

**Gulf Swimming 9-14 Junior Meet - Group "E"**  
hosted by the Magnolia Aquatic Club  
October 16-18, 2009  
GUSC 10-

"Deadline to Enter is No Later Than 6:00 p.m. Monday, October 5<sup>th</sup>"

**LOCATION:** **Michael D. Holland, Magnolia Aquatic Center**

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:** Terry Jones                      Head Coach  
Jeremy Wade                      Age Group Coach  
David Gribble                      Age Group Coach  
Michael McCorvy                      Age Group Coach

**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.

**TIME AND DATE:** This is a **Timed Final Meet.**

**Friday, October 16<sup>th</sup>**

Open Warm Up: 5:00-6:15 p.m.              Meet Start 6:30 p.m.

**Saturday, October 17<sup>th</sup> and Sunday October 18<sup>th</sup>, 2009**

1st Warm Up: 7:30 - 8:05 a.m.              Meet Start 9:00 a.m.

2nd Warm Up: 8:10 - 8:45 a.m.              Meet Start 9:00 a.m.

**Please check the timeline posted on the Gulf Website 3 days prior to meet.**

Warm-up assignments will be posted on the Gulf Swimming Web site three (3) days before the meet at [www.gulfswimming.org](http://www.gulfswimming.org). 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.

**ELIGIBLE TEAMS:** This meet is open to USA registered swimming teams and swimmers. Eligible Gulf Teams for this meet are (Group E) **MAC, AGS, NCAT, PACK, SS, TAMU, TTST, TYES**

**MEET OFFICIALS: REFEREE:** Dave Howard, [awp@actionwearplus.com](mailto:awp@actionwearplus.com)

**MEET DIRECTORS:** Terry Jones, [tjones@magnoliaisd.org](mailto:tjones@magnoliaisd.org)

Jeremy Wade, [jwade@magnoliaisd.org](mailto:jwade@magnoliaisd.org)

**SAFETY MARSHAL:** Michael McCorvy, [mmccorvy@magnoliaisd.org](mailto:mmccorvy@magnoliaisd.org)

**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. Relay cards are due by 10:00 a.m. each day. Relay cards not received by the deadline will be considered scratched.

**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. Monday, October 5<sup>th</sup>, 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). If a swimmer has never competed in a USA Swimming meet before, put NT where a seed time is requested.

**QUALIFYING TIMES:** None

**CUT OFF TIMES:** Swimmers can not have more than (2) National Motivational "A" Times and be in the meet.

**NUMBER OF EVENTS:** Swimmers may compete in a maximum of 5 (five) individual events per day and up to 1 relay per day. Swimmers in the 500 & 1000 Free must provide their own timers and lap counter.

**DEADLINE:** Entries must be in the hands of the Meet Entry Chairperson no later than 6:00 p.m. **Monday, October 5, 2009.** Entries will not be accepted after this date except as On-Deck entries. (see above). Do not send entries via Fed Ex, etc. that require a signature. All express mail must be signed for release. E-mail entries, (please zip file), should be sent to [tjones@magnoliaisd.org](mailto:tjones@magnoliaisd.org). Entries sent by e-mail must have the check and hard copy of entries postmarked within 24 hours of the meet entry deadline. **Make checks payable to: Magnolia I.S.D.** Mail, e-mail, or hand deliver entries to;  
**Meet Entry Chairperson:**  
**Terry Jones**  
**12707 Marshall Court**  
**Magnolia, Texas 77354**  
**832-457-1111 (Cell) / 281-356-1106 (Pool) / [tjones@magnoliaisd.org](mailto:tjones@magnoliaisd.org)**

**SWIMMERS AGE:** As of October 16, 2009.

**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: Terry Jones @ 281-356-1106.

**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).

**AWARDS:** Ribbons 1-8 for Individual and 1-3 Relays will be awarded.

**SCORING:** Scoring will be for 1-8 places for Individual and Relay Events.  
Individual Events: 9,7,6,5,4,3,2,1      Relays: 18,14,12,10,8,6,4,2  
The 11-14 events will be combined and scored separately for 11-12 and 13-14 age groups.

**ENTRY FEES:** Individual events \$3.75 per event and relay's \$7.50 per relay event.  
On Decks entries will be \$7.50 per individual event and \$15.00 per relay.  
**Make checks payable to: Magnolia I.S.D.**

**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 and Gulf Groups A, B, C & D are not eligible to swim at this meet. The attached entry verification form shall be properly filled out, signed, and sent in with the entries. No entries will be accepted unless the entrant is either registered or certified by USA Swimming.  
The three event rule and up/down rule do not apply to this meet.

**POOL MEASUREMENT:** The pool will be measured before the competition begins, Swimming Rule 104.2.2(C), to ensure that the course length is correct.

**TIMING SYSTEM:** Colorado electronic timing with an 8-lane electronic scoreboard will be used. Two watches per lane will be used as back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be posted on line 3 days before the meet and published in the heat sheet. Timer sign up sheets will be posted near the circle-in area. Swimmers in the 500 & 1000 Free must provide their own timers and lap counters.

**POOL DECK RESTRICTIONS:** 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 registration card; however due to limited deck space if you are not working at the meet, you will be asked to leave the deck area. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

**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.

**CONCESSIONS:** Food will be available in the Natatorium. A hospitality room and complimentary heat sheets will be provided for Coaches, Officials and meet working staff.

**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  
Official Meet Entry Form  
Map to Pool

# Gulf Swimming 9-14 Junior Meet (Group E)

Entry rules		
Type of Meet		Timed Finals
Max # individual events per day and up to 1 relay event per day		Five (5)
Swimmers eligible		Group E
Entry times in		SCY/SCM/LCM
Qualifying times		None
Up / Down Rule		Does Not Apply
Three (3) Event Rule		Does Not Apply
Cut-off times	9-10, 11-12 & 13-14	USAS Motivational "A" time standard.
Enter with no time?		Yes 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.
Special Rule Applies		
Fees		Individual - \$3.75      Relays - \$7.50
Footnotes	*The 11-14 events will be swum combined but scored separately for 13-14 and 11-12 *The 11-14 400 I.M. & 500 Free will be swam fastest to slowest alternating girls and boys heats *The 9-10 500 Free will be swam fastest to slowest alternating girls and boys heats *The 11-14 1000 Free will be swam fastest to slowest *The 500 & 1000 Free swimmers must provide their own timer and counter	

## Friday, October 16, 2009

Girls Event #	Short Course Yard	Short Course Meter	Long Course Meter	Event Description	Short Course Yard	Short Course Meter	Long Course Meter	Boys Event #
1	6:09.29	5:23.19	5:32.39	11-12 500/400 Free	6:04.69	5:19.19	5:27.09	2
1	5:52.99	5:08.89	5:16.59	13-14 500/400 Free	5:35.19	4:53.39	5:27.09	2
3	2:55.99	3:14.49	3:19.89	9-10 200 I.M.	2:55.29	3:13.69	3:18.89	4
5	5:36.09	6:11.39	6:23.99	11-12 400 I.M.	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

Footnotes	*The 11-14 events will be swum combined but scored separately for 13-14 and 11-12 *The 11-14 400 I.M. & 500 Free will be swam fastest to slowest alternating girls and boys heats *The 9-10 500 Free will be swam fastest to slowest alternating girls and boys heats *The 11-14 1000 Free will be swam fastest to slowest *The 500 & 1000 Free swimmers must provide their own timer and counter	
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## Saturday, October 17, 2009

Girls Event #	Short Course Yard	Short Course Meter	Long Course Meter	Event Description	Short Course Yard	Short Course Meter	Long Course Meter	Boys Event #
7	1:22.59	1:31.29	NA	9-10 100 I.M.	1:21.09	1:29.59	NA	8
9	1:13.99	1:21.69	NA	11-12 100 IM	1:11.49	1:18.99	NA	10
11	2:30.49	2:46.29	2:51.49	13-14 200 IM	2:20.29	2:34.99	2:42.39	12
13	1:22.19	1:30.89	1:35.29	9-10 100 Back	1:21.29	1:29.79	1:33.29	14
15	1:14.19	1:21.99	1:23.29	11-12 100 Back	1:12.29	1:19.89	1:23.59	16
17	1:08.49	1:15.69	1:17.79	13-14 100 Back	1:04.19	1:10.99	1:14.49	18
19	1:11.89	1:19.49	1:21.89	9-10 100 Free	1:10.79	1:18.19	1:20.59	20
21	1:03.09	1:09.69	1:13.49	11-12 100 Free	1:02.69	1:09.19	1:11.39	22
23	1:02.19	1:08.69	1:10.39	13-14 100 Free	:57.39	1:03.49	1:05.99	24
25	1:26.69	1:35.79	1:37.89	9-10 100 Fly	1:25.59	1:34.59	1:36.49	26
27	1:13.19	1:20.89	1:22.89	11-12 100 Fly	1:11.69	1:19.19	1:21.49	28
29	1:07.79	1:14.89	1:16.49	13-14 100 Fly	1:02.89	1:09.49	1:11.09	30
31	41.99	46.49	48.29	9-10 50 Breast	42.19	46.69	48.49	32
33	:37.79	:41.69	:42.09	11-12 50 Breast	:37.29	:41.19	:43.09	34
35	2:46.79	3:04.29	3:11.99	13-14 200 Breast	2:36.29	2:52.69	3:01.99	36
37	NA	NA	NA	9-10 200 F.R.	NA	NA	NA	38
39	NA	NA	NA	11-12 200 F.R.	NA	NA	NA	40
41	NA	NA	NA	13-14 200 F.R.	NA	NA	NA	42
				9-10 Boys 500/400 Free	6:44.59	5:54.09	6:06.79	44
45	12:51.69	11:15.39	11:35.69	11-12 Girls 1000/800 Free				
45	12:07.59	10:36.79	10:47.99	13-14 Girls 1000/800 Free				

Footnotes

- \*The 11-14 events will be swum combined but scored separately for 13-14 and 11-12
- \*The 11-14 400 I.M. & 500 Free will be swam fastest to slowest alternating girls and boys heats
- \*The 9-10 500 Free will be swam fastest to slowest alternating girls and boys heats
- \*The 11-14 1000 Free will be swam fastest to slowest
- \*The 500 & 1000 Free swimmers must provide their own timer and counter

## Sunday, October 18, 2009

Girls Event #	Short Course Yard	Short Course Meter	Long Course Meter	Event Description	Short Course Yard	Short Course Meter	Long Course Meter	Boys Event #
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	2:27.29	2:42.79	2:47.39	13-14 200 Back	2:18.19	2:32.79	2:40.69	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	37.29	41.19	42.09	9-10 50 Fly	36.69	40.49	40.99	68
69	:32.39	:35.79	:36.29	11-12 50 Fly	:32.09	:35.49	:36.19	70
71	2:28.59	2:44.19	2:48.29	13-14 200 Fly	2:20.29	2:34.99	2:38.79	72
73	2:36.39	2:52.79	2:58.49	9-10 200 Free	2:31.89	2:47.89	2:52.39	74
75	2:19.89	2:34.59	2:37.69	11-12 200 Free	2:16.19	2:30.49	2:34.89	76
77	2:13.79	2:27.89	2:31.79	13-14 200 Free	2:05.29	2:18.39	2:23.29	78
79	NA	NA	NA	9-10 200 M.R.	NA	NA	NA	80
81	NA	NA	NA	11-12 200 M.R.	NA	NA	NA	82
83	NA	NA	NA	13-14 200 M.R.	NA	NA	NA	84
85	6:48.39	5:57.39	6:05.89	9-10 Girls 500/400 Free				
				11-12 Boys 1000/800 Free	12:42.89	11:07.69	11:30.99	88
				13-14 Boys 1000/800 Free	11:36.39	10:09.49	10:29.39	88

### Footnotes

- \*The 11-14 events will be swum combined but scored separately for 13-14 and 11-12
- \*The 11-14 400 I.M. & 500 Free will be swam fastest to slowest alternating girls and boys heats
- \*The 9-10 500 Free will be swam fastest to slowest alternating girls and boys heats
- \*The 11-14 1000 Free will be swam fastest to slowest
- \*The 500 & 1000 Free swimmers must provide their own timer and counter

# *Gulf Swimming 9-14 Junior Meet*

## ENTRY VERIFICATION FORM

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms and or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

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Signature

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Title

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Team Name

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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.

## F. POOL RULES

1. The Magnolia I.S.D. Natatorium and school grounds is a No Smoking Facility. Smoking, or use of other tobacco products, is not allowed on the grounds of USA Swimming Meets.
2. No glass containers are allowed anywhere in the Natatorium.
3. It is expected that all persons attending the meet respect the facilities and remember that they represent themselves and their respective clubs. Damage to the facility, when proved, will cause the offending swimmer if unattached, or the offending swimmers club, if attached, to be held accountable for repairs and may result in expulsion from the meet. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.
4. Only swimmers, coaches, officials, and timers are allowed on deck or in the locker rooms. All others must sit in the bleachers.
5. Do **NOT** park along the red fire curb in front of the Natatorium. This is a designated fire lane and **cars parking there will be ticketed and or towed** by the Magnolia Police Department.
6. Lap warm-up only is allowed at any time in the shallow pool, but swimmers must follow the general warm-up procedures. No diving, enter feet first only.
7. Parents and Swimmers please help keep the Natatorium clean. As you leave please pick up the trash around you. **Thank you!**

## Map to Pool

