



**8 & Under Meet
Sunday January 17, 2010
Group B**

HOSTED BY

**University of Houston Women's Swim Team
Short Course Yards Timed Finals Meet
SANCTION # GUSC 10-041**

LOCATION: University of Houston Melcher Gymnasium & Natatorium



3855 Holman, between Cullen & Scott St. The Melcher complex is located next to Hofheinz Pavilion, which is on the corner of Cullen & Holman, and across the street from Robertson Football Stadium. Map attached

Directions:

I-45 Southbound Exit on Cullen Turn right onto Cullen. Second stop light is Holman, turn right. Turn left into parking lot 15D. Parking lot 15D is the Robertson Stadium parking lot.

I-45 Northbound Exit Cullen. Turn left onto Cullen. Second stop light is Holman, turn right. Turn left into parking lot 15D. Parking lot 15D is the Robertson Stadium parking lot across the street from Melcher.

****Parking Sunday in lot 15 D is free. Do not park in spaces marked reserved or handicap parking without a valid permit.**

The Parking lot directly in front of the Nat is reserved for Officials, Coaches and meet volunteers. Swimmers may be dropped off at the entrance.

COACHES: Mark Taylor Head Coach
Jaime Lewis Assistant Coach

POOL: Six lane 25 yard indoor pool with non-turbulent lane lines.
Separate warm up/down facilities available.

TIME AND DATE: Sunday January 17, 2010

This is a timed finals meet.

The facility **will open at 7:00 AM.**

Warm up start at 7:30 AM

The Clerk of Course is open 7:30-8:30 AM

Meet starts at 9:00 AM

Split warm-ups will be in effect, with assignments posted on the Gulf Swimming web site. 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.

MEET TYPE:

This meet will be run utilizing 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:

Herb Schwab

herb.schwab@shell.com

MEET DIRECTOR:

Linda Brenneke

entries4meets@yahoo.com

281.589.8913

SAFETY MARSHAL: Mitchell Schnyder**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 with the Clerk of the Course. Swimmers are required to circle-in with the Clerk of the Course at least 45 minutes before their event. After the events are officially closed, no one may check in or scratch. After circling in with the Clerk of Course, 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 9:30 AM, or the entry will be considered scratched.

ON-DECK ENTRIES: Late entries will be accepted up to 30 minutes before the start of the meet. Those swimmers missing the 6:00 p.m. Friday January 8, 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 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: 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 USA Swimming meet before, put NT where a seed time is requested. Times must be from USA swimming meets.

Qualifying Times: None

Cut-off Times: None

Age: As of January 17, 2010

Number of Events: Swimmers may compete in 4 (four) individual events and up to 2 (two) relay events.

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Friday, January 8, 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 Chairperson:

Linda Brenneke
527 Nottingham Oaks Trail
Houston, TX, 77079-6331
281.589.8913
Email: entries4meets@yahoo.com

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 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: Group B: AQUA, CFSC, COOG, DADS, GIST, HCAP, HSC, KATY, LJAC, NCAT, NEHA, NOCH, OWLS, PACK, PEAK, RICE, SCAT, SSS, TYES, WHAT, UH.

Fees: \$5.25 per individual event, \$9.00 per relay event and \$2.00 per swimmer surcharge. **Make checks payable to Houston Cougars.** Entry fees must accompany entries, if delivered by any method other than email.

AWARDS: Individual events: ribbons for 1-8 place Relay events 1-3 place

SCORING: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2
Individual events will be scored in single age groups: 6 & under, 7 and 8

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 three event rule and up/down rule do not apply. Gulf Group A teams 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 6000 electronic timing system with electronic scoreboard 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.

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. **Chairs may not be placed in front of the bleachers per the UH Fire Marshal.**

Coaches must supervise their swimmers.

Wet swimmers are not allowed in the upstairs spectator area

--Food is to be consumed in the hallway or outside, food is not allowed on deck and will be confiscated if found.

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.

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.

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: Swim Shops of the Southwest 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.

Attachments:

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



**8 & Under Meet
Group B
Sunday January 17, 2010
Short Course Yards – Timed Finals**

| Entry Rules | |
|---------------------------------|-------------------------------------------------------------|
| Type of Meet | Timed Finals |
| Max # individual events per day | 4 (four) |
| Swimmers eligible | Gulf 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? | No |
| Gulf "up/down" rule applies | No |
| FEES | Individual \$5.25 Relay \$9.00 \$2.00 per swimmer surcharge |

Sunday January 17, 2010

| Girls Event # | Age | Event | Boys Event # |
|----------------------|------------|------------------|---------------------|
| 1 | 6 & Under | 100 Free | 2 |
| 3 | 7 | 100 Free | 4 |
| 5 | 8 | 100 Free | 6 |
| 7 | 6 & Under | 25 Breast | 8 |
| 9 | 7 | 25 Breast | 10 |
| 11 | 8 | 25 Breast | 12 |
| 13 | 6 & Under | 50 Free | 14 |
| 15 | 7 | 50 Free | 16 |
| 17 | 8 | 50 Free | 18 |
| 19 | 6 & Under | 25 Fly | 20 |
| 21 | 7 | 25 Fly | 22 |
| 23 | 8 | 25 Fly | 24 |
| 25 | 6 & Under | 50 Back | 26 |
| 27 | 7 | 50 Back. | 28 |
| 29 | 8 | 50 Back | 30 |
| 31 | 8 & Under | 100 Medley Relay | 32 |
| 33 | 6 & Under | 50 Breast | 34 |
| 35 | 7 | 50 Breast | 36 |
| 37 | 8 | 50 Breast | 38 |
| 39 | 6 & Under | 25 Free | 40 |
| 41 | 7 | 25 Free | 42 |
| 43 | 8 | 25 Free | 44 |
| 45 | 6 & Under | 50 Fly | 46 |
| 47 | 7 | 50 Fly | 48 |
| 49 | 8 | 50 Fly | 50 |
| 51 | 6 & Under | 25 Back | 52 |
| 53 | 7 | 25 Back | 54 |
| 55 | 8 | 25 Back | 56 |
| 57 | 6 & Under | 100 I.M. | 58 |
| 59 | 7 | 100 I.M. | 60 |
| 61 | 8 | 100 I.M. | 62 |
| 63 | 8 & Under | 200 Free Relay | 64 |

Individual events will be scored in single age brackets: 6 & Under 7 & 8

ENTRY VERIFICATION
UH January 17, 2010 8 & Under Meet

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

Team

Date

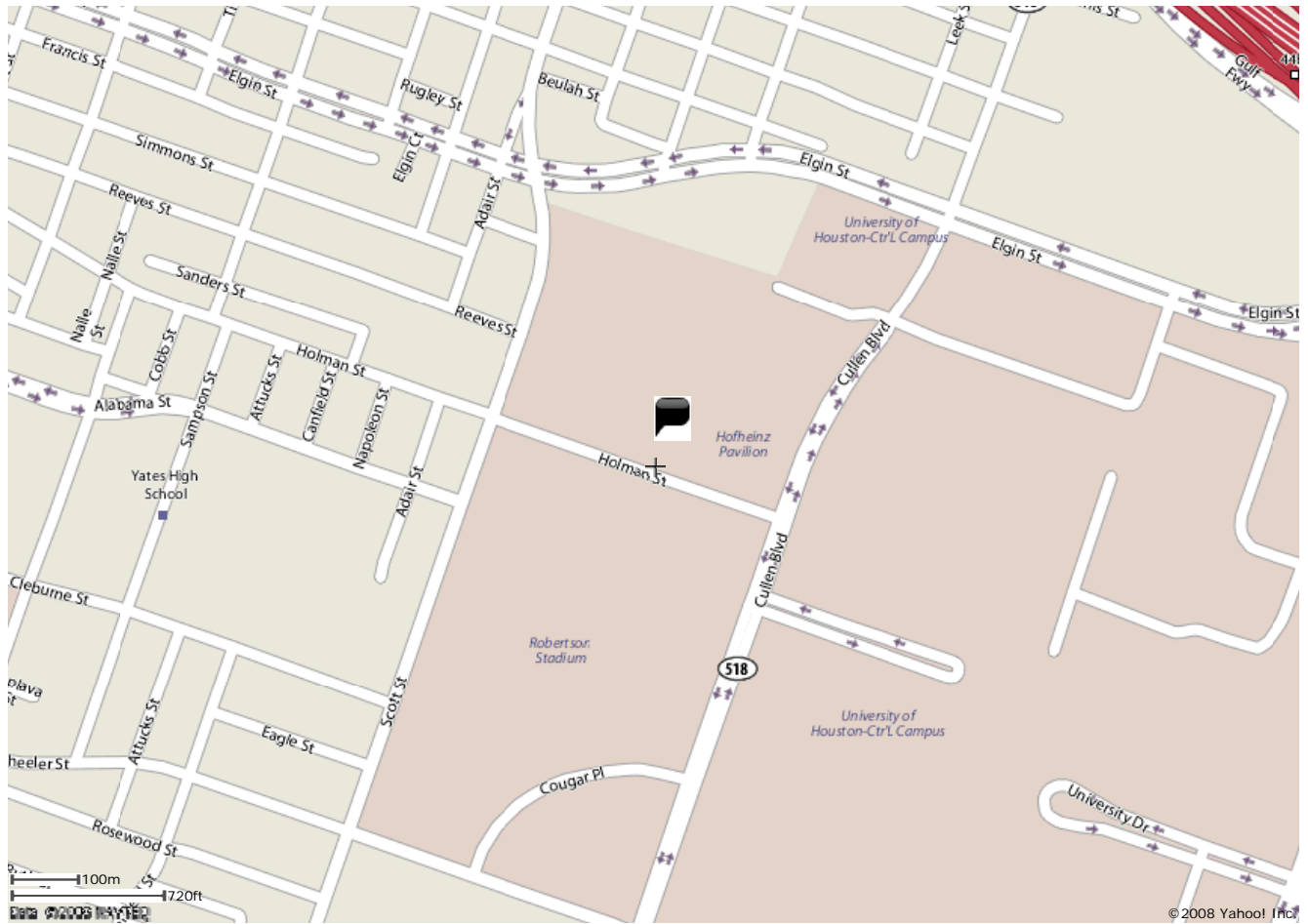
SAFETY GUIDELINES AND WARM-UP PROCEDURES

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 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**.

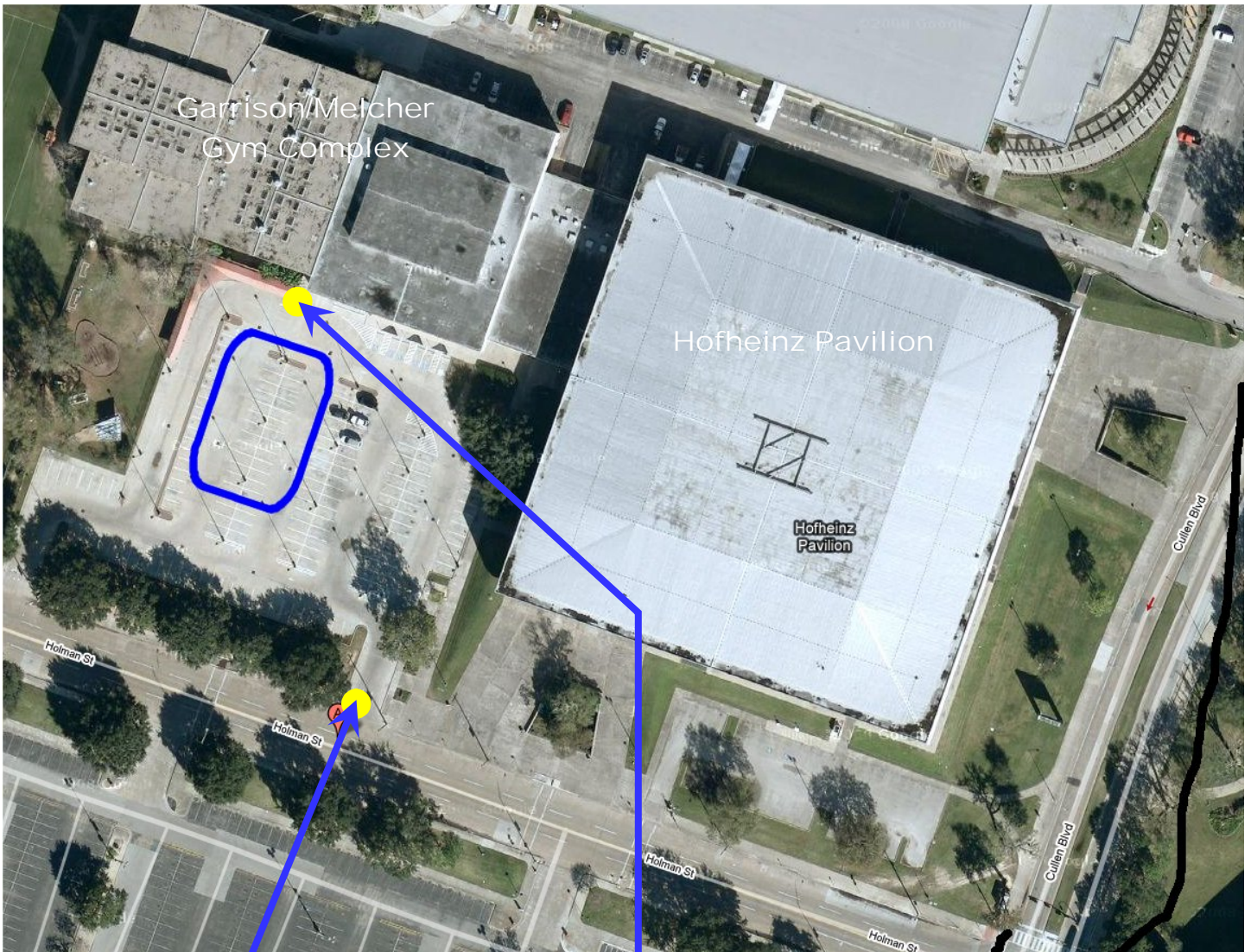
SAFETY GUIDELINES

- 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. Food and smoothies not allowed on deck.



UH Melcher Pool Parking and Entrance Detail

The University of Houston Melcher Natatorium is located in the Garrison/Melcher Gymnasium complex at 3855 Holman (between Cullen and Scott) on the UH main campus, right next door to Hofheinz Pavilion and across the street from Robertson Stadium, parking is in lot 15 D.



Lot 15-C
entrance
for drop off.

Enter the building
here.