee.
 3. "Swimmers **MAY NOT** enter with no time"
 4. There will be 1 (one) round of time trials.
 5. "Swimmers do not have to be entered in the 12-Under Spring Champs Meet in order to compete in this time trials meet.

Entry Times: "Swimmers must have swum events entered at a previous time."

Swimmers must enter at their best time. Swimmers may not enter with a NT. 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. Swimmers should indicate on their entry the course at which the entry time was made, (i.e., Y, S or L).

Qualifying Times: There are no qualifying times.

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

Age: As of Saturday, February 28, 2009.

Number of Events: Swimmers may compete in a maximum of 5 (five) events per day. This includes all events and bonus events swum at the SCAT 12-Under Spring Champs Meet.

AWARDS: None

SCORING: None

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).

ENTRY FEES: Time Trial Events are \$9.00 per event for individual and \$16.00 for relays. **Make Checks payable to Space City Aquatic Team (or SCAT).**

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. Swimmers may swim a maximum of 5 (five) events per day. Gulf Group A, B and D 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 6000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Swimmers will be required to furnish timers and counters for those needed events.

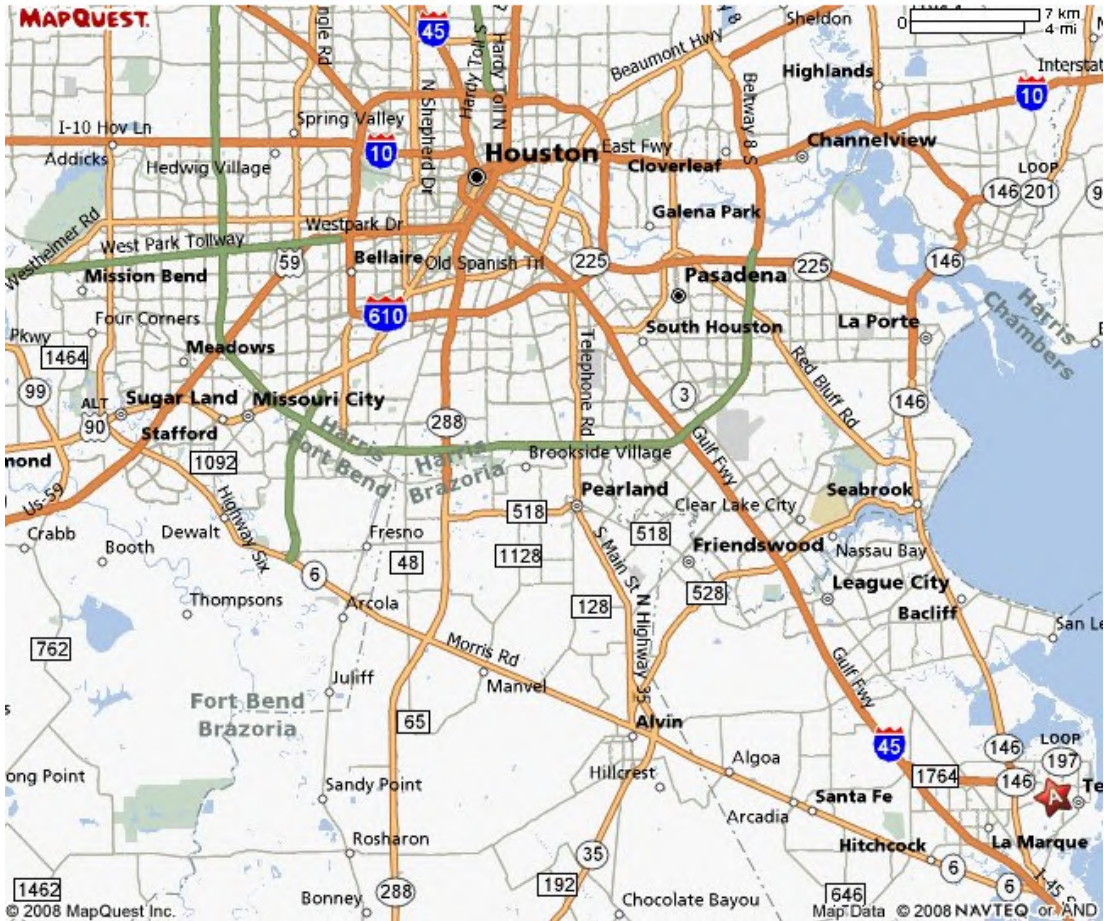
POOL DECK RESTRICTION: Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. No food will be allowed on the pool deck.

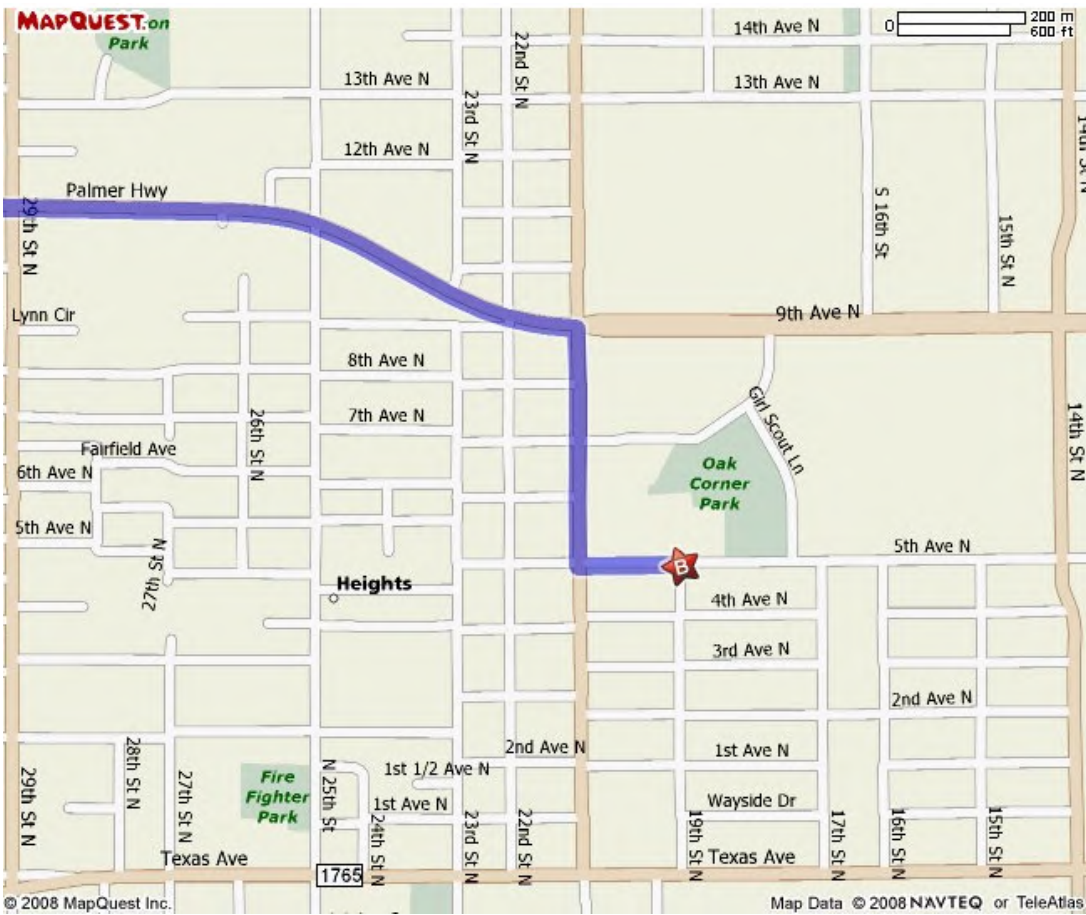
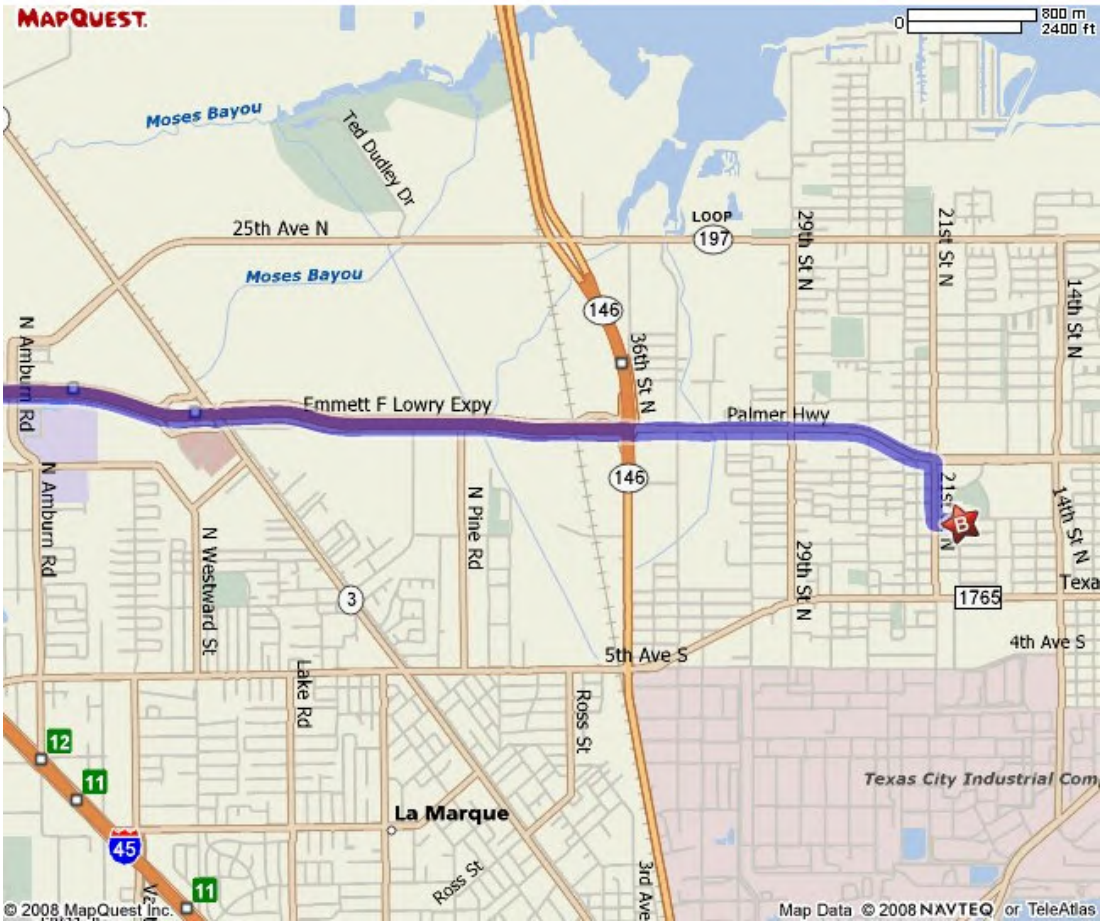
CONCESSIONS: Concessions will be available.

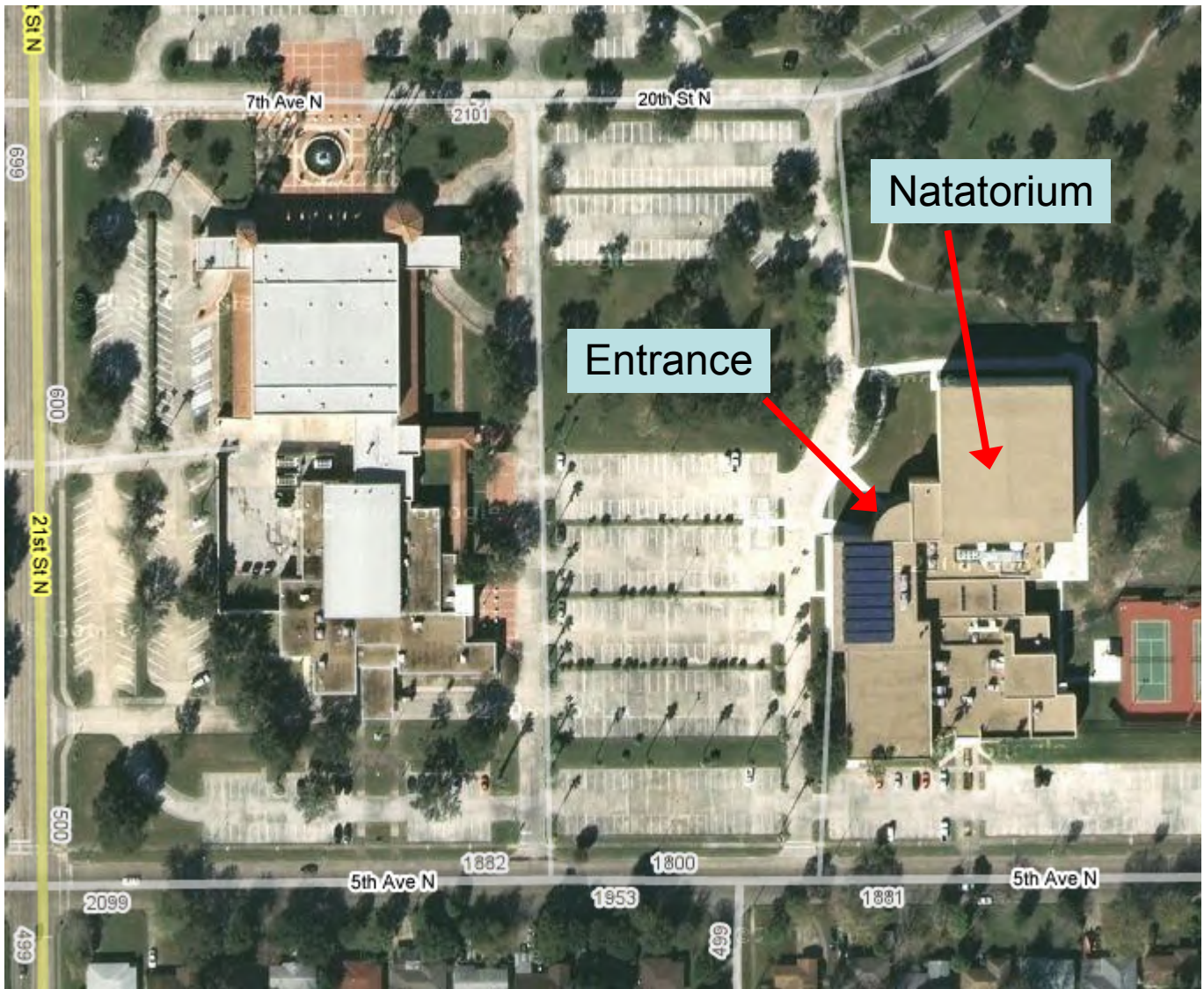
HOSPITALITY: A hospitality room will be available.

MERCHANDISE: The 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.







Local Hotels:

La Quinta, 1121 Hwy 146N, Texas City 409-948-3101 (2.1 miles)

Crystal Suites, 201 Hwy 146 N, Texas City 409-945-0999 (2.0 miles)

Fairfield Inn, 10700 Emmett F. Lowry Expy, Texas City 409-986-3866 (6.8 miles)

Hampton Inn, 2320 F.M. 2004, Texas City 409-986-6686 (6.8 miles)

Best Western Mainland Inn & Suite, 10620 Emmett F. Lowry Expy, Texas City 409-986-6600 (6.8 miles)

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.

Group C
A Short Course Timed Final Time Trials Meet
“All Age Spring Champs”
Hosted by
Space City Aquatic Team
February 28, 2009 – March 1, 2009
Sanction # GUSC ?????

| ENTRY RULES | |
|---|--|
| Type of Meet | Time Trial |
| Maximum # of individual events per day “See entry information” | Five (5) |
| Swimmers Eligible | USA Swimmers of all ages Group C, Gulf Only |
| Entry Times | SCY/LCM/SCM |
| 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 | Does Not Apply |
| Fees | Individual \$9.00, Relays \$16.00 |

Saturday, February 28, 2009

ORDER OF EVENTS

SESSION I

| Girls Event # | Event | Boys 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 Free | 242 |
| 243 | 1650 Free | 244 |

- “Events may be combined by gender, distance and stroke”
- “Swimmers in Time Trials must provide their own timers”
- The 400 IM and 500 Free will be swum fastest to slowest and alternating girls and boys heats.

Sunday, March 1, 2009

ORDER OF EVENTS

SESSION II

| Girls Event # | Event | Boys 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 Free | 342 |
| 343 | 1650 Free | 344 |
| | | |

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