



9 TO 14 JUNIOR MEET

hosted by
Cy-Fair Swim Club – Fleet Swimming
Timed Final Gulf Group D
January 22 - 24, 2010

Entry Deadline Monday January 11, 2010 6:00 PM
SANCTION #GU 10-044



- LOCATION:** [W. W. Emmons Natatorium](#)
[10404 Tiger Trail \(at Spring Woods High School\)](#)
[Houston, Texas 77043](#)
See Attached Map
- COACHES:** Clayton Cagle Head Coach
Allen Salinas Head Age Group Coach
- POOL:** Eight lane, 25 yard indoor pool with non-turbulent lane lines. There is a separate warm-up/warm-down area.
- TIME AND DATE:** This is a Timed Finals Meet.
[Friday: warm-up at 5:45 p.m., meet starts at 7:00 p.m. \(TIMED FINAL EVENTS\)](#)
[Saturday: warm-up at 12:00 pm, meet starts at 1:30 pm \(TIMED FINAL EVENTS\)](#)
Sunday: warm-up at 7:30 a.m., meet starts at 9:00 a.m. (TIMED FINAL EVENTS).
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:** Rick Tobin tobinrc@comcast.net
- MEET DIRECTOR:** Nicole Rembach, 281-352-8434, nrembach@earthlink.net
- SAFETY MARSHAL:** JJ Walden
- 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. Relay cards must be turned in to the Clerk of Course by 9:00 AM or the entry will be considered scratched.

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 PM Monday January 11th 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 times to yard 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: Swimmers must have fewer than three (3) A time to enter this meet and they may swim any event. The 2009-2012 National Motivational "A" times are included in this invitation.

Age: As of January 22, 2010.

Number of Events: Swimmers may compete in up to five (5) individual events per day and up to one (1) relay event per day.

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Monday January 11, 2010. 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:

CFSC
Attn: 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). Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission.

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: Gulf Group D: ALAC, AQUA, BTA, CFSC, LSST, SS, SSS, TTST

Fees: Five dollars and twenty five cents (\$5.25) per Individual Event and nine dollars (\$9.00) for each Relay event plus a two dollar (\$2.00) per swimmer surcharge fee. Make checks payable to CFSC. Entry fees must accompany entries, if delivered by any method other than email.

AWARDS: Individual events: ribbons 1st – 8th place. Relay events: ribbons 1st – 3rd place.

SCORING: 11-14 events will be swum combined but scored separately for 11/12 and 13/14

Individual Events:	9-7-6-5-4-3-2-1
Relay Events:	18-14-12-10-8-6-4-2

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. Gulf Zone A,B, C and E teams are not eligible to swim at this meet. The Gulf three (3) event rule and up/down rule do not apply. Swimmers must have two (2) or less A times to enter and may swim any event

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. 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 500/1000 Free and 400 IM must provide 2 timers and a lap counter where applicable.**

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.

The Fire Marshall DOES NOT allow chairs to be placed in front of the bleachers. If you set up in front of the bleachers, you will be moved.

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. Swimmers are not eligible to swim in this meet if they have 3 or more A times. Swimmers with 3 or more A times that enter this meet are subject to disqualification from the meet by the Meet Referee. Swimmers shall be fined \$50.00 for each event in which they competed and are over qualified. 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: **Lenny's Sub Shop** will have a full line of breakfast and lunch items available for purchase at the meet. Menu items include breakfast burritos, pancakes, Philly cheesesteak, either beef or chicken, Cheeseburger, Fajita Taco, either beef or chicken, cold Subs and all beef hotdogs.

HOSPITALITY: A hospitality room will be available for Coaches and Officials.

MERCHANDISE: A complete line of swim gear and apparel from **D&J Sports** will be available to purchase at the meet.

MEET RESULTS: Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org) and www.fleetswimming.com , within three days after the conclusion of the meet.

9 to 14 Junior Meet Gulf Group D January 22 - 24, 2010

W.W. Emmons Natatorium (at Spring Woods High School) - 10404 Tiger Trail, Houston, TX 77055

Type of Meet	Timed Finals
Max # of Ind. Events per day	Five (5)
Swimmers Eligible	Group D (ALAC, AQUA, BTA, CFSC, LSST, SS, SSS, TTST)
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut Off times	9/10, 11/12, 13/14 USAS Motivational "A" time std
Enter with no time?	Yes
Three Event Rule Apply?	No
Up/Down Rule Apply?	No
Special Rules applies	Swimmers must have two (2) or less "A" times to enter & may swim any event
Fees	Individual: \$5.25, Relay: \$9.00, Swimmer Surcharge: \$2



SCM CUT OFF	LCM CUT OFF	Yard CUT OFF	EVENT # GIRLS	EVENT DESCRIPTION	EVENT # BOYS	YARD CUT OFF	LCM CUT OFF	SCM CUT OFF
Friday January 22nd. Warm Ups 5:45 PM, Meet Starts 7:00 PM								
5:23.19	5:32.39	6:09.29	1	11-12 500 Free*	2	6:04.69	5:27.09	5:19.19
5:08.89	5:16.59	5:52.99	1	13-14 500 Free*	2	5:35.19	5:02.79	4:53.39
3:14.49	3:19.89	2:55.99	3	9-10 200 IM	4	2:55.29	3:18.89	3:13.69
6:11.39	6:23.99	5:36.09	5	11-12 400 IM*	6	5:28.89	6:20.19	6:03.39
5:51.19	6:00.99	5:17.79	5	13-14 400 IM*	6	5:00.49	5:44.49	5:31.99
Saturday January 23rd. Warm Ups 12:00 PM. Meet Starts 1:30 PM.								
46.49	48.29	41.99	7	9-10 50 Breast	8	42.19	48.49	46.69
41.69	42.09	37.79	9	11-12 50 Breast	10	37.29	43.09	41.19
1:31.29		1:22.59	11	9-10 100 IM	12	1:21.09		1:29.59
1:21.69		1:13.99	13	11-12 100 IM	14	1:11.49		1:18.99
2:46.29	2:51.49	2:30.49	15	13-14 200 IM	16	2:20.29	2:42.39	2:34.99
1:30.89	1:35.29	1:22.19	17	9-10 100 Back	18	1:21.29	1:33.29	1:29.79
1:21.99	1:23.29	1:14.19	19	11-12 100 Back	20	1:12.29	1:23.59	1:19.89
1:15.69	1:17.79	1:08.49	21	13-14 100 Back	22	1:04.19	1:14.49	1:10.99
			23	9-10 200 Free Relay	24			
			25	11-12 200 Free Relay	26			
			27	13-14 200 Free Relay	28			
1:19.49	1:21.89	1:11.89	29	9-10 100 Free	30	1:10.79	1:20.59	1:18.19
1:09.69	1:13.49	1:03.09	31	11-12 100 Free	32	1:02.69	1:11.39	1:09.19
1:08.69	1:10.39	1:02.19	33	13-14 100 Free	34	57.39	1:05.99	1:03.49
1:35.79	1:37.89	1:26.69	35	9-10 100 Fly	36	1:25.59	1:36.49	1:34.59
1:20.89	1:22.89	1:13.19	37	11-12 100 Fly	38	1:11.69	1:21.49	1:19.19
1:14.89	1:16.49	1:07.79	39	13-14 100 Fly	40	1:02.89	1:11.09	1:09.49
3:15.49	3:23.69	2:56.89	41	11-12 200 Breast	42	2:52.89	3:20.79	3:10.99
3:04.29	3:11.99	2:46.79	41	13-14 200 Breast	42	2:36.29	3:01.99	2:52.69
				Boys 9-10 500 Free**	44	6:44.59	6:06.79	5:54.09
11:15.39	11:35.69	12:51.69	45	Girls 11-12 1000 Free**				
10:36.79	10:47.99	12:07.59	45	Girls 13-14 1000 Free**				
Sunday January 24th. Warm Ups 7:30 AM. Meet Starts 9 AM.								
2:54.09	2:59.79	2:37.59	47	11-12 200 IM	48	2:35.59	2:58.09	2:51.89
42.09	43.69	38.09	49	9-10 50 Back	50	38.29	43.89	42.29
37.49	38.99	33.89	51	11-12 50 Back	52	33.49	38.69	36.99
2:55.19	2:59.29	2:38.59	53	11-12 200 Fly	54	2:35.29	2:58.49	2:51.59
2:44.19	2:48.29	2:28.59	53	13-14 200 Fly	54	2:20.29	2:38.79	2:34.99
35.49	36.39	32.19	55	9-10 50 Free	56	31.59	36.09	34.89
32.59	33.69	29.49	57	11-12 50 Free	58	28.59	32.59	31.59
31.69	32.49	28.69	59	13-14 50 Free	60	26.29	30.29	29.09
1:43.19	1:46.99	1:33.39	61	9-10 100 Breast	62	1:31.79	1:45.99	1:41.39
1:30.79	1:33.79	1:22.19	63	11-12 100 Breast	64	1:20.49	1:32.49	1:28.99
1:25.79	1:28.99	1:17.59	65	13-14 100 Breast	66	1:12.09	1:21.29	1:19.59
			67	9-10 200 Medley Relay	68			
			69	11-12 200 Medley Relay	70			
			71	13-14 200 Medley Relay	72			
41.19	42.09	37.29	73	9-10 50 Fly	74	36.69	40.99	40.49
35.79	36.29	32.39	75	11-12 50 Fly	76	32.09	36.19	35.49
2:52.29	3:00.19	2:35.89	77	11-12 200 Back	78	2:32.89	2:56.39	2:48.89
2:42.79	2:47.39	2:27.29	77	13-14 200 Back	78	2:18.19	2:40.69	2:32.79
2:52.79	2:58.49	2:36.39	79	9-10 200 Free	80	2:31.89	2:52.39	2:47.89
2:34.59	2:37.69	2:19.89	81	11-12 200 Free	82	2:16.19	2:34.89	2:30.49
2:27.89	2:31.79	2:13.79	83	13-14 200 Free	84	2:05.29	2:23.29	2:18.39
5:57.39	6:05.89	6:48.39	85	Girls 9-10 500 Free**				
				Boys 11-12 1000 Free**	88	12:42.89	11:30.99	11:07.69
				Boys 13-14 1000 Free**	88	11:36.39	10:29.39	10:09.49

The 11 - 14 events will be swum combined but scored separately for 11/12 and 13/14.

* The 11 -14 400 IM & 500 Free will be swum fastest to slowest, alternating girls and boys heats.

** The 9/10 500 & 11-14 1000 Free will be swum fastest to slowest. Boys 500 free swims on Saturday and Girls 500 free swims on Sunday. Girls 1000 swims on Saturday and Boys 1000 swims on Sunday.

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

**W. W. Emmons Natatorium
at Spring Woods High School**
10404 Tiger Trail
Houston, Texas 77043

