



Gulf Senior Meet
HOSTED BY
Cy Fair Swim Club – Fleet Swimming
A Long Course Meters Timed Final Meet
October 24 – 25, 2009
SANCTION #GU 10-013

- LOCATION:** Fleet Aquatic Center
14654 Spring Cypress Rd.
Cypress, TX 77429

See Attached Map
- COACHES:** Head Coach: Clayton Cagle
Head Age Group Coach: Allen Salinas
- POOL:** Eight (8) lane, 50 Meter outdoor pool with non-turbulent lane lines.
- WARM UP LANE:** During the meet, lanes 1-8 will be designated as competition lanes, and lane 10, separated by an empty lane, will be the designated WU/WD lane. Swimmers using the WU/WD lane must enter and exit the lane at the 25 m mark. Swimmers are also required to observe proper etiquette before entering the pool (a passing heat has the right of way, so always wait until the heat passes before entering the pool, feet first). Lingering in the lane or playing will not be permitted. A safety marshal will be assigned to monitor the WU/WD lane and enforce these rules throughout the meet. **The safety marshal has the authority to remove from the WU/WD lane any swimmer who does not comply with these rules. The Meet Referee may exercise additional adjudication authority as necessary.**
- TIME AND DATE:** This is a Timed Finals Senior Meet
Saturday AM: warm-up at 7:30 AM, meet starts at 9:00 AM (TIMED FINAL EVENTS)
Saturday PM: Warm-up for the Saturday P.M. session will start at 12:30 PM but not earlier than 2 hours after the conclusion of the Saturday A.M. session. The Saturday P.M. competition will begin 1 hour after the start of warm-up. (TIMED FINAL EVENTS)
Sunday AM: warm-up at 7:30 AM, meet starts at 9:00 AM (TIMED FINAL EVENTS)

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:** David Dean ddean@tanaexp.com
- MEET DIRECTOR:** Nicole Rembach, 281-352-8434, nrembach@earthlink.net
- SAFETY MARSHAL:** Thomas McNulty
- 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 Henry Clark, 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.

Qualifying Times: 14 & Under Swimmers must be qualified to swim the events entered. Qualifying times are the 15-16 USAS Motivational "AA" times. 15 & Over swimmers do not have qualifying times. All 10 & under swimmers entering senior events must provide proof of time with their entries.

Age: As of October 24, 2009

Number of Events: Swimmers may compete in up to 5 individual events per day.

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

Nicole Rembach
11659 Jones Rd. PMB #351
Houston, TX 77070
281-352-8434
nrembach@earthlink.net

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

Fees: 4 dollars (\$4.00) per Individual Event. Make checks payable to *CFSC*. Entry fees must accompany entries, if delivered by any method other than email.

AWARDS: There will be no awards presented at this meet.

RULES AND SANCTIONS: The 2009-10 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 up/down rule and 3 event rule are in effect.

POOL MEASUREMENT: The pool has been measured in accordance with USA Swimming Rule 104.2.2C(4). The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C).

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. Teams will be required to furnish timers based on their percentage of swims at the meet. Swimmers in the 400/800 free and 400 IM must provide 2 timers and a lap counter where applicable. Timing assignments will be published in the psych sheet.

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, Henry Clark.

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.

MERCHANDISE: Swim gear and merchandise will be available for purchase.

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.

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 breaststrokers 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.

**CFSC Senior Meet - a Long Course Timed Finals Meet Oct 24-25, 2009
at the Fleet Aquatic Center 14654 Spring Cypress Rd. Cypress, TX 77429**

Entry rules	
Type of Meet	Timed Finals
Max # individual events per day	Five (5)
Swimmers eligible	All USA Swimming
Entry times in	LCM/SCM/SCY
Qualifying times:	
15 & Over	None
14 & Under	15-16 USAS Motivational "AA" times
Cut-off times	None
Enter with no time?	Yes
Gulf "three event" rule applies?	Yes
Gulf "up/down" rule applies?	Yes
Fees Individual -	\$4.00



**Swimmers in the 400/800 free and 400 IM must provide 2 timers and a lap counter where applicable

Saturday AM Session Warm Ups 7:30 AM, Meet Starts 9:00 AM

QUALIFYING TIMES			GIRLS	EVENT	BOYS	QUALIFYING TIMES		
SCY	SCM	LCM	EVENT #	EVENT	EVENT #	LCM	SCM	SCY
2:20.89	2:35.69	2:40.29	1	14&U 200 IM	2	2:29.39	2:23.09	2:09.49
			1	15&O 200 IM	2			
26.89	29.69	30.49	3	14&U 50 Free	4	27.59	26.79	24.29
			3	15&O 50 Free	4			
1:03.59	1:10.19	1:11.19	5	14&U 100 Fly	6	1:04.89	1:03.69	57.59
			5	15&O 100 Fly	6			
5:32.89	4:51.39	4:55.99	7	14&U 400 Free*	8	4:38.09	4:31.99	5:10.79
			7	15&O 400 Free*	8			

Saturday PM Session Warm Ups 12:30 PM, Meet Starts 1:30 PM

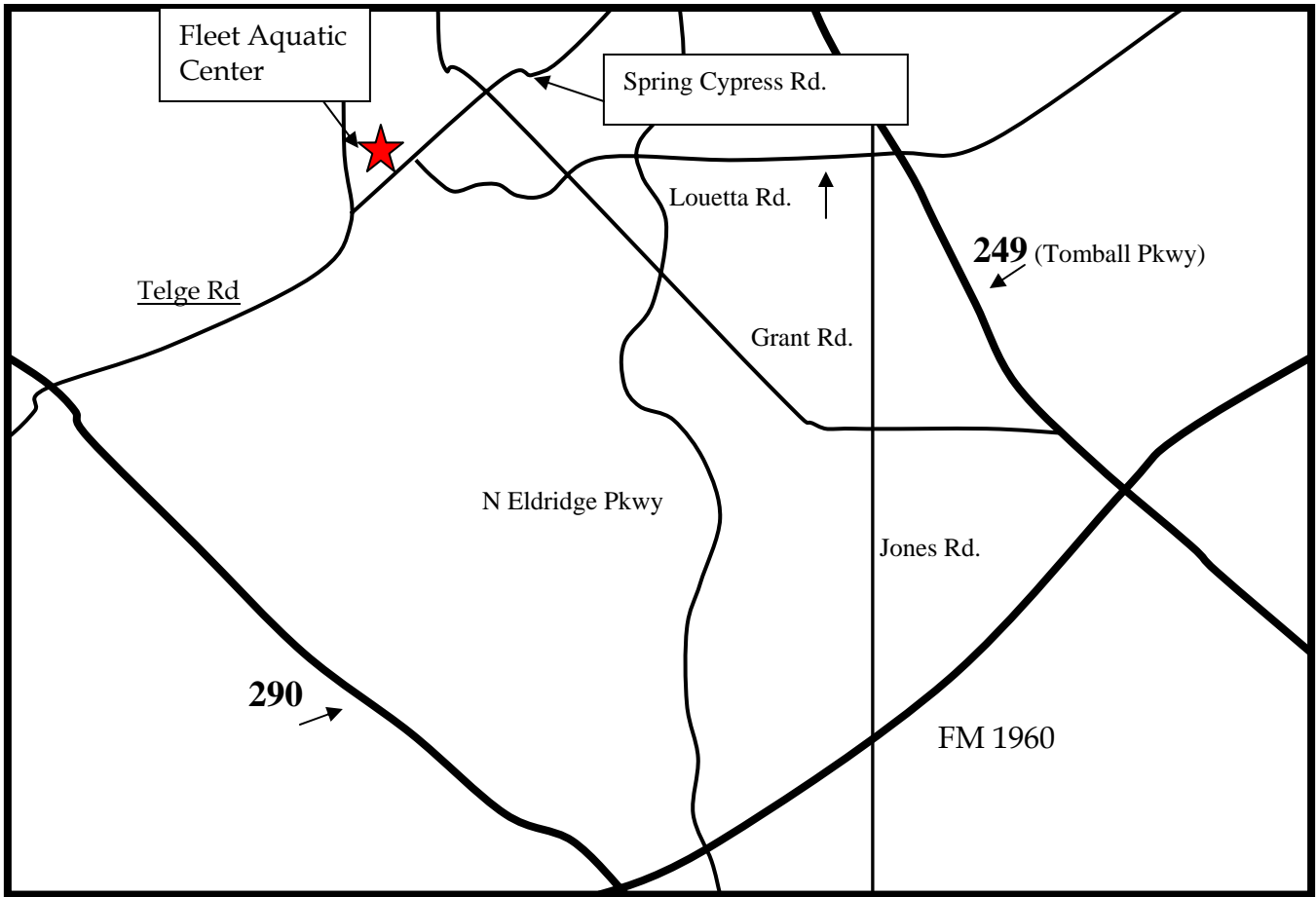
QUALIFYING TIMES			GIRLS	EVENT	BOYS	QUALIFYING TIMES		
SCY	SCM	LCM	EVENT #	EVENT	EVENT #	LCM	SCM	SCY
2:04.89	2:17.99	2:21.09	9	14&U 200 Free	10	2:11.49	2:07.19	1:55.09
			9	15&O 200 Free	10			
1:03.79	1:10.49	1:13.09	11	14&U 100 Back	12	1:07.69	1:04.69	58.59
			11	15&O 100 Back	12			
1:12.49	1:20.09	1:23.09	13	14&U 100 Breast	14	1:16.39	1:12.99	1:05.99
			13	15&O 100 Breast	14			
4:56.99	5:28.19	5:35.99	15	14&U 400 IM*	16	5:13.49	5:04.79	4:35.79
			15	15&O 400 IM*	16			

Sunday AM Session Warm Ups 7:30 AM, Meet Starts 9:00 AM

QUALIFYING TIMES			GIRLS	EVENT	BOYS	QUALIFYING TIMES		
SCY	SCM	LCM	EVENT #	EVENT	EVENT #	LCM	SCM	SCY
2:17.89	2:32.39	2:37.49	17	14&U 200 Back	18	2:24.99	2:20.19	2:06.79
			17	15&O 200 Back	18			
58.19	1:04.29	1:05.79	19	14&U 100 Free	20	1:00.49	58.49	52.89
			19	15&O 100 Free	20			
2:35.99	2:52.39	2:57.99	21	14&U 200 Breast	22	2:46.99	2:38.99	2:23.89
			21	15&O 200 Breast	22			
2:18.49	2:32.99	2:35.89	23	14&U 200 Fly	24	2:24.29	2:21.29	2:07.79
			23	15&O 200 Fly	24			
11:25.99	10:00.39	10:10.59	25	14&U 800 Free*	26	9:36.89	9:23.79	10:44.19
			25	15&O 800 Free*	26			

* The 400 I.M. and 400/800 Freestyle will be swum fastest to slowest, alternating women's and men's heats.

** Warm-up for the Saturday P.M. session will start at 12:30 PM but not earlier than 2 hours after the conclusion of the Saturday A.M. session. The Saturday P.M. competition will begin 1 hour after the start of warm-up.



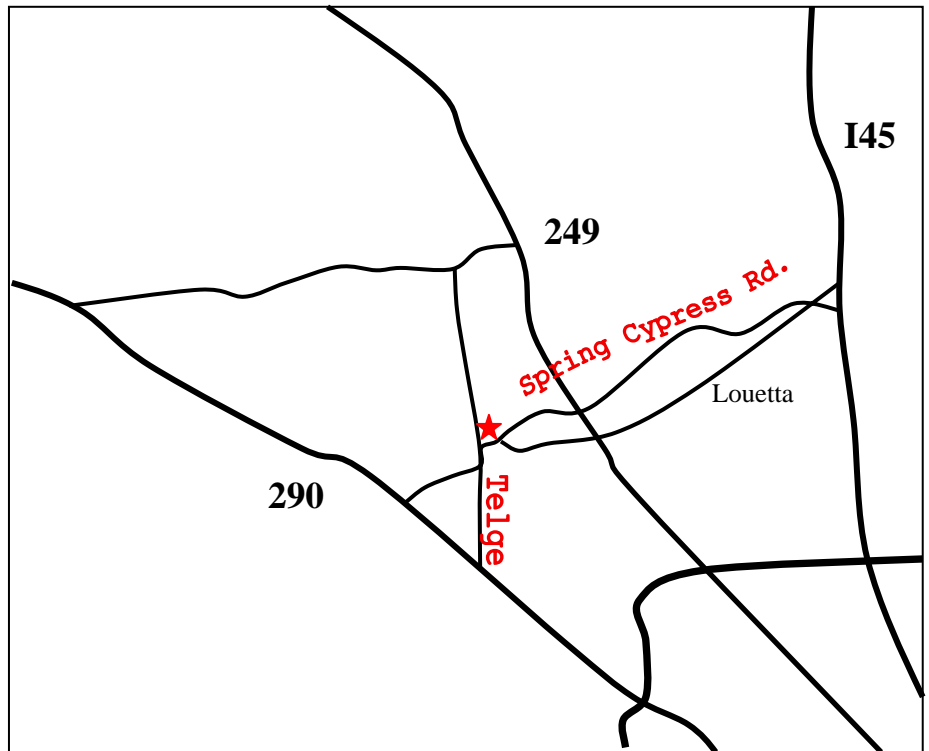
Fleet Aquatic Center

14654 Spring Cypress Rd.

From 290, come to the Telge Rd. exit. Head north on Telge past several lights and stop signs. When you come to the first Telge and Spring Cypress stop sign, take the right and cross over Little Cypress Creek to another Spring Cypress stop sign. Take a right and head 0.3 miles down Spring Cypress to drive on left with Fleet sign.

From 249 either take Louetta exit, head west, go past Grant Rd. to where Louetta dead ends at Spring Cypress and take a left. Go down and pool will soon be on your right. Or take Spring Cypress, past Grant and look for Fleet sign on your right.

From 1960, go west to 249 & take a right to head north. Get off Grant Rd. Take a left and go west. Go past Jones, Eldridge Pkwy and Louetta. Take a left at Spring Cypress stop sign. Pool will be shortly on right. Look for sign.



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