



MILE MEET

HOSTED BY

University of Houston Women's Swim Team

Short Course Yards Timed Finals Meet

January 25, 2009

SANCTION # GUSC 09-032

LOCATION: University of Houston Melcher Gymnasium & Natatorium



3855 Holman, between Cullen & Scott St. The Melcher complex is located next to Hofheinz Pavilion, which is on the corner of Cullen & Holman, and across the street from Robertson Football Stadium. Map attached

Directions:

I-45 Southbound Exit on Cullen Turn right onto Cullen. Second stop light is Holman, turn right. Turn left into parking lot 15D. Parking lot 15D is the Robertson Stadium parking lot.

I-45 Northbound Exit Cullen. Turn left onto Cullen. Second stop light is Holman, turn right. Turn left into parking lot 15D. Parking lot 15D is the Robertson Stadium parking lot.

****Parking Sunday in lot 15 D is free. Do not park in spaces marked reserved or handicap parking without a valid permit.**

COACH: Greg Orphanides Coach

POOL: Six lane 25 yard indoor pool with non-turbulent lane lines.
Separate warm up/down facilities available.

TIME AND DATE: This is a timed finals meet. Sunday January 25, 2009
The facility will open at 7:00 AM.
Warm up start at 7:30 AM General warm ups will be in effect.
Meet starts at 9:00 AM

****The Clerk of Course will be open for on-deck entries: 7:30AM- 8:30AM.**

MEET REFEREE: Herb Schwab herb.schwab@shell.com

MEET DIRECTOR: Linda Brenneke entries4meets@yahoo.com 281.589.8913

SAFETY MARSHAL: Jim Rockwell

SAFETY GUIDELINES AND WARM-UP PROCEDURES: See attached Safety Guidelines and Warm-up Procedures.

SEEDING: The meet will be deck seeded, first using 1650/1500 Free times, then using 500/400 Free times with NT seeded last. Coaches please inform your swimmers of seeding on deck rules. The events will be swum fastest to slowest alternating women's and men's heats where applicable.

CHECK-IN: Swimmers must check in with the Clerk of the Course. Swimmers are required to circle-in with the Clerk of the Course at least 45 minutes before their event. After the events are officially closed, no one may check in or scratch. After circling in with the Clerk of Course, 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.

- The approximate time each swimmer is projected to swim will be available by contacting the meet director via email at entries4meets@yahoo.com on Wednesday, January 21, 2009. Teams that provide an e-mail contact on the Entry Summary Form will automatically receive a preliminary list via email with approximated starting times on Wednesday, January 21, 2009. Preliminary psych sheets produced from the regular entries will be e-mailed on the Wednesday prior to the meet, to coaches who provide their email address with their entries.
- The actual starting time for a swimmer will be affected by the time required to swim the previous heats, the number and entry time of on-deck entries, and the number of scratches. Swimmers are responsible for ensuring that:
 - 1) They are circled-in
 - 2) They appear at the blocks when their heat is calledA swimmer should consider these uncertainties if he/she plans to come to the meet near the time that their heat is projected to start.
- Swimmers are encouraged to make prior arrangements with their coach for check-in and then call their coach to find out where they are in the seeding after scratches and on-deck entries have been totaled and the event has been seeded. Swimmers and coaches who are unable to communicate may scratch or check-in by calling the meet director at 832.428.9961 between 7:30AM and 8:00AM the morning of the meet.

ON-DECK ENTRIES: Late entries will be accepted Sunday up to 30 minutes before the start of the meet. Those swimmers missing the 6:00 p.m. Friday January 16, 2009 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: Swimmers must enter their best 1650/1500 Free time, then their 500/400 Free time or NT.

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. Times must be from USA swimming meets.

Qualifying Times: None

Cut-off Times: None

Age: As of January 25, 2009

Number of Events: Swimmers may compete in 1 (one) individual event.

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Friday, January 16, 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 Chairperson:

Linda Brenneke
527 Nottingham Oaks Trail
Houston, TX, 77079-6331
281.589.8913
Email: entries4meets@yahoo.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: All USA Swimming registered swimmers and teams

Fees: \$6.25 per Individual Event. **Make checks payable to Houston Cougars.** Entry fees must accompany entries, if delivered by any method other than email.

AWARDS: Awards will be given to the top 3 finishers of each age group. A team high point will be awarded to the coach of the team accumulating the most points.

SCORING: Individual Events: 9-7-6-5-4-3-2-1
11-12, 13-14, and 15 and Over age groups will be swum combined but scored separately.

RULES AND SANCTIONS: The 2008-2009 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.

TYPE OF MEET: 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.

POOL MEASUREMENT: The competition course has not been certified in accordance with USASwimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct.

TIMING SYSTEM: Colorado electronic timing system with an electronic scoreboard will be used. **All Swimmers must provide two timers and a 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.

Coaches must supervise their swimmers.

Wet swimmers not allowed in the upstairs spectator area

--Smoothies and food are to be consumed in the hallway or outside. Smoothies and food are not allowed on deck and will be confiscated if found.

A hospitality room and complimentary psych sheets will be provided for Coaches and Officials who have, in their immediate possession, current USA swimming registration cards.

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

HOSPITALITY: A hospitality room will be available

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, Entry Verification Form, Gulf Safety Guidelines and Warm –up Procedures, Official Meet Entry Form
UH Map



UH Mile Meet
January 25, 2009
Short Course Yards – Timed Finals

Entry Rules	
Type of Meet	Timed Finals
Max # individual events per day	One (1)
Swimmers eligible	All USA registered swimmers & teams
Entry times in	LCM/SCM/SCY
Qualifying times	None
Cut-off times	None
Enter with no time?	Yes
Gulf three event rule applies?	No
Gulf "up/down" rule applies?	No
FEES	Individual \$6.25

Sunday January 25, 2009

Women	EVENT	Men
Event #	EVENT	Event #
1	11 & Over 1650 Freestyle	2

All swimmers must provide two (2) timers and one (1) lap counter.

- 11-12, 13-14, and 15 and Over age groups will be swum combined but scored separately by age group. The events will be swum fastest to slowest, alternating women and men heats where applicable.
- The approximate time each swimmer is projected to swim will be available by contacting the meet director via email at entries4meets@yahoo.com on Wednesday, January 21, 2009. Teams that provide an e-mail contact on the Entry Summary Form will automatically receive a preliminary list via email with approximated starting times on Wednesday, January 21, 2009. Preliminary psych sheets produced from the regular entries will be e-mailed on the Wednesday prior to the meet to coaches who provide their email address with their entries.
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ENTRY VERIFICATION
UH January 2009 Mile Meet

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

Team

Date

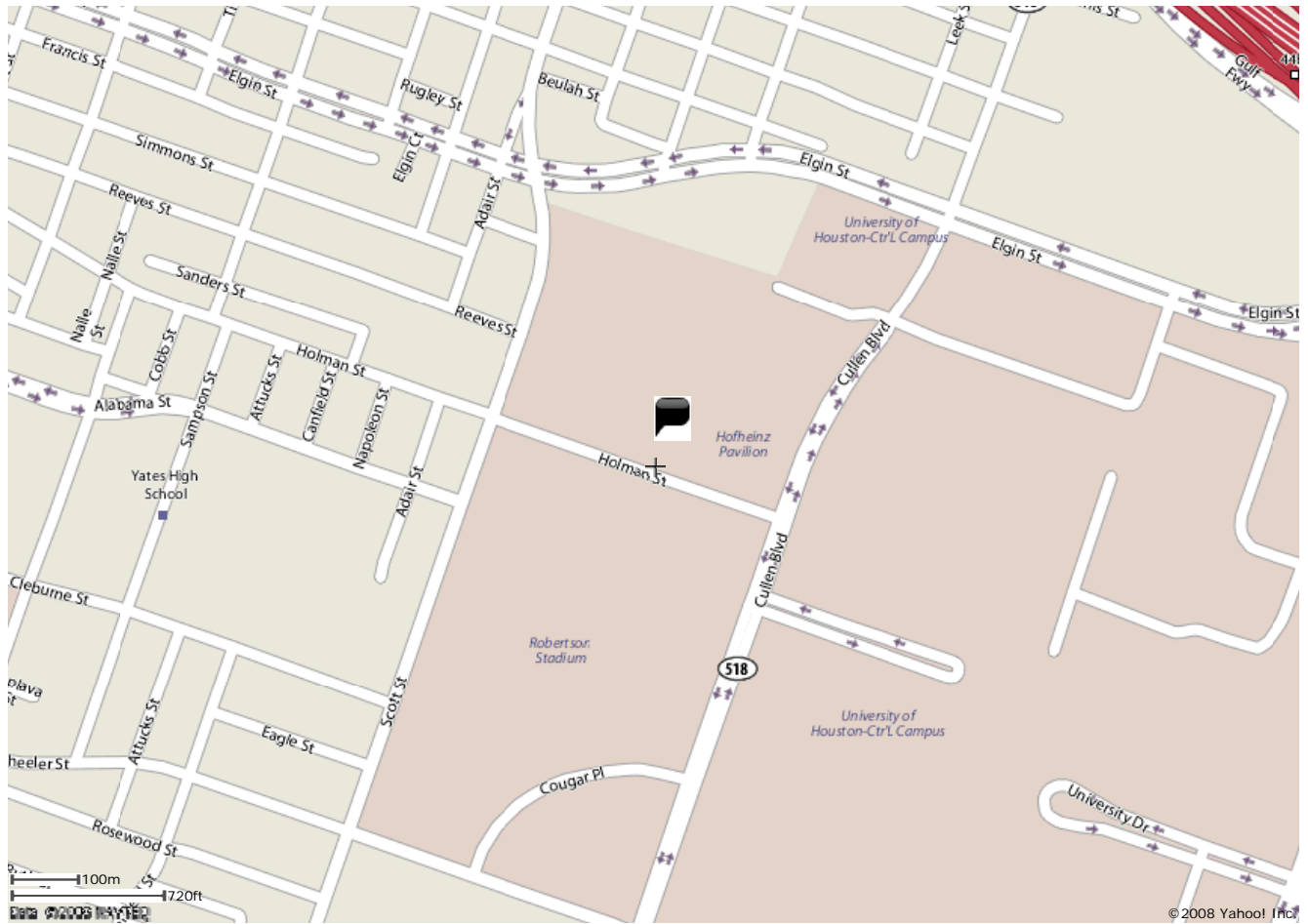
SAFETY GUIDELINES AND WARM-UP PROCEDURES

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**.

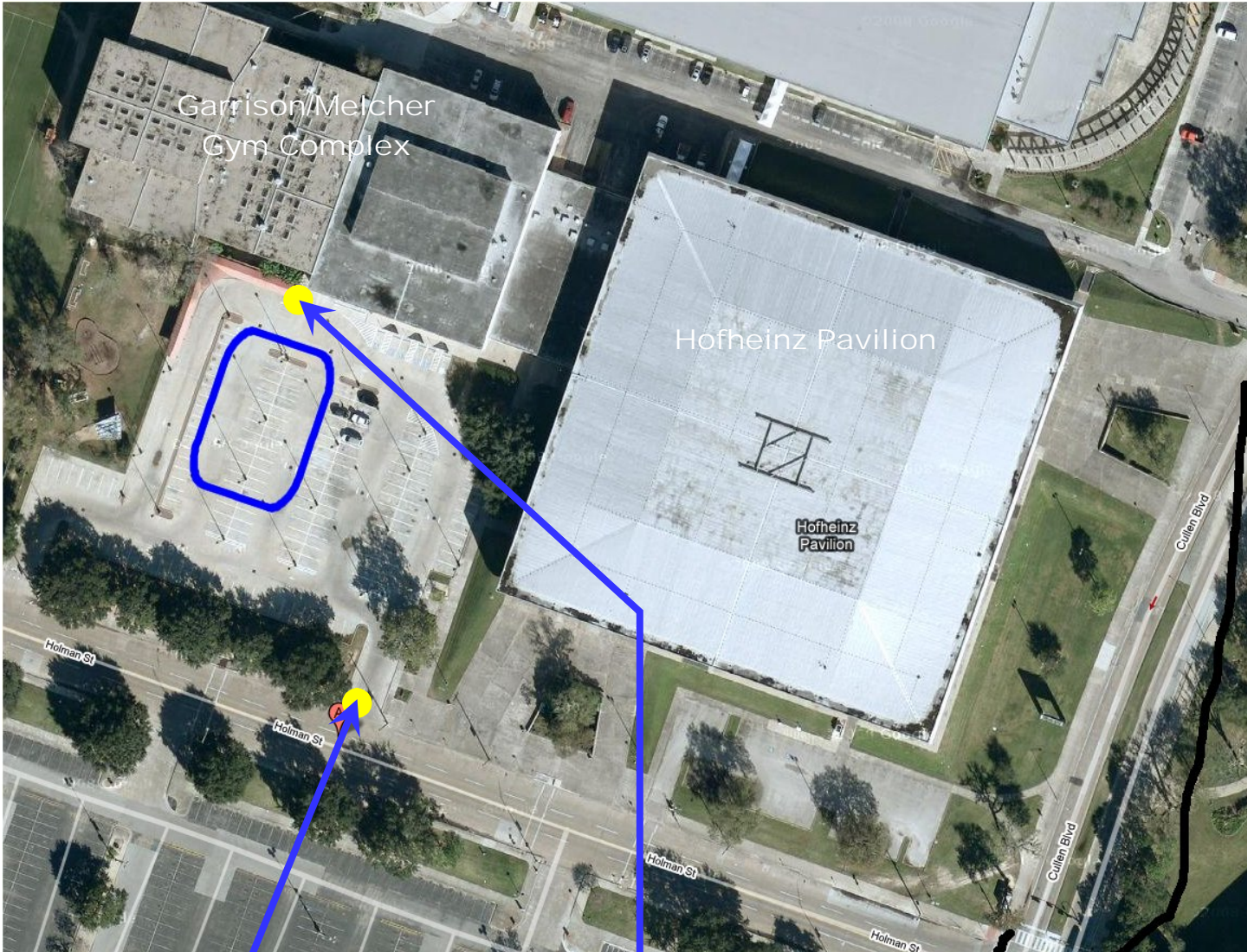
SAFETY GUIDELINES

- 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.
 - 4. Food and smoothies not allowed on deck.



UH Melcher Pool Parking and Entrance Detail

The University of Houston Melcher Natatorium is located in the Garrison/Melcher Gymnasium complex at 3855 Holman (between Cullen and Scott) on the UH main campus, right next door to Hofheinz Pavilion and across the street from Robertson Stadium, parking is in lot 15 D.



Lot 15-C
entrance
for drop off.

Enter the building
here.