9-14 Junior Meet
hosted by
HARRIS COUNTY AQUATICS PROGRAM
Group B
January 22-24, 2010
SANCTION #GUSC 10-045
Entry deadline: 6:00pm Monday, January 11, 2010

LOCATION: Johnnie Means Swimming Pool
2731 El Camino
Houston, Texas 77054

Directions from Downtown: Take 288 South, exit Holly Hall. Turn right. Proceed to second street, El Camino, and turn right. Turn in second driveway on the right, 2731 El Camino.

COACHES: Head Coach - Johnnie Means

POOL: Eight lane, (25 yard, indoor pool with non-turbulent lane lines) with separate warm up/down area.

TIME AND DATE: This is a timed-finals meet.

Session 1: Friday, January 22, 2010
Warm-up: 5:00 p.m. - 6:15 p.m.
Meet Starts: 6:30 p.m.

Session 2: Saturday, January 23, 2010
Warm-up: 7:30 a.m. - 8:45 a.m.
Meet Starts: 9:00 a.m.

Session 3: Sunday, January 24, 2010
Warm-up: 7:30 a.m. - 8:45 a.m.
Meet Starts: 9:00 a.m.

Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website. 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 using the "Flyover Start" 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: Herb Schwab herb.schwab@shell.com

MEET DIRECTORS: John Beaudion 713.748.7333 john_beaudion@co.harris.tx.us

SAFETY MARSHAL: Lorraine Gantt

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 are due by 9:00 a.m. each day 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 p.m. Monday, January 11, 2010 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 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: 2010 USAS Motivational "A" time standards times are included with this invitation.

Special Rule Applies: Swimmers must have fewer than three (3) "A" times to enter this meet and may swim any event. The 2009-2012 National Motivational "A" times are included in this invitation.

Qualifying Times: None.

Age: As of January 22, 2010.

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

Connye Thomas, Meet Entry Chairperson
2727 El Camino, Houston, Texas 77054
713.748.7333 work OR 713.870.6582 cell
ConnyeThomas@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). 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: FCST, GIST, HCAP, LJAC, PEAK, PL & SPA.

Fees: $5.25 per Individual Event, $9.00 for each Relay Event and $2.00 Swimmer Surcharge. Make checks payable to Harris County Aquatics Program. 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: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

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

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 Zones A, C, D & E are not eligible to swim at this meet. The three (3) event rule and up/down rule do not apply.

Swimmers must have fewer than three (3) "A" times to enter this meet 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 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. Swimmers in the 400 IM, 500 & 1000 freestyle must provide 2 timers and 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 and Officials must present their membership cards in order to receive complimentary Psych Sheets and for admission to the Hospitality Room.

PROOF OF TIME: Swimmers are not eligible to swim in this meet if they have three (3) or more "A" times. Swimmers with three (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.

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 during the meet.

HOSPITALITY: A hospitality room will be available for coaches and officials only. Coaches and officials must show their credentials for admission.

MERCHANDISE: Texas Swim Shop will be at the meet selling swim apparel and swim gear.

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.

9-14 Junior Meet
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HARRIS COUNTY AQUATICS PROGRAM
Group B

Entry Rules	
Entry Rules	
Type of Meet	Timed Finals
Maximum # individual events per day	Five (5)
Swimmer eligible	Group B
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times	USAS Motivational "A" time standard
Enter with no time?	Yes
Gulf ""three event" rule applies?	Does not apply
Gulf ""up/down" rule applies?	Does not apply
Fees	Individual $5.25; Relays $9.00; Swimmer Surcharge $2.00
Special Rule	Swimmers must have fewer than three (3) "A" times to enter this meet and may swim any event. The 2009-2012 National Motivational "A" times are included in this invitation.

Friday, January 22, 2010

Girls	(LCM)	(SCM)	(SCY)	Event	(SCY)	(SCM)	(LCM)	Boys
1	5:32.39	5:23.19	6:09.29	11-12 500 Free*	6:04.69	5:19.19	5:27.09	2
1	5:16.59	5:08.89	5:52.99	13-14 500 Free*	5:35.19	4:53.39	5:02.79	2
3	3:19.89	3:14.49	2:55.99	9-10 200 I.M.	2:55.29	3:13.69	3:18.89	4
5	6:23.99	6:11.39	5:36.09	11-12 400 I.M.*	5:28.89	6:03.39	6:20.19	6
5	6:00.99	5:51.19	5:17.79	13-14 400 I.M.*	5:00.49	5:31.99	5:44.49	6

Saturday, January 23, 20109

Girls	(LCM)	(SCM)	(SCY)	Event	(SCY)	(SCM)	(LCM)	Boys
7	48.29	46.49	41.99	9-10 50 Breast	42.19	46.69	48.49	8
9	42.09	41.69	37.79	11-12 50 Breast	37.29	41.19	43.09	10
11		1:31.29	1:22.59	9-10 100 I.M.	1:21.09	1:29.59		12
13		1:21.69	1:13.99	11-12 100 I.M.	1:11.49	1:18.99		14
15	2:51.49	2:46.29	2:30.49	13-14 200 I.M.	2:20.29	2:34.99	2:42.39	16
17	1:35.29	1:30.89	1:22.19	9-10 100 Back	1:21.29	1:29.79	1:33.29	18
19	1:23.29	1:21.99	1:14.19	11-12 100 Back	1:12.29	1:19.89	1:23.59	20
21	1:17.79	1:15.69	1:08.49	13-14 100 Back	1:04.19	1:10.99	1:14.49	22
23				9-10 200 Free Relay				24
25				11-12 200 Free Relay				26
27				13-14 200 Free Relay				28
29	1:21.89	1:19.49	1:11.89	9-10 100 Free	1:10.79	1:18.19	1:20.59	30
31	1:13.49	1:09.69	1:03.09	11-12 100 Free	1:02.69	1:09.19	1:11.39	32
33	1:10.39	1:08.69	1:02.19	13-14 100 Free	57.39	1:03.49	1:05.99	34
35	1:37.89	1:35.79	1:26.69	9-10 100 Fly	1:25.59	1:34.59	1:36.49	36
37	1:22.89	1:20.89	1:13.19	11-12 100 Fly	1:11.69	1:19.19	1:21.49	38
39	1:16.49	1:14.89	1:07.79	13-14 100 Fly	1:02.89	1:09.49	1:11.09	40
41	3:23.69	3:15.49	2:56.89	11-12 200 Breast	2:52.89	3:10.99	3:20.79	42
41	3:11.99	3:04.29	2:46.79	13-14 200 Breast	2:36.29	2:52.69	3:01.99	42
				9-10 500 Free** (Boys Only)	6:44.59	5:54.09	6:06.79	44
45	11:35.69	11:15.39	12:51.69	11-12 1000 Free** (Girls only)				
45	10:47.99	10:36.79	12:07.59	13-14 1000 Free** (Girls only)				

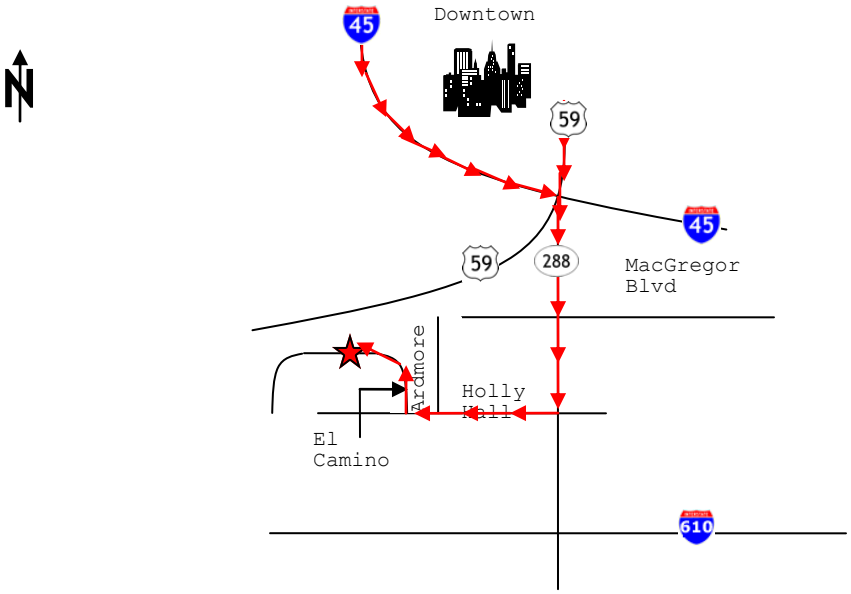
The 11-14 events will be swum combined but scored separately for 13-14 and 11-12.
*The 11-14 400 I.M. & 500 Freestyle will be swum fastest to slowest, alternating girls and boys heats.
**The 9-10 500 & 11-14 1000 Freestyle will be swum fastest to slowest.

Sunday, January 24, 2010

Girls	(LCM)	(SCM)	(SCY)	Event	(SCY)	(SCM)	(LCM)	Boys
47	2:59.79	2:54.09	2:37.59	11-12 200 I.M.	2:35.59	2:51.89	2:58.09	48
49	43.69	42.09	38.09	9-10 50 Back	38.29	42.29	43.89	50
51	38.99	37.49	33.89	11-12 50 Back	33.49	36.99	38.69	52
53	2:59.29	2:55.19	2:38.59	11-12 200 Fly	2:35.29	2:51.59	2:58.49	54
53	2:48.29	2:44.19	2:28.59	13-14 200 Fly	2:20.29	2:34.99	2:38.79	54
55	36.39	35.49	32.19	9-10 50 Free	31.59	34.89	36.09	56
57	33.69	32.59	29.49	11-12 50 Free	28.59	31.59	32.59	58
59	32.49	31.69	28.69	13-14 50 Free	26.29	29.09	30.29	60
61	1:46.99	1:43.19	1:33.39	9-10 100 Breast	1:31.79	1:41.39	1:45.99	62
63	1:33.79	1:30.79	1:22.19	11-12 100 Breast	1:20.49	1:28.99	1:32.49	64
65	1:28.99	1:25.79	1:17.59	13-14 100 Breast	1:12.09	1:19.59	1:21.29	66
67				9-10 200 Medley Relay				68
69				11-12 200 Medley Relay				70
71				13-14 200 Medley Relay				72
73	42.09	41.19	37.29	9-10 50 Fly	36.69	40.49	40.99	74
75	36.29	35.79	32.39	11-12 50 Fly	32.09	35.49	36.19	76
77	3:00.19	2:52.29	2:35.89	11-12 200 Back	2:32.89	2:48.89	2:56.39	78
77	2:47.39	2:42.79	2:27.29	13-14 200 Back	2:18.19	2:32.79	2:40.69	78
79	2:58.49	2:52.79	2:36.39	9-10 200 Free	2:31.89	2:47.89	2:52.39	80
81	2:37.69	2:34.59	2:19.89	11-12 200 Free	2:16.19	2:30.49	2:34.89	82
83	2:31.79	2:27.89	2:13.79	13-14 200 Free	2:05.29	2:18.39	2:23.29	84
85	6:05.89	5:57.39	6:48.39	9-10 500 Free** (Girls Only)				
				11-12 1000 Free** (Boys only)	12:42.89	11:07.69	11:30.99	88
				13-14 1000 Free** (Boys only)	11:36.39	10:09.49	10:29.39	88

The 11-14 events will be swum combined but scored separately for 13-14 and 11-12.
*The 11-14 400 I.M. & 500 Freestyle will be swum fastest to slowest, alternating girls and boys heats.
**The 9-10 500 & 11-14 1000 Freestyle will be swum fastest to slowest. Boys 500 Free swims Saturday and Girls 500 Free swims Sunday. Girls 1000 Free swims Saturday and Boys 1000 Free swims Sunday.

From Downtown: Take 288 South, exit Holly Hall. Turn right. Proceed to second street, El Camino, and turn right. Turn in second driveway on the right, 2727 El Camino.



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

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 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.

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HARRIS COUNTY AQUATIC PROGRAM
Group B
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SANCTION #GUSC 10-045

Team_____ Abbrev. _____ Entry Chairman_____ Phone _____

Coach (Or Rep.) _____ Phone _____

Address _____ City/State/Zip _____

Entries For: Boys _____ Girls _____

Swimmer	USA #	Age	Event	Time	Event	Time	Event	Time	Event	Time	Event	Time	Swims	Fees
											TOTALS			