

9 – 14 Junior Meet – Group C

HOSTED BY



Yards – Timed Finals

January 22 – 24, 2010

Entry Deadline January 11, 2009

Sanction #GUSC 10-043

LOCATION: (Map attached)

Katy High School Aquatics Center
6331 Highway Boulevard
Katy, TX 77494

COACHES:

Troy Emmons, Head Coach
Jason Devine, Head Age Group Coach
Dana Abbott, Assistant Coach
Caiti Gardner, Assistant Coach
Erin Robichaux, Assistant Coach
Stacey Van Horn, Assistant Coach

POOL: Eight-lane, 25 yard indoor pool (5 warm-up-down lanes) with non-turbulent lane lines.

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

Friday, January 22, 2010: Warm ups start at 5:00 p.m.; meet starts at 6:30 p.m.

Saturday & Sunday, January 23 – 24, 2010: warm-ups start at 7:30 a.m.; meet starts at 9:00 a.m.

Split warm-ups will be in effect. 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.

This meet will be run using 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 A. Brown David.A.Brown@conocophillips.com 713-294-8863

MEET DIRECTOR: Robert Arceneaux rarceneaux@tdw.com 713-825-8328

SAFETY MARSHAL: Sally Taggart

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 (circle-in) at the Clerk of the Course for all events. Swimmers are required to circle-in at least 45 minutes before their event as represented in the meet time line. 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 at \$5.00 fine, payable to Gulf Swimming, sent to Henry Clark, Administrative Vice-Chairman, for each event in which he/she fails to appear. Relay cards must be turned in to the Clerk of Course by 9:00 a.m. on the date of the relay, or the entry will be considered scratched.

ON-DECK ENTRIES: Late entries will be accepted each day up to thirty (30) minutes prior to the start of the 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 swimmer' 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 specific event in a USA Swimming meet before, please note this by entering a NT (No Time) where a seed time is requested.

Cut-off Times: Swimmers must have fewer than three (3) A times to enter this meet and may swim any event. See 2009 – 2012 USA National Motivational A Times listed below.

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 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:

Robert Arceneaux
5006 Big Meadow Lane
Katy, TX 77494
281-395-1287
Email: rcarceneaux@tdw.com

Entries: All teams entering 10 or more swimmers MUST submit their entries on a diskette or electronically via email, using the Hy-Tek Meet Manager/Team Manager computer software, or a suitable format that can be imported into Hy-Tek Meet Manager 3.0 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 C (CSC, ESA, KATY, OWLS, RICE, WHAT). Gulf Groups A, B, D and E are not eligible to swim at this meet)

Fees: \$5.25 dollars per Individual Event and \$9.00 for each Relay Event and a \$2.00 per swimmer surcharge. Make checks payable to Katy Aquatics. 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 and 13 – 14.

RULES AND SANCTIONS: The 2009/2010 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. Swimmers MUST have fewer than three (3) A times to enter this meet and may swim any event. The Gulf 3 event up/down rule does **NOT** apply. Gulf Groups A, B, D and E are not eligible to swim at this meet.

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 System 6 electronic timing system with an electronic scoreboard (minimum one line) 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 400IM/500/1000 Free must provide 2 timers and a lap counter where appropriate.

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 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.

HOSPITALITY: A hospitality room will be available.

MERCHANDISE: Texas Swim Shops 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.

Entry Rules			 <p>9 – 14 Junior Meet Hosted by KATY Aquatics</p>
Type of Meet	Timed Finals		
Max # of individual events per day	Five (5)		
Swimmers eligible	Gulf Group C		
Entry times in	SCY/SCM/LCM		
Qualifying Times:	None		
Cut-off times			
9 – 10, 11- 12 & 13 – 14	USAS Motivational "A" time standard		
Enter with no time?	Yes		
Special Rule Applies:	Swimmers must have fewer than 3 A times to enter. May swim any event.		
Fees:	Individual	\$5.25	
	Relays	\$9.00	
	Per Swimmer	\$2.00	
	Surcharge		

Friday, January 22, 2010 – 9 – 14 Junior Meet – Hosted by KATY

USAS A Times – Swimmers MUST have fewer than three (3) A times to participate in this meet

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

Saturday, January 23, 2010 – 9 – 14 Junior Meet – Hosted by KATY

USAS A Times – Swimmers MUST have fewer than three (3) A times to participate in this meet

Girls					Boys			
Event #	SCY	SCM	LCM	EVENT	SCY	SCM	LCM	Event #
7	41.99	46.49	48.29	9 – 10 50 Breast	42.19	46.69	48.49	8
9	37.79	41.69	42.09	11 – 12 50 Breast	37.29	41.19	43.09	10
11	1:22.59	1:31.29		9 – 10 100 IM	1:21.09	1:29.59		12
13	1:13.99	1:21.69		11 – 12 100 IM	1:11.49	1:18.99		14
15	2:30.49	2:46.29	2:51.49	13 – 14 200 IM	2:20.29	2:34.99	2:42.39	16
17	1:22.19	1:30.89	1:35.29	9 – 10 100 Back	1:21.29	1:29.79	1:33.29	18
19	1:14.19	1:21.99	1:23.29	11 – 12 100 Back	1:12.29	1:19.89	1:23.59	20
21	1:08.49	1:15.69	1:17.79	13 – 14 100 Back	1:04.19	1:10.99	1:14.49	22
23				9 – 10 200 Free				24
25				11 – 12 200 Free Relay				26
27				13 – 14 Free Relay				28

- The 11 – 14 events will be swum combined but scored separately for 11 – 12 and 13 – 14.
- The 11 – 14 400 IM and 500 Freestyle will be swum fastest to slowest.
- The 9 – 10 500 Freestyle and 11 – 14 1,000 Freestyle will be swum fastest to slowest. The Boy's 500 Freestyle Swims Saturday and the Girl's 500 Freestyle swims Sunday.
- The Girl's 1,000 Freestyle swims Saturday and the Boy's 1,000 Freestyle swims Sunday.
- Swimmers in the 400IM/500/1000 Free must provide 2 timers and a lap counter where appropriate.

Girls					Boys			
Event #	SCY	SCM	LCM	EVENT	SCY	SCM	LCM	Event #
29	1:11.89	1:19.49	1:21.89	9 – 10 100 Free	1:10.79	1:18.19	1:20.59	30
31	1:03.09	1:09.69	1:13.49	11 – 12 100 Free	1:02.69	1:09.19	1:11.39	32
33	1:02.19	1:08.69	1:10.39	13 – 14 100 Free	57.39	1:03.49	1:05.99	34
35	1:26.69	1:35.79	1:37.89	9 – 10 100 Fly	1:25.59	1:34.59	1:36.49	36
37	1:13.19	1:20.89	1:22.89	11 – 12 100 Fly	1:11.69	1:19.19	1:21.49	38
39	1:07.79	1:14.89	1:16.49	13 – 14 100 Fly	1:02.89	1:09.49	1:11.09	40
41	2:56.89	3:15.49	3:23.69	11 – 12 200 Breast	2:52.89	3:10.99	3:20.79	42
41	2:46.79	3:04.29	3:11.99	13 – 14 200 Breast	2:36.29	2:52.69	3:01.99	42
				Boy's 9-10 500 Free	6:44.59	5:54.09	6:06.79	44
45	12:51.69	11:15.39	11:35.69	Girl's 11 – 12 1000 Free				
45	12:07.59	10:36.79	10:47.99	Girl's 13 – 14 1000 Free				
Sunday, January 24, 2010 – 9 – 14 Junior Meet – Hosted by KATY								
USAS A Times – Swimmers MUST have fewer than three (3) A times to participate in this meet								
47	2:37.59	2:54.09	2:59.79	11 – 12 200 IM	2:35.59	2:51.89	2:58.09	48
49	38.09	42.09	43.69	9 – 10 50 Back	38.29	42.29	43.89	50
51	33.89	37.49	38.99	11 – 12 50 Back	33.49	36.99	38.69	52
53	2:38.59	2:55.19	2:59.29	11 – 12 200 Fly	2:35.29	2:51.59	2:58.49	54
53	2:28.59	2:44.19	2:48.29	13 – 14 200 Fly	2:20.29	2:34.99	2:38.79	54
55	32.19	35.49	36.39	9 – 10 50 Free	31.59	34.89	36.09	56
57	29.49	32.59	33.69	11 – 12 50 Free	28.59	31.59	32.59	58
59	28.69	31.69	32.49	13 – 14 50 Free	26.29	29.09	30.29	60
61	1:33.39	1:43.19	1:46.99	9 – 10 100 Breast	1:31.79	1:41.39	1:45.99	62
63	1:22.19	1:30.79	1:33.79	11 – 12 100 Breast	1:20.49	1:28.99	1:32.49	64
65	1:17.59	1:25.79	1:28.99	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	37.29	41.19	42.09	9 – 10 50 Fly	36.69	40.49	40.99	74
75	32.39	35.79	36.29	11 – 12 50 Fly	32.09	35.49	36.19	76
77	2:35.89	2:52.29	3:00.19	11 – 12 200 Back	2:32.89	2:48.89	2:56.39	78
77	2:27.29	2:42.79	2:47.39	13 – 14 200 Back	2:18.89	2:32.79	2:40.69	78
79	2:36.39	2:52.79	2:58.49	9 – 10 200 Free	2:31.89	2:47.89	2:52.39	80
81	2:19.89	2:34.59	2:37.69	11 – 12 200 Free	2:16.19	2:30.49	2:34.89	82
83	2:13.79	2:27.89	2:31.79	13 – 14 200 Free	2:05.29	2:18.39	2:23.29	84
85	6:48.39	5:57.39	6:05.89	Girl's 9 – 10 500 Free				
				Boy's 11 – 12 1000 Free	12:42.89	11:07.69	11:30.99	88
				Boy's 13 – 14 1000 Free	11:36.39	10:09.49	10:29.39	88

- The 11 – 14 events will be swum combined but scored separately for 11 – 12 and 13 – 14.
- The 11 – 14 400 IM and 500 Freestyle will be swum fastest to slowest.
- The 9 – 10 500 Freestyle and 11 – 14 1,000 Freestyle will be swum fastest to slowest. The Boy's 500 Freestyle Swims Saturday and the Girl's 500 Freestyle swims Sunday.
- The Girl's 1,000 Freestyle swims Saturday and the Boy's 1,000 Freestyle swims Sunday.
- Swimmers in the 400IM/500/1000 Free must provide 2 timers and a lap counter where appropriate.

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

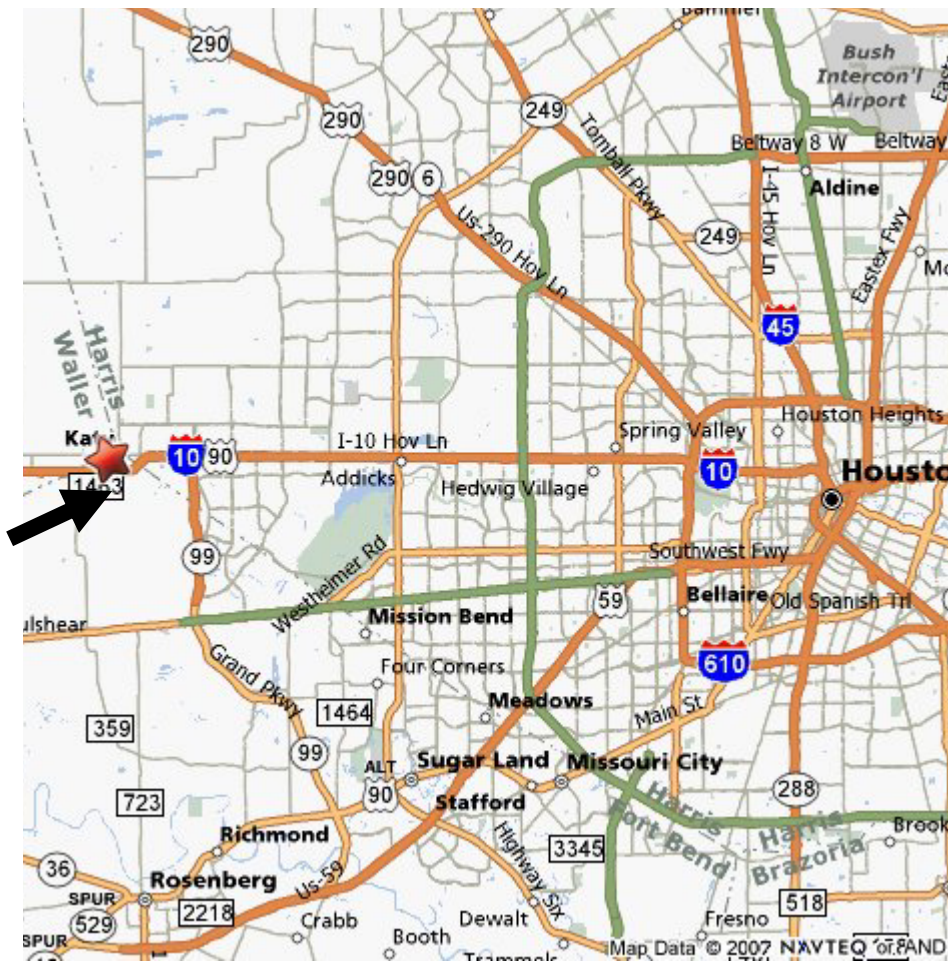
SAFETY GUIDELINES AND WARM-UP PROCEDURES
APPENDIX G

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.



DIRECTIONS: From Downtown Houston, take I-10 West to the Pin Oak exit. Stay in the left hand lane of the feeder road and continue under the Pin Oak overpass to FM 1463. Turn right. You will pass the KISD Administration building and an open soccer field. Turn left immediately after the soccer field and continue to the large parking lot for the Natatorium.

