

2009 GULF SWIMMING
Group D
A Short Course Timed Final Time Trials Meet
“All Ages Spring Champs Time Trials”
Hosted by
SIENNA PLANTATION AQUATICS
February 28, 2009
March 1, 2009
Sanction # GUSC-09-043

Coaches :

Head Coach-Tracy Mundy
Meredith May
Andre Smith
Valerie Martin
Barbara Harold

Location :

Spring Branch ISD Natatorium
10404 Tiger Trail (at Spring Woods High School)
Houston, TX. 77043

Pool :

Eight (8) Lane 25 yard indoor pool with non-turbulent lane lines. There is a separate warm-up/ down area.

Time and Date :

Saturday February 28 and Sunday March 1.

“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.”

Meet Referee: Tom O’Brien tobrien930@earthlink.net 281-980-8334

Meet Director: Brad Hammond bradh@horizonwinestx.com 713-825-5633

Safety Marshall: Colin Frazier

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”.

ELIGIBLE TEAMS: SPA, PEAK, FCST, HSC, ETEX, GIST, LJAC, TTST, LSST

CHECK IN:

Swimmer must check-in by submitting an entry with 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 he/she fail to appear.

ENTRY INFORMATION:

Meet Rules:

1. All swimmers must enter event/events by deck entry with the Clerk of Course on Saturday or Sunday

February 28, 2009 and March 1, 2009. Entries will open at 9:30 AM 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 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: None

CUT OFF TIMES: None

AGE: As of Saturday, February 28, 2009

NUMBER of EVENTS:

Swimmers may compete in a maximum of (5) individual events per day. This includes all events and bonus events swum at SPA 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.

ENTRY FEES: Time Trial Events are \$9.00 per event for individual and \$16.00 for relays.
Make checks payable to Sienna Plantation Aquatics (SPA)

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. Swimmers may swim a maximum of 5 (five) events per day. Gulf Groups A, 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 electronic timing System 5 with an 8-lane 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 RESTRICTIONS:

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 registration card.

CONCESSIONS:

Food will be available in the natatorium throughout the meet. A hospitality room will be supplied for the coaches.

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.

ATTACHMENTS:

Meet Format

Gulf Safety Guidelines and Warm up Procedures

2008 GULF SWIMMING
Group D
A Short Course Timed Final Time Trials Meet
Hosted by
SIENNA PLANTATION AQUATICS
February 28 & March 1, 2009
Sanction # GUSC 09-043

ENTRY RULES	
Type of Meet	Time Trial
Maximum # of individual events per day "See entry information"	Five (5)
Swimmers Eligible	USA Swimmers Group D, 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 (11-12)	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 & 500 Free will be swum fastest to slowest alternating girls and boys heats where applicable.”

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 (11-12)	340
341	1000 Free	342
343	1650 Free	344

- “Events may be combined by gender, distance and stroke”
- “Swimmers in Time Trials must provide their own timers”
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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.) **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 1. 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

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.

