



Entry deadline: 6:00 PM MONDAY (Jan. 11, 2010)



9-14 Junior Meet – Group A
Hosted by **Houston Swim Club**
Jan 22-24, 2010
SANCTION #GUSC 10-046

LOCATION: Houston ISD - Lamar HS Natatorium
3325 Westheimer
Houston, TX 77098

COACHES: Gilbert Legaspi Head Coach
Leonel Dubon Age Group Coach
Karol Legaspi Age Group Coach
Kirk Schafer Age Group Coach
Tony Cisneros Age Group Coach

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

TIME AND DATE: This is a timed-finals meet
Friday (January 22, 2010)
Warm-Up Starts: 5:00 PM (Warm-Ups will be split)
Meet Begins: 6:30 PM

Saturday (January 23, 2010)
Warm-Up Starts at 7:30 AM (Warm-Ups will be split)
Meet Begins at 9:00 AM

Sunday (January 24, 2010)
Warm-Up Starts at 7:30 AM (Warm-Ups will be split)
Meet Begins at 9:00 AM

In order to split warm-ups equally, team assignments will be posted on the Internet at swimhouston.com or at gulfswimming.org

Lane assignments for warm-ups and timing will be designated in the psych sheet, and posted on the Gulf Swimming website and the HSC website at least three days prior to the start of the meet.

MEET REFEREE: Gary Baker Gary.Baker@shell.com

MEET DIRECTOR: Belinda Metts Belinda.Metts@memorialhermann.org 713.432.7510

SAFETY MARSHAL: Charlie Metts

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



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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.

Relays: Properly completed relay cards must be returned 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 p.m. Monday (Jan. 11)** 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.

Swimmers must have fewer than 3 (three) A times and may swim any event offered in this meet." The 2009-2012 National Motivational A times are included in the invitation. There are NO qualifying times.

Age: 9-14 as of January 22, 2010

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

Gilbert Legaspi
8307 Augustine Dr.
Houston, TX 77036
713-771-7090
coachg@swimhouston.com



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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 printout 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: HSC, BBSC, COOG, DADS, NEHA, NOCH, PACK, UH

Fees: \$5.25 per Individual Event and \$9.00 per Relay Event.
\$2.00 per swimmer facilities surcharge

Make checks payable to :

HOUSTON SWIM CLUB BOOSTER CLUB.

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
Individual events will be scored as 9-10, 11-12, 13-14

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 and 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 Zone B-C-D-E Teams are not eligible to swim at this meet. The three-event rule and up/down rule do not apply.

Swimmers must have fewer than 3 (three) A times and may swim any event offered in this meet.

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.

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 500/1000 Freestyle and 400 IM must provide their own timers and lap counter.



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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. **Per the Fire Marshal No folding chairs may be placed on deck in front of the bleachers**

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 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.

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 throughout the meet.

HOSPITALITY: A hospitality room will be available for coaches and officials.

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. Or on the Houston Swim Club web page after each session at www.swimhouston.com.

Attach Meet Format, Entry Verification Form, Gulf Safety Guidelines and Warm-up Procedures, and Official Meet Entry Form.



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ENTRY VERIFICATION
APPENDIX E

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

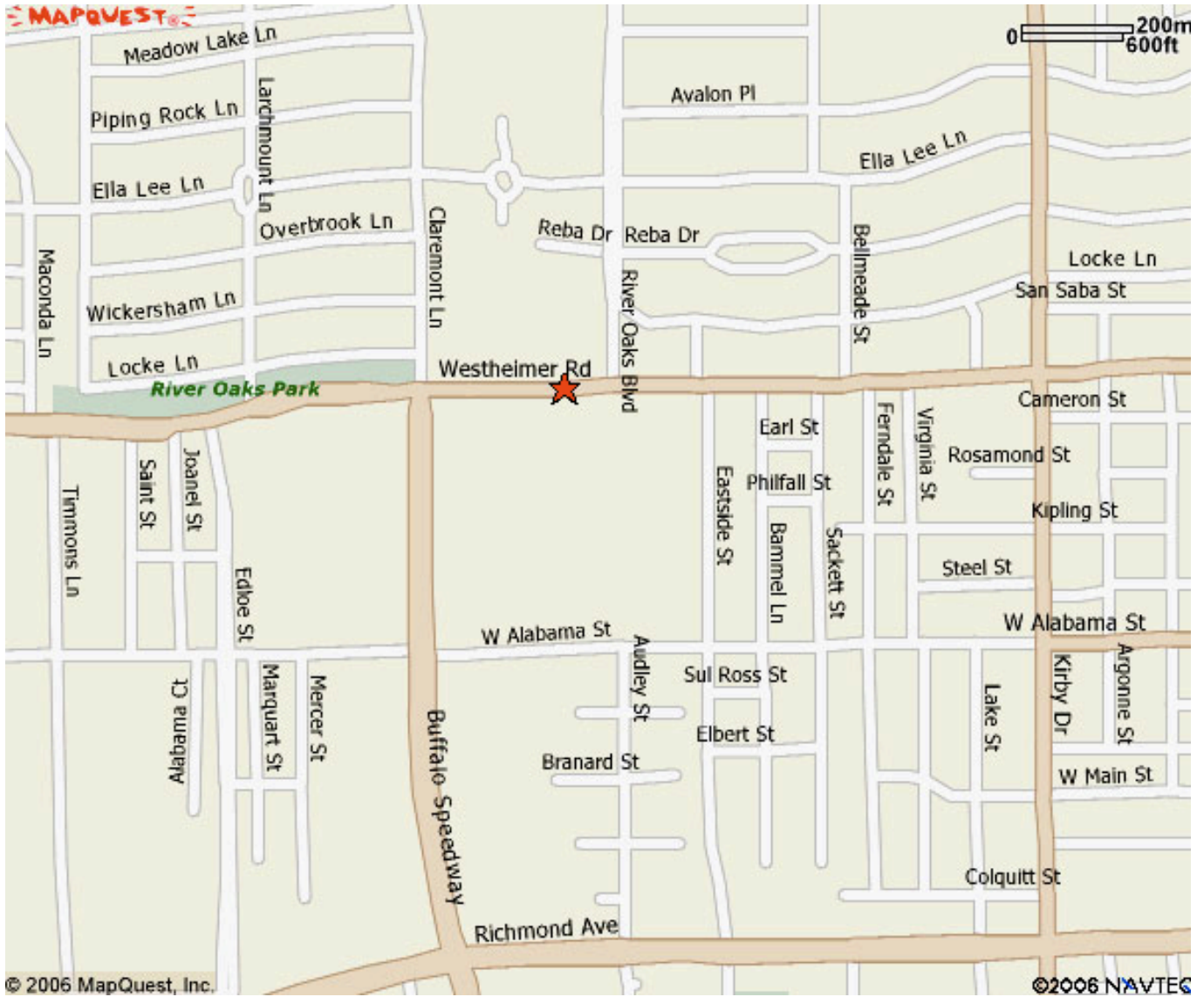
SAFETY GUIDELINES AND WARM-UP PROCEDURES APPENDIX G

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.
 - 4. **Per the Fire Marshal No folding chairs may be placed on deck in front of the bleachers**





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**9-14 Junior Meet – Group A
hosted by
Houston Swim Club**

Entry Rules	
Type of Meet	Timed Finals
Maximum # individual events per day	Five (5)
Swimmer eligible	Group A
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

Swimmers in the 400 IM 500/1000Free must provide 2 timers and a lap counter

Saturday, January 23, 2010

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..

Swimmers in the 400 IM 500/1000Free must provide 2 timers and a lap counter



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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.

Swimmers in the 400 IM 500/1000Free must provide 2 timers and a lap counter