



Gulf Swimming 9 – 14 Junior Meet

HOSTED BY
Pearland Aquatics Swim Team

Short Course Yards - Timed Finals
November 6 – 8, 2009
SANCTION #GUSC 10-020

Group D Teams: AQUA, CFSC, GIST, HCAP, NEHA, PEAK, SSS, WHAT

Entry deadline: Monday, Oct. 26th, 6:00 p.m. No late entries will be accepted.

LOCATION: Manvel High School Natatorium
19601 Hwy 6
Manvel, TX 77578

Manvel High School is located 2 miles east of Highway 288 on Highway 6. Turn north off Highway 6 (also referenced as Morris Ave and Morris Rd) onto McCoy Road on the east side of the school and park in the main parking lot at the back of the school. Natatorium is located at the back of the school. Maps included with invitation.

COACHES:

Juan Caraveo	Head Coach
Rick Veal	Assistant Coach
John Burke	Assistant Coach
Ann Burke	Assistant Coach
Caitlin Cunningham	Assistant Coach

POOL: Eight lane, 25 yard, indoor pool with non-turbulent lane lines. There are no separate warm down facilities.

TIME AND DATE: **This is a timed finals meet for ages 9 – 14 junior swimmers.**
Friday, November 6, 5:00 p.m. warm-up, meet starts at 6:30 p.m.
Saturday, November 7, 7:30 a.m. warm-up, meet starts at 9:00 a.m.
Sunday, November 8, 7:30 a.m. warm-up, meet starts at 9:00 a.m.

There will be an open warm-up Friday evening from 5:00 p.m. – 6:15 p.m.
There will be two 35 minute warm up periods on Saturday and Sunday. Lane assignments for warm-ups and timing will be designated in the psych sheet, and posted on the Gulf Swimming website three days prior to the start of the meet.

MEET TYPE: This meet will be run using the "Flyover Starts" procedures. 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: Kristi Bertelsman kbertelsman@comcast.net
832-425-9762

SAFETY MARSHAL: Ellen Shohet

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 on-deck seeding rules.

CHECK-IN:

All swimmers must check in with the Clerk of Course for all events. **Swimmers are required to circle in at least 45 minutes before each 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:

Relay cards must be turned in to the Clerk of Course by 8:15 a.m. 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, 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:

Eligible Teams: The following teams are eligible to compete: AQUA, CFSC, GIST, HCAP, NEHA, PEAK, SSS, and WHAT.

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.

Cut-off Times: 2009 – 2012 USAS Motivational “A” Time Standard; swimmers must have less than three (3) “A” standards to enter this meet and are eligible to swim ANY event in their age group.

Qualifying Times: None

Age: As of November 6, 2009

Number of Events: Swimmers may compete in up to five (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:

Amy Castro
2841 Love Lane
Friendswood, TX 77546-4791
281-728-2248
Email: peakmeets@ictstexas.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.

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

AWARDS: Individual events: ribbons 1st - 8th place.
Relay events: ribbons 1st - 3rd place.

SCORING: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

The 11-14 events will be swum combined but scored separately for 11-12 and 13-14

RULES AND SANCTIONS:

The 2009-10 USA Swimming and Gulf Swimming rules will apply. 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. The three event rule and the up/down rule do not 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. Groups A, B, C, and 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 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. Swimmers in the

500/1650 Freestyle must provide 2 timers and a lap counter.

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.

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 three (3) or more "A" times. Swimmers with three (3) or more "A" times who enter this meet are subject to disqualification from the meet by the Meet Referee. Swimmers shall be fined \$50 for each event in which they competed and are over-qualified. 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 during the meet.

HOSPITALITY: A hospitality room will be available for coaches and officials only.

MERCHANDISE: Swim Shops of the Southwest will be at the meet selling swim apparel and 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:
Order of Events
Meet Entry Form
Entry Verification Form
Safety Guidelines and Warm-Up Procedures
Map (Pool and hotels)



Gulf Swimming 9-14 Junior Meet (Group D)
November 6 - 8, 2009

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 D
Entry times in:	SCY/SCM/LCM
Qualifying times:	None
Cut-off times:	USAS Motivational "A" time standards
Enter with a no time?	Yes
Up/down rule applies?	No
3 Event rule applies?	No
Fees:	Individual - \$3.75 Relays - \$7.50
Footnotes:	*11-14 events will be swum combined but scored separately for 11-12 and 13-14 *11-14 400 I.M. & 500 Free will be swum fastest to slowest alternating girls and boys heats *9-10 500 Free will be swum fastest to slowest *Girls 500 Free swims Saturday and boys 500 Free swims Sunday *Boys 1650 Free swims Saturday and girls 1650 Free swims Sunday *500 & 1650 Free swimmers must provide 2 timers and counter

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

* 11-14 events will be swum combined but scored separately for 11-12 and 13-14

* 11-14 400 I.M. & 500 Free will be swum fastest to slowest alternating girls and boys heats

* 500 & 1650 Free swimmers must provide 2 timers and a counter

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* 1650 Free	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

* 11-14 events will be swum combined but scored separately for 11-12 and 13-14

* 9-10 500 Free will be swum fastest to slowest. Girls 500 Free swims Saturday and boys 500 Free swims Sunday.

* 1650 Free swims Saturday and girls 1650 Free swims Sunday.

* 500 & 1650 Free swimmers must provide 2 timers and counter

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*				

*The 11-14 events will be swum combined but scored separately for 11-12 and 13-14

*The 9-10 500 Free will be swum fastest to slowest. Girls 500 Free swims Saturday and boys 500 Free swims Sunday.

*Boys 1650 Free swims Saturday and girls 1650 Free swims Sunday.

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



MEET ENTRY FORM
9-14 Junior Meet
NOVEMBER 6-8, 2009

A Short Course Timed Final Meet

TEAM _____ ABBREV. _____

ENTRY CHAIRMAN _____

PHONE _____ ADDRESS _____

CITY _____ STATE _____ Zip _____

EMAIL ADDRESS _____

ENTRIES FOR: BOYS: _____ GIRLS _____

Swimmer's Name	USS #	B-Day	Event #	Description Time

ENTRY VERIFICATION

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



Gulf Swimming 9-14 Junior Meet

Short Course Yards - Timed Finals November 6 - 8, 2009

SAFETY GUIDELINES AND WARM-UP PROCEDURES

WARM-UP PROCEDURES

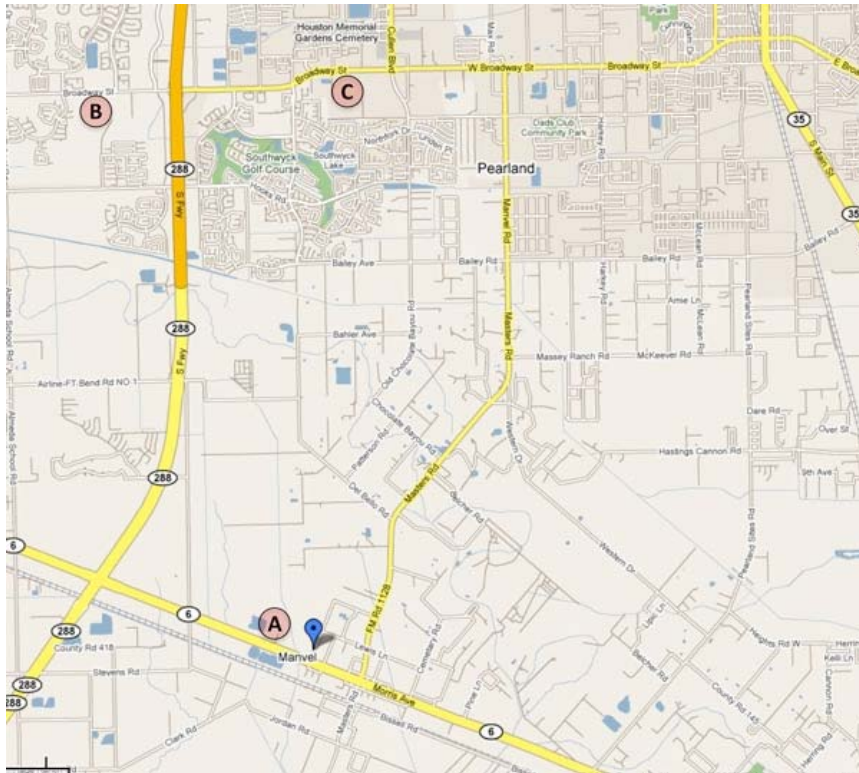
- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** 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.

Manvel High School Natatorium and Area Hotels



- A: Best Western
281-489-2266
19301 Highway 6
Manvel, TX 77578
- B: Marriot Courtyard
Pearland Town Center
713-413-0500
11200 Broadway St.
Pearland, TX 77584
- C: La Quinta Inn & Suites
281-412-5454
9002 Broadway St.
Pearland, TX 77584