

**Gulf Swimming “9-14 Junior”  
Gulf Group C**

HOSTED BY

**Sienna Plantation Aquatics**

**Deadline Monday October 26, 6:00 PM**

**Short Course Yards – Timed Finals**

**November 6, 7, & 8, 2009**

**Sanction # GUSC 10-025**

**LOCATION:**

Spring Branch ISD Natatorium  
10404 Tiger Trail (at Spring Woods High School)  
Houston, TX. 77043  
Map Attached

**COACHES:**

Tracy Mundy                      Head Coach  
Meredith May  
Andre Smith

**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. This meet will be run using “**Flyover Start**” procedure 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.

**Friday November 6**

**Warm-ups at 5:30 pm and end at 6:45 pm, meet starts at 7:00 p.m. facility opens at 5:00 pm.**

**Saturday November 7, warm ups begin at 11:30 am, meet starts at 1:00 pm.**

**Sunday November 8, warm ups begin at 7:30, meet starts at 9:00**

Split warm-ups will be in effect for prelim sessions. 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.

<http://www.gulfswimming.org>

**MEET REFEREE:**

Jay Cookingham 281-370-9755, jaycooker@sbcglobal.net

**MEET DIRECTORS:**

Brad Hammond 713-825-5633, bradh@horizonwinestx.com  
Don Bleasdel  
Hillary Goldstein  
Beth Bready

**SAFETY MARSHAL:**

Colin Frazier

**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 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. Relay cards must be turned in to the Clerk of Course by **Saturday 12:15 pm and Sunday 8:15 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, October 26, 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.
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:** Times must be from USA swimming meets. 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 yard times to 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, L),

**Cut off Times:** "Swimmers must have fewer than three (3) A time to enter this meet and may swim any event. The 2009-2012 National Motivational A times are included in this invitation"

**Qualifying Times:** None

**Age:** As of November 6, 2009

**Number of Events:** Swimmers may compete in up to (5) individual events per day and up to one (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 October 26, 2009. 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:

**Stevilyn Ortiz**  
**3539 Thunderbird St.**  
**Missouri City, Tx 77459**  
**(281) 499-1945**  
**PSJZ@comcast.net**

**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. 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 or 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:** SPA, CSC, FCST, HSC, OWLS, RICE, BBSC

**Fees:** \$3.75 per Individual Event and \$7.50 for each Relay event. Make checks payable to **Sienna Plantation Aquatics**. Entry fees must accompany entries, if delivered by any method other than email.

**AWARDS:** Individual events 1<sup>st</sup>-8<sup>th</sup> place, ribbons. Relay events 1<sup>st</sup>- 3<sup>rd</sup> place, ribbons.

**SCORING:** Individual Events: 1<sup>st</sup> – 8<sup>th</sup> place: 9-7-6-5-4-3-2-1  
Relay Events: 1<sup>st</sup> – 8<sup>th</sup> place: 18-14-12-10-8-6-4-2  
“The 11-14 events will be swum combined but scored separately for 11-12 & 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. The attached entry verification form shall be properly filled out, signed, and sent in with the entries. The “Up/down” rule does not apply to this meet. The Gulf “three-event” rule does NOT apply to this meet. Gulf Groups A, B, D, 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 5000 electronic timing system with an electronic scoreboard will be used. Two watches per lane will be used as a backup. **Swimmers in the 1650 & 500 freestyles must provide 2 timers and a lap counter.** 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 and posted on the Gulf web page 3 days prior to the meet.

**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. This is a SBISD Nat rule.  
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 compete 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:** D & J Sports 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](http://www.gulfswimming.org), within three days after the conclusion of the meet.

**FACILITIES:** No over-night camping or lodging is permitted at Spring Branch ISD Natatorium.

**ATTACHMENTS:**

Safety Guidelines & Warm-up Procedures  
Order of Events  
Map to Spring Branch ISD Natatorium  
Official Entry Form

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.
  - 4. No chairs are allowed in front of the bleachers.

# Gulf Swimming “9-14 Junior”

## Gulf Group C

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## Sienna Plantation Aquatics

**Short Course Yards – Timed Finals**  
**November 6, 7, & 8, 2009**

Entry Rules	
Type of Meet	Timed Finals
Max # individual events per day	Five (5)
<b>Special Rule</b>	Swimmers are not eligible to swim in this meet if they have 3 or more A times
Swimmers eligible	Group C
Entry times in	LCM/SCM/SCY
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 - \$3.75; Relays - \$7.50

### Order of Events

Friday, November 6, 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 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 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

\*The 11-14 events will be swam 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. Girls 500 free swims Saturday and boys 500 free swims Sunday. Boys 1650 free swims Saturday and girls 1650 swims Sunday.

\*The 500 & 1650 Free swimmers must provide 2 timers and lap counter.

**Warm ups begin at 5:30pm and meet starts at 7:00pm.**

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### Order of Events

Saturday, November 7, 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	NA	NA	NA	9-10 200 M.R.	NA	NA	NA	8
9	NA	NA	NA	11-12 200 M.R.	NA	NA	NA	10
11	NA	NA	NA	13-14 200 M.R.	NA	NA	NA	12
13	2:37.59	2:54.09	2:59.79	11-12 200 IM	2:35.59	2:51.89	2:58.09	14
15	38.09	42.09	43.69	9-10 50 Back	38.29	42.29	43.89	16
17	33.89	37.49	38.99	11-12 50 Back	33.49	36.99	38.69	18
19	2:38.59	2:55.19	2:59.29	11-12 200 Fly	2:35.29	2:51.59	2:58.49	20
19	2:28.59	2:44.19	2:48.29	13-14 200 Fly	2:20.29	2:34.99	2:38.79	20
21	32.19	35.49	36.39	9-10 50 Free	31.59	34.89	36.09	22
23	29.49	32.59	33.69	11-12 50 Free	28.59	31.59	32.59	24
25	28.69	31.69	32.49	13-14 50 Free	26.29	29.09	30.29	26
27	1:33.39	1:43.19	1:46.99	9-10 100 Breast	1:31.79	1:41.39	1:45.99	28
29	1:22.19	1:30.79	1:33.79	11-12 100 Breast	1:20.49	1:28.99	1:32.49	30
31	1:17.59	1:25.79	1:28.99	13-14 100 Breast	1:12.09	1:19.59	1:21.29	32
33	37.29	41.19	42.09	9-10 50 Fly	36.69	40.49	40.99	34
35	32.39	35.79	36.29	11-12 50 Fly	32.09	35.49	36.19	36
37	2:35.89	2:52.29	3:00.19	11-12 200 Back	2:32.89	2:48.89	2:56.39	38
37	2:27.29	2:42.79	2:47.39	13-14 200 Back	2:18.19	2:32.79	2:40.69	38
39	2:36.39	2:52.79	2:58.49	9-10 200 Free	2:31.89	2:47.89	2:52.39	40
41	2:19.89	2:34.59	2:37.69	11-12 200 Free	2:16.19	2:30.49	2:34.89	42
43	2:13.79	2:27.89	2:31.79	13-14 200 Free	2:05.29	2:18.39	2:23.29	44
45	6:48.39	5:57.39	6:05.89	9-10 Girls 500 Free				
				11-12 Boys 1650Free	21:23.59	21:16.09	22:14.19	48
				13-14 Boys 1650 Free	19:15.69	19:08.99	19:55.69	48

\*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.

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\*The 500 & 1650 Free swimmers must provide 2 timers and lap counter.

**Warm ups begin at 11:30pm and meet starts at 1:00pm.**

# Gulf Swimming "11-14 Junior"

## Gulf Group C

HOSTED BY

## Sienna Plantation Aquatics

Short Course Yards – Timed Finals  
November 6, 7, & 8, 2009

### Order of Events

Sunday, November 8, 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 #
49	NA	NA	NA	9-10 200 F.R.	NA	NA	NA	50
51	NA	NA	NA	11-12 200 F.R.	NA	NA	NA	52
53	NA	NA	NA	13-14 200 F.R.	NA	NA	NA	54
55	41.99	46.49	48.29	9-10 50 Breast	42.19	46.69	48.49	56
57	37.79	41.69	42.09	11-12 50 Breast	37.29	41.19	43.09	58
59	1:22.59	1:31.29	NA	9-10 100 I.M.	1:21.09	1:29.59	NA	60
61	1:13.99	1:21.69	NA	11-12 100 IM	1:11.49	1:18.99	NA	62
63	2:30.49	2:46.29	2:51.49	13-14 200 IM	2:20.29	2:34.99	2:42.39	64
65	1:22.19	1:30.89	1:35.29	9-10 100 Back	1:21.29	1:29.79	1:33.29	66
67	1:14.19	1:21.99	1:23.29	11-12 100 Back	1:12.29	1:19.89	1:23.59	68
69	1:08.49	1:15.69	1:17.79	13-14 100 Back	1:04.19	1:10.99	1:14.49	70
71	1:11.89	1:19.49	1:21.89	9-10 100 Free	1:10.79	1:18.19	1:20.59	72
73	1:03.09	1:09.69	1:13.49	11-12 100 Free	1:02.69	1:09.19	1:11.39	74
75	1:02.19	1:08.69	1:10.39	13-14 100 Free	:57.39	1:03.49	1:05.99	76
77	1:26.69	1:35.79	1:37.89	9-10 100 Fly	1:25.59	1:34.59	1:36.49	78
79	1:13.19	1:20.89	1:22.89	11-12 100 Fly	1:11.69	1:19.19	1:21.49	80
81	1:07.79	1:14.89	1:16.49	13-14 100 Fly	1:02.89	1:09.49	1:11.09	82
83	2:56.89	3:15.49	3:23.69	11-12 200 Breast	2:52.89	3:10.99	3:20.79	84
83	2:46.79	3:04.29	3:11.99	13-14 200 Breast	2:36.29	2:52.69	3:01.99	84
				9-10 Boys 500 Free	6:44.59	5:54.09	6:06.79	86
87	21:39.59	21:32.09	22:20.69	11-12 Girls 1650 Free				
87	20:12.19	20:05.09	20:39.79	13-14 Girls 1650 Free				

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\*The 500 & 1650 Free swimmers must provide 2 timers and lap counter.

**Warm ups begin at 7:30am and meet starts at 9:00am.**

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



**SBISD Natatorium**  
10404 Tiger Trail  
Houston, Texas 77055

