



12 & Under Spring Champs

Time Trials

A TIMED FINAL SHORT COURSE YARDS MEET

Group B

February 27 – 28, 2010

Sanction #

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
Justin Doherty, 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:

Warm ups for the time trials meet will begin at the conclusion of the 12 & Under Spring Champs meet.

The Time Trials Meet will start no earlier than 30 minutes after the conclusion of the 12 & Under Spring Champs meet.

ELIGIBLE TEAMS: Gulf Only ALAC, KATY, BRAZ, DADS, HCAP, RICE, TYES, WHAT (Group B)

MEET REFEREE: David A. Brown David.A.Brown@conocophillips.com 713-294-8863

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

SAFETY MARSHAL: Sally Taggert

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: Swimmers must check-in by submitting an entry with the Clerk of Course. There will be no “Circle In”. After submitting an entry, failure to appear at the starting blocks will result in swimmer being assessed a \$5.00 fine, payable to Gulf Swimming Administrative Vice-Chairman, Henry Clark, for each event in which her/she fails to appear.

ENTRY INFORMATION:

Meet Rules:

1. All swimmers must enter event by deck entry with the Clerk of Course on Saturday, February 27 2010 and Sunday, February 28 2010. Entries will open at 9:30 am and close at the conclusion of the Spring Champs Meet for that day’s time trials.
2. The swimmer entered will be seeded into the events according to their best time. Events may be combined by gender, distance, and/or stroke at the discretion of the Meet Referee.
3. Swimmers **MAY** enter with no time
4. There will be 1 (one) round of time trials per day.
5. Swimmers do not have to be entered in the 12 & Under Spring Champs Meet to compete in this Time Trials Meet.

Entry Times: Swimmers must enter at their best time. Swimmers may enter with a NT. 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. Swimmers should indicate on their entry the course at which the entry time was made (i.e., Y, S, or L).

Qualifying Times: There are no qualifying times.

Cut-off Times: There are no cut-off times.

Age: **None**

Number of Events: Five (5) events per day. **This includes all events and bonus events swum at the 12 & Under Spring Champs Meet.**

AWARDS: None.

SCORING: None.

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.

ENTRY FEES: Time Trial Events \$12.00 per event for individual and \$19.00 per Relay. Make checks payable to Katy Aquatics. If swimmers have not been entered into the Gulf 12 & Under Spring Champs meet, there will also be a \$2.00 per swimmer surcharge.

- RULES AND SANCTIONS:** The 2009-2010 USA and Gulf Swimming rules will apply. The meet will be held under the sanction of USA and Gulf Swimming. No entries will be accepted unless the entrant is either registered or certified by USA Swimming. Swimmers may swim a maximum of five (5) events per day. Gulf Groups "A", "C" & "D" are not eligible to swim 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. The water depth of the competition course is 12 feet measured from 1 meter to 5 meters on the starting end of the course and 6.5 feet measured from 1 meter to 5 meters on the turning end of the course.
- TIMING SYSTEM:** A Colorado System 6 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as back-up. Swimmers will be required to furnish timers and counters for those needed events.
- 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.
- 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. The fine or proof of time is sent to the Administrative Vice-Chairman, Henry Clark.
- CONCESSIONS:** Concessions will be available in the natatorium throughout the meet. A hospitality room will be supplied for coaches and officials.
- MERCHANDISE:** Lane 4 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		12 & Under Spring Champs Group B TIMED FINAL Time Trials Short Course, Yards Meet Hosted by KATY Aquatics
Type of Meet	Timed Finals	
Max # of individual events per day	Five (5)	
THIS INCLUDES EVENTS AND BONUS EVENTS SWUM THAT DAT AT THE SPRING CHAMPS MEET		
Swimmers eligible	Gulf Only – Group B	
Entry times in	SCY/SCM/LCM	
Qualifying Times:	None	
Cut-off times	None	
Enter with no time?	Yes	
Gulf “three event” rule applies?	Does not apply	
Gulf “up/down” rule applies?	No	
Fees:	Individual \$12.00	
	Relay \$19.00	
	Swimmer Surcharge \$2.00	
	(if not entered in the Spring Champs Meet)	



SATURDAY, FEBRUARY 27, 2010

Girls Event #	ORDER OF EVENTS	Boys Event #
	Event	
101	100 IM	102
103	50 Free	104
105	100 Fly	106
107	200 Back	108
109	200 IM	110
111	50 Breast	112
113	100 Free	114
115	200 Fly	116
117	50 Back	118
119	100 Breast	120
121	200 Free	122
123	400 IM	124
125	50 Fly	126
127	100 Back	128
129	200 Breast	130
131	500 Free	132
133	200 Free Relay	134
135	200 Medley Relay	136
137	400 Free Relay	138
139	400 Medley Relay	140

- Events may be combined by gender, distance and stroke.
- Swimmers in Time Trials meet must provide their own timers.
- The 400 IM and 500 Free will be swum fastest to slowest, alternating girls and boys heats where applicable.

SUNDAY, February 28, 2010

Girls Event #	ORDER OF EVENTS	Boys Event #
	Event	
201	100 IM	202
203	50 Free	204
205	100 Fly	206
207	200 Back	208
209	200 IM	210
211	50 Breast	212
213	100 Free	214
215	200 Fly	216
217	50 Back	218
219	100 Breast	220
221	200 Free	222
223	400 IM	224
225	50 Fly	226
227	100 Back	228
229	200 Breast	230
231	500 Free	232
233	200 Free Relay	234
235	200 Medley Relay	236
237	400 Free Relay	238
239	400 Medley Relay	240

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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**.

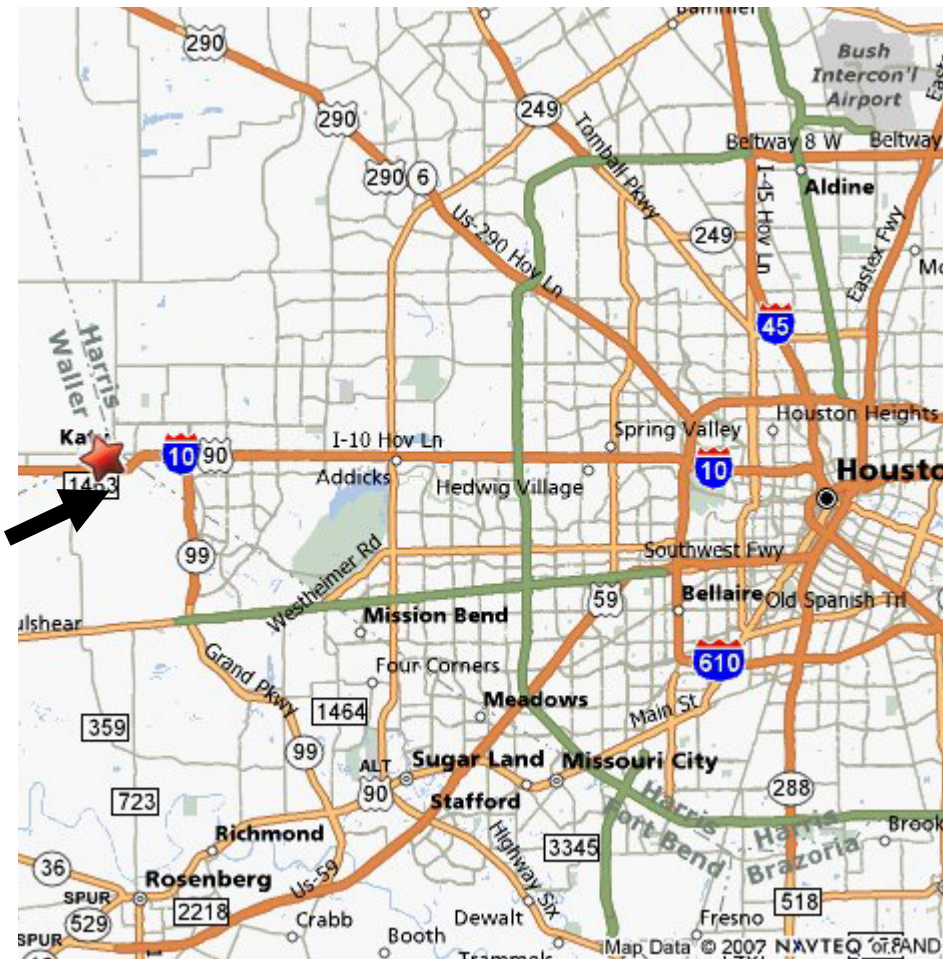
SAFETY GUIDELINES

- 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.



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.

