

**“9-14 Elite and Gulf Swimming LSC Qualifying Meet  
Will be hosted by Lone Star Swim Team  
October 24-25, 2009  
Sanction Number GUSC10-002**

**LOCATION:** Michael D. Holland Natatorium  
Magnolia High School  
14350 FM 1488  
Magnolia, Texas 77354

**Directions:**

Traveling from I-45 just north of The Woodlands, take FM 1488 West Approx. 15 mile toward Magnolia. The pool is located on the Magnolia High School Campus (On the East Side of the High School). The School is located on the North side of FM 1488 at the corner of FM 1488 & FM 149. Traveling from the West, take Beltway 8 North to Highway 249. Take 249 north approx. 25 miles to FM 149 (Approx. 3 miles north of Tomball). Turn right on FM 149 and go north to FM 1488. The pool is located on the Magnolia High School campus (On the East Side of the High School). The School is located on the North side of FM 1488 at the corner of FM 1488 & FM 149.

**COACHES:** Mark Malone , Michalle Prieto

**POOL:** Eight lane, 25 yard indoor pool with 5 continuous warm up-down lanes at far end. Pool has competitor non-turbulent lane lines, an 8 line LED CTS Scoreboard and non-slip touch pads.

**MEET REFEREE:** Gary Baker [gary.baker@shell.com](mailto:gary.baker@shell.com)

**MEET DIRECTOR:** Eddie Adams [eddiea4@comcast.net](mailto:eddiea4@comcast.net) 281-570-5572

**SAFETY MARSHAL:** Becky Wood

**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 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 fined \$5.00 for each event that he/she failed to show for. The fine is payable to: “Gulf Swimming” and to Henry Clark, Gulf Swimming’s Administrative Vice Chairman.

**(There are no relay events at this meet.)**

**ON DECK ENTRIES:** Late entries will be accepted up to 30 minutes before the start of the meet. Those who miss the 6:00 P.M. Friday October 16, 2009 deadline, may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry. **(\$7.50)**
2. Swimmers must supply a completed entry form & enter with the swimmers' best times. The swimmers will be seeded into the events according to their entered times.
3. Swimmers must enter events for that 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 on Hy-Tek team manager, swimmers should indicate on their entry form the course in which the entry time was made, (i.e., Y, S, or L).

All Star Swimmer Selection Process:

- The top 4 finishers in each event 200 yards or less in the All Star Qualifying Meet automatically qualify for the team. These placements are based on the actual Q Meet results, not on applications received. In the event of a tie for 4<sup>th</sup> place, a swim-off will be held.
- The top 3 finishers in the 400 IM and 500 free in the All Star Qualifying Meet automatically qualify for the team. These placements are based on the actual Q Meet results, not on applications received. In the event of a tie for 3<sup>rd</sup>, a swim-off will be held.
- In the event that a swimmer qualifies in more than 2 events for a session of the All Star Meet, the Gulf All Star Coaching Staff will decide which events the swimmer will scratch based on the best competitive interest of the Gulf All Star Team.
- ONLY the top 4 (200 yards or less) or top 3 (400 IM/500 free) from the Q Meet results are eligible for the team. The alternate system will NOT be used. This rule will be strictly enforced.
- Applications will be due by 10:00 AM on the Sunday of the All Star Q Meet.
- If you apply and make the team, you will not receive your deposit for not going on the trip.
- "Age requirement for the TSA All Star meet. Swimmers must be 11 years of age on or by November 14, 2009.

**Qualifying Times:** USAS Motivational "A" time Standard Swimmers must have 3 "A" times to be in this meet. See attached time standards.

**Cut-off Times:** None

**Age:** As of October 24, 2009, enter each event using the swimmer's age as of October 24, 2009. However the swimmer's age as of November 14 shall determine their age classification for the Texas LSC All Star meet. In order to be eligible to compete in the All Star Meet swimmers must compete in the age appropriate events at this meet using their age as of the date of the All Star Meet. (For example if a swimmer is 12 years old on October 24, 2009, but ages up to 13 years old prior to the All Star Meet on November 14, 2009 then enter the events for the 13 & Under swimmers.)

**Number of Events:** Swimmers may compete in up to 5 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. E-mail confirmation will be sent confirming entries. 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. **Make checks payable to Lone Star Swim Team.** Mail or hand deliver entries to the Meet Entry Chairperson:

**Eddie Adams**  
**15214 Thistlebridge Ct.**  
**Cypress, Tx. 77429**

**Email:** [eddiea4@comcast.net](mailto:eddiea4@comcast.net)

**ENTRIES:** All teams entering 10 or more swimmers MUST submit their entries on a diskette, or by e-mail, using the Hy-Tek Team Manager computer software, along with a hard copy printout . 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 the paper entry form only. Any questions regarding the HY-TEK Team Manager program should be directed to: Eddie Adams @ 281-570-5572.

**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).

**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.

**AWARDS:** Ribbons 1-8 for Individual.

**Fees:** \$3.75 per swimmer. **Make checks payable to Lone Star Swim Team.** Entry fees must accompany hard copy print out as noted above.

**SCORING:** Scoring will be for 1-8 places for Individual Events: 9,7,6,5,4,3,2,1

**SPECTATOR SEATING:** No reserve seating is allowed. Seating will be on a first come first served basis.

**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. All swimmers must be registered with USA Swimming by the meet entry deadline. **The 3 event rule and up/down rule do not apply to this meet. "Swimmers must have 3 A times to enter and may swim any event"**

**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.

**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.

**HOSPITALITY:** A hospitality room and complimentary psych sheets will be provided for Coaches and Officials who have, in their immediate possession, current USA swimming registration cards.

**MEET RESULTS:** Meet results will be posted on the Gulf Swimming Web Page ([www.gulfswimming.org](http://www.gulfswimming.org)), within three days after the conclusion of the meet.

**Attachments:**

Meet Format, Entry Verification Form, Gulf Safety Guidelines and Warm –up Procedures

## **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)

**RACING STARTS ONLY**, either from blocks or from backstroke starts.

Lanes 1/8 Push/Pace

Lanes 2/7 Dives/Sprints

Lanes 3/4/5/6 General Warm-up

Lanes are **ONE WAY ONLY**

Additional pace or sprint lanes may be opened as needed by the Meet Referee.

### **SAFETY GUIDELINES**

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.
  1. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.

## Daily Schedule

<b>Saturday, October 24, 2009</b> <b>Session 1:</b> Warm-up Session #1: 7:30 AM – 7:55 AM Session #2: 7:55 AM – 8:20 AM Session #3: 8:20 AM – 8:45 AM Clear Pool: 8:45 AM Coach's meeting: 8:45 AM Session 1 begins: 9:00 AM	<b>Saturday, October 24, 2009</b> <b>Session 2:</b> Warm-up Session #1: 3:00 PM – 3:15 PM Session #2: 3:15 PM – 3:30 PM Session #3: 3:30 PM – 3:45 PM Clear Pool: 3:45 PM Session 2 begins: 4:00 PM	<b>Sunday, October 25, 2009</b> <b>Session 3:</b> Warm-up Session #1: 7:30 AM – 7:55 AM Session #2: 7:55 AM – 8:20 AM Session #3: 8:20 AM – 8:45 AM Clear Pool: 8:45 AM Session 3 begins: 9:00 AM
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<b>Entry Rules</b>	
<b>Type of Meet</b>	<b>Timed Finals</b>
<b>Max # Individual events per day</b>	<b>Five (5)</b>
<b>Swimmers eligible</b>	<b>Gulf</b>
<b>Entry times in</b>	<b>SCY/SCM/LCM</b>
<b>Qualifying times</b>	<b>USAS Motivational "A" time Standard</b>
<b>Cut-off times</b>	<b>None</b>
<b>Enter with no time?</b>	<b>Yes</b>
<b>Gulf "three event" rule applies?</b>	<b>No</b>
<b>Gulf "up/down" rule applies?</b>	<b>No</b>
<b>Fees</b>	<b>Individual - \$3.75</b>
<b>Special Rule</b>	<b>"Swimmers must have 3 A times to enter and may swim any event"</b>

**Age:** As of October 24, 2009, enter each event using the swimmer's age as of October 24, 2009. However the swimmer's age as of November 14 shall determine their age classification for the Texas LSC All Star meet. In order to be eligible to compete in the All Star Meet swimmers must compete in the age appropriate events at this meet using their age as of the date of the All Star Meet. (For example if a swimmer is 12 years old on October 24, 2009, but ages up to 13 years old prior to the All Star Meet on November 14, 2009 then enter the events for the 13 & Under swimmers.)

The first event of the Saturday PM session will not start before 2 hours from the completion of last event of the Saturday AM session. Events are NOT combined

\*\* The 400 I.M. will be swum fastest to slowest

\* The 500 Free will be swum fastest to slowest alternating girl's and boy's heats.

**NOTE:** Enter each event using the swimmer's age as of October 24, 2009. However, the swimmer's age as of November 14, 2009 shall determine their age classification for the Texas LSC All Star Meet. In order to be eligible to compete in the Texas LSC All Star Meet, swimmers **MUST** compete in the age-appropriate events at this meet using their age as of the date of the Texas LSC All Star Meet. [For example, if a swimmer is 12 years old on October 24, 2009, but ages up to 13 years old before the Texas LSC All Star Meet on November 14, 2009, then enter the events for the 13 & Under swimmers.] The age groups for this Qualifying meet are 11 & Under, 12 & Under, 13 & Under, and 14 & Under. Age Requirement for TSA All Star Meet: All swimmers must be 11 years old on or by November 14, 2009. 9-10 swimmers that enter the 11 & under or 12 & under 500 Free must have the 11-12 A standard.

**Saturday, October 24, 2009**

**Session 1:**

Warm-up Session #1: 7:30 AM – 7:55 AM

Session #2: 7:55 AM – 8:20 AM

Session #3: 8:20 AM – 8:45 AM

Clear Pool: 8:45 AM

Coach's meeting: 8:45 AM

Session 1 begins: 9:00 AM

Girls Event #	Short Course Yard	Short Course Meter	Long Course Meter	Event Description	Short Course Yard	Short Course Meter	Long Course Meter	Boys Event #
				13 & Under **400 IM (Boys Only)	5:00.49	5:31.99	5:44.49	1
				14 & Under **400 IM (Boys Only)	5:00.49	5:31.99	5:44.49	2
3	:32.19	:35.49	:36.39	9-10 50 Free	:31.59	:34.89	:36.09	4
5	:29.49	:32.59	:33.69	11 & Under 50 Free	:28.59	:31.59	:32.59	6
7	:29.49	:32.59	:33.69	12 & Under 50 Free	:28.59	:31.59	:32.59	8
9	:28.69	:31.69	:32.49	13 & Under 50 Free	:26.29	:29.09	:30.29	10
11	:28.69	:31.69	:32.49	14 & Under 50 Free	:26.29	:29.09	:30.29	12
13	1:33.39	1:43.19	1:46.99	9-10 100 Breast	1:31.79	1:41.39	1:45.99	14
15	1:22.19	1:30.79	1:33.79	11 & Under 100 Breast	1:20.49	1:28.99	1:32.49	16
17	1:22.19	1:30.79	1:33.79	12 & Under 100 Breast	1:20.49	1:28.99	1:32.49	18
19	2:46.79	3:04.29	3:11.99	13 & Under 200 Breast	2:36.29	2:52.69	3:01.99	20
21	2:46.79	3:04.29	3:11.99	14 & Under 200 Breast	2:36.29	2:52.69	3:01.99	22
23	1:22.19	1:30.89	1:35.29	9-10 100 Back	1:21.29	1:29.79	1:33.29	24
25	1:14.19	1:21.99	1:23.29	11 & Under 100 Back	1:12.29	1:19.89	1:23.59	26
27	1:14.19	1:21.99	1:23.29	12 & Under 100 Back	1:12.29	1:19.89	1:23.59	28
29	2:27.29	2:42.79	2:47.39	13 & Under 200 Back	2:18.19	2:32.79	2:40.69	30
31	2:27.29	2:42.79	2:47.39	14 & Under 200 Back	2:18.19	2:32.79	2:40.69	32
				10 Minute Break				
33	6:09.29	5:23.19	5:32.39	11 & Under *500/400 Free (Girls Only)				
34	6:09.29	5:23.19	5:32.39	12 & Under *500/400 Free (Girls Only)				
35	5:52.99	5:08.89	5:16.59	13 & Under *500/400 Free (Girls Only)				
36	5:52.99	5:08.89	5:16.59	14 & Under *500/400 Free (Girls Only)				

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Saturday, October 24, 2009

Session 2:

Warm-up Session #1: 3:00 PM – 3:15 PM

Clear Pool: 3:45 PM

Session #2: 3:15 PM – 3:30 PM

Session #3: 3:30 PM – 3:45 PM

Session 2 begins: 4:00 PM

Girls Event #	Short Course Yard	Short Course Meter	Long Course Meter	Event Description	Short Course Yard	Short Course Meter	Long Course Meter	Boys Event #
37	5:17.79	5:51.19	6:00.99	13 & Under 400 IM (Girls Only)				
38	5:17.79	5:51.19	6:00.99	14 & Under 400 IM (Girls Only)				
39	1:11.89	1:19.49	1:21.89	9-10 100 Free	1:10.79	1:18.19	1:20.59	40
41	1:03.09	1:09.69	1:13.49	11 & Under 100 Free	1:02.69	1:09.19	1:11.39	42
43	1:03.09	1:09.69	1:13.49	12 & Under 100 Free	1:02.69	1:09.19	1:11.39	44
45	1:02.19	1:08.69	1:10.39	13 & Under 100 Free	:57.39	1:03.49	1:05.99	46
47	1:02.19	1:08.69	1:10.39	14 & Under 100 Free	:57.39	1:03.49	1:05.99	48
49	2:55.99	3:14.49	3:19.89	9-10 200 IM	2:55.29	3:13.69	3:18.89	50
51	2:37.59	2:54.09	2:59.79	11 & Under 200 IM	2:35.59	2:51.89	2:58.09	52
53	2:37.59	2:54.09	2:59.79	12 & Under 200 IM	2:35.59	2:51.89	2:58.09	54
				10 Minute Break				
55	:38.09	:42.09	:43.69	9-10 50 Back	:38.29	:42.29	:43.89	56
57	:33.89	:37.49	:38.99	11 & Under 50 Back	:33.49	:36.99	:38.69	58
59	:33.89	:37.49	:38.99	12 & Under 50 Back	:33.49	:36.99	:38.69	60
61	1:08.49	1:15.69	1:17.79	13 & Under 100 Back	1:04.19	1:10.99	1:14.49	62
63	1:08.49	1:15.69	1:17.79	14 & Under 100 Back	1:04.19	1:10.99	1:14.49	64
65	:37.29	:41.19	:42.09	9-10 50 Fly	:36.69	:40.49	:40.99	66
67	:32.39	:35.79	:36.29	11 & Under 50 Fly	:32.09	:35.49	:36.19	68
69	:32.39	:35.79	:36.29	12 & Under 50 Fly	:32.09	:35.49	:36.19	70
71	1:07.79	1:14.89	1:16.49	13 & Under 100 Fly	1:02.89	1:09.49	1:11.09	72
73	1:07.79	1:14.89	1:16.49	14 & Under 100 Fly	1:02.89	1:09.49	1:11.09	74
				10 Minute Break				
				11 & Under *500/400 Free (Boys Only)	6:04.69	5:19.19	5:27.09	75
				12 & Under *500/400 Free (Boys Only)	6:04.69	5:19.19	5:27.09	76
				13 & Under *500/400 Free (Boys Only)	5:35.19	4:53.39	5:02.79	77
				14 & Under *500/400 Free (Boys Only)	5:35.19	4:53.39	5:02.79	78

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**Sunday, October 25, 2009**

**Session 3:**

Warm-up Session #1: 7:30 AM – 7:55 AM

Session #2: 7:55 AM – 8:20 AM

Session #3: 8:20 AM – 8:45 AM

Clear Pool: 8:45 AM

**Session 3 begins: 9:00 AM**

Girls Event #	Short Course Yard	Short Course Meter	Long Course Meter	Event Description	Short Course Yard	Short Course Meter	Long Course Meter	Boys Event #
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& Under 200 Free	2:16.19	2:30.49	2:34.89	82
83	2:19.89	2:34.59	2:37.69	12& Under 200 Free	2:16.19	2:30.49	2:34.89	84
85	2:13.79	2:27.89	2:31.79	13& Under 200 Free	2:05.29	2:18.39	2:23.29	86
87	2:13.79	2:27.89	2:31.79	14& Under 200 Free	2:05.29	2:18.39	2:23.29	88
89	1:22.59	1:31.29	XXX	9-10 100 IM	1:21.09	1:29.59	XXX	90
91	1:13.99	1:21.69	xxxxxx	11 & Under 100 IM	1:11.49	1:18.99	xxxxxx	92
93	1:13.99	1:21.69	xxxxxx	12 & Under 100 IM	1:11.49	1:18.99	xxxxxx	94
95	2:30.49	2:46.29	2:51.49	13 & Under 200 IM	2:20.29	2:34.99	2:42.39	96
97	2:30.49	2:46.29	2:51.49	14 & Under 200 IM	2:20.29	2:34.99	2:42.39	98
99	:41.99	:46.49	:48.29	9-10 50 Breast	:42.19	:46.69	:48.49	100
101	:37.79	:41.69	:42.09	11 & Under 50 Breast	:37.29	:41.19	:43.09	102
103	:37.79	:41.69	:42.09	12 & Under 50 Breast	:37.29	:41.19	:43.09	104
105	1:17.59	1:25.79	1:28.99	13 & Under 100 Breast	1:12.09	1:19.59	1:21.29	106
107	1:17.59	1:25.79	1:28.99	14 & Under 100 Breast	1:12.09	1:19.59	1:21.29	108
109	1:26.69	1:35.79	1:37.89	9-10 100 Fly	1:25.59	1:34.59	1:36.49	110
111	1:13.19	1:20.89	1:22.89	11 & Under 100 Fly	1:11.69	1:19.19	1:21.49	112
113	1:13.19	1:20.89	1:22.89	12 & Under 100 Fly	1:11.69	1:19.19	1:21.49	114
115	2:28.59	2:44.19	2:48.29	13 & Under 200 Fly	2:20.29	2:34.99	2:38.79	116
117	2:28.59	2:44.19	2:48.29	14 & Under 200 Fly	2:20.29	2:34.99	2:38.79	118

**Age:** As of October 24, 2009, enter each event using the swimmer's age as of October 24, 2009. However the swimmer's age as of November 14 shall determine their age classification for the Texas LSC All Star meet. In order to be eligible to compete in the All Star Meet swimmers must compete in the age appropriate events at this meet using their age as of the date of the All Star Meet. (For example if a swimmer is 12 years old on October 24, 2009, but ages up to 13 years old prior to the All Star Meet on November 14, 2009 then enter the events for the 13 & Under swimmers.)

The first event of the Saturday PM session will not start before 2 hours from the completion of last event of the Saturday AM session.

Events are NOT combined

\*\* The 400 I.M. will be swum fastest to slowest

\* The 500 Free will be swum fastest to slowest alternating girl's and boy's heats.

**NOTE:** Enter each event using the swimmer's age as of October 24, 2009. However, the swimmer's age as of November 14, 2009 shall determine their age classification for the Texas LSC All Star Meet. In order to be eligible to compete in the Texas LSC All Star Meet, swimmers MUST compete in the age-appropriate events at this meet using their age as of the date of the Texas LSC All Star Meet. [For example, if a swimmer is 12 years old on October 24, 2009, but ages up to 13 years old before the Texas LSC All Star Meet on November 14, 2009, then enter the events for the 13 & Under swimmers.] The age groups for this Qualifying meet are 11 & Under, 12 & Under, 13 & Under, and 14 & Under. Age Requirement for TSA All Star Meet: All swimmers must be 11 years old on or by November 14, 2009. 9-10 swimmers that enter the 11 & under or 12 & under 500 Free must have the 11-12 A standard.

