



## 8 and Under Open – Group B

HOSTED BY  
First Colony Swim Team  
Short Course Yards – Timed Finals  
October 24, 2009  
Sanction - GUSC10-015

**LOCATION:** Lamar Consolidated Independent School District Natatorium  
5021 Airport Rd  
Rosenberg, TX 77471

Directions: Take Highway 59 south to exit for BF Terry Blvd (FM 2218). Take a right on to BF Terry Blvd, (FM 2218) take a left on to Airport Blvd. The natatorium will be on your right.

**COACHES:** Allison Beebe                      Head Coach  
Hillary Martinez                      Head Developmental Coach

**POOL:** 11 lane, 25 yard, outdoor pool with non-turbulent lane lines.

**WARM UP LANE** - During the meet, lanes 1-8 will be designated competition lanes. Lane 9 will be designated a buffer lane. Lanes 10 and 11 will be the designated WU/WD lane. Linger 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 final meet.  
October 24, 2009 – Warm up at 7:30am. Meet starts at 9:00am.  
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:** Joe Stucka                      [Joe.Stucka@kbr.com](mailto:Joe.Stucka@kbr.com)

**MEET DIRECTORS:** John Mallinger                      [mallingerj@gmail.com](mailto:mallingerj@gmail.com)                      281/828-9917  
Chris Landeck                      [clandeck@windstream.net](mailto:clandeck@windstream.net)                      281/565-9058

**SAFETY MARSHAL:** Karen Wey

**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

8 and Under Open  
HOSTED BY  
First Colony Swim Team

Short Course Yards – Timed Finals  
October 24, 2009

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 up to 30 minutes before the start of the meet. Those swimmers missing the 6:00 p.m. Friday October 16<sup>th</sup> 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 first event.
4. 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:** None  
**Cut-off Times:** None  
**Age:** October 24, 2009  
**Number of Events:** Swimmers may compete in up to 4 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 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 entries to the Meet Entry Chairman at:  
Valerie Wolterman  
P.O. Box 16220  
Sugar Land, TX 77479  
281-565-4881  
Email: vwolterman@comcast.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. 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.

**ELIGIBILITY:** Swimmers associated with the following Gulf zone clubs are eligible to swim: FCST, AQUA, CFSC, COOG, DADS, GIST, HCAP, HSC, KATY, LJAC, NOCH, OWLS, PEAK, RICE, SCAT, SPA, SS, SSS, UH, WHAT

8 and Under Open  
HOSTED BY  
First Colony Swim Team

Short Course Yards – Timed Finals  
October 24, 2009

**FEES:** \$3.75 per event. Make checks payable to **FCST**.

**AWARDS:** Ribbons for 1<sup>st</sup> – 8<sup>th</sup> place will be awarded.

**SCORING:** Individual events will be scored in single age brackets: 6&Under, 7, and 8. Scoring for individual events: 9-7-6-5-4-3-2-1

**RULES & 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 Group A teams and swimmers are not eligible to swim at this meet. The 3 event rule and up/down rule do not apply.

**POOL MEASUREMENT:** The competition course has been certified in accordance with USA Swimming Rule 104.2.2(C). The copy of such certification is on file with USA Swimming.

**TIMING SYSTEM:** A Colorado Model 5000 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.

**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. The pool deck will be marked. 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.

**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:** Lane 4 will be at the meet with suits, etc.  
There will be a Hospitality Room for coaches, officials and meet volunteers.

**ATTACHMENTS:** Entry verification form  
Safety Guidelines & Warm-up Procedures  
Order of events Official Entry Form  
Map to the Lamar CISD Natatorium

**MEET RESULTS:** Meet results will be posted on the Gulf Swimming Web page within three days after the conclusion of the meet.

**8 and Under Open  
HOSTED BY  
First Colony Swim Team**

**Short Course Yards – Timed Finals  
October 24, 2009**

**ENTRY VERIFICATION**

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

8 and Under Open  
HOSTED BY  
First Colony Swim Team

Short Course Yards – Timed Finals  
October 24, 2009

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.

**8 and Under Open  
HOSTED BY  
First Colony Swim Team**

**Short Course Yards – Timed Finals  
October 24, 2009**

**8 & Under Open – Group B**

<b>Entry Rules</b>	
Type of Meet	Timed Finals
Max# individual events per day	Four (4)
Swimmers eligible	Group B Only: FCST, AQUA, CFSC, COOG, DADS, GIST, HCAP, HSC, KATY, LJAC, NOCH, OWLS, PEAK, RICE, SCAT, SPA, SS, SSS, UH, WHAT
Entry times in	SCY/ SCM/LCM
Qualifying times	None
Cut-off Times	No
Enter with no time?	Yes
Gulf "three event" rule applies?	Does Not Apply
Gulf "up/down" rule applies?	Does Not Apply
Fees	\$3.75 per event

<b>Girls</b>		<b>Boys</b>
<b>Event Number</b>	<b>Event</b>	<b>Event Number</b>
1	6 & Under 50 Free	2
3	7 - 50 Free	4
5	8 - 50 Free	6
7	6 & Under 25 Breast	8
9	7 - 25 Breast	10
11	8 - 25 Breast	12
13	6 & Under 50 Back	14
15	7 - 50 Back	16
17	8 - 50 Back	18
19	6 & Under 25 Fly	20
21	7 - 25 Fly	22
23	8 - 25 Fly	24
25	6 & Under 50 Breast	26
27	7 - 50 Breast	28
29	8 - 50 Breast	30
31	6 & Under 25 Free	32
33	7 - 25 Free	34
35	8 - 25 Free	36
37	6 & Under 50 Fly	38
39	7 - 50 Fly	40
41	8 - 50 Fly	42
43	6 & Under 25 Back	44
45	7 - 25 Back	46
47	8 - 25 Back	48
49	6 & Under 100 I.M	50
51	7 - 100 I.M	52
53	8 - 100 I.M	54

**\*Individual events will be scored in single age brackets 6 & Un 7 & 8.**

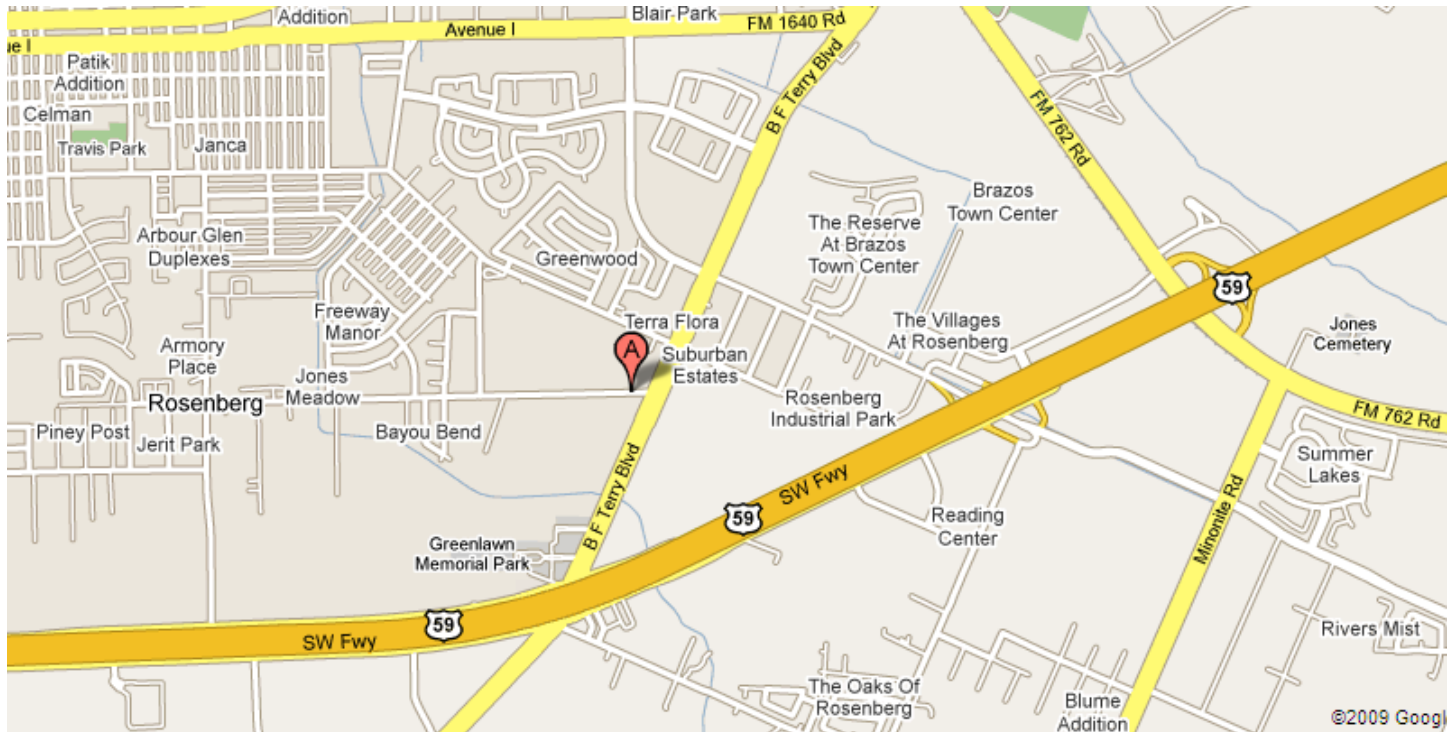


**8 and Under Open  
HOSTED BY  
First Colony Swim Team**

**Short Course Yards – Timed Finals  
October 24, 2009**

**MAP:**

Lamar Consolidated Independent School District Natatorium  
5021 Airport Rd  
Rosenberg, TX 77471



**AREA HOTELS:**

- Comfort Suites, 4820 Techniplex, Stafford, Tx 77477, 281 565-5566
- Courtyard by Marriott, 12655 Southwest Freeway, Stafford Tx 77477, 281 491-7700
- Drury Inn & Suite, 13770 Southwest Freeway, Sugar Land Tx 77478, 281 277-9700
- Hampton Inn, 4714 Techniplex, Stafford, Tx 77477, 281 565-0559
- La Quinta Inn, 12727 Southwest Freeway, Stafford, Tx 77477, 281 240-2300
- Holiday Inn Express, 14444 Southwest Freeway, Sugar Land, Tx 77475, 281 565-6655
- Marriott Sugar Land Town Square, 16090 City Walk, Sugar Land, Tx 77479, 281 275-8400