

**Senior Meet**  
**hosted by**  
**HARRIS COUNTY AQUATICS PROGRAM**  
**November 14-15, 2009**  
**SANCTION #GUSC 10-023**

**LOCATION:** Johnnie Means Swimming Pool  
2731 El Camino  
Houston, Texas 77054

Directions: See attached map.

**COACHES:** Head Coach - Johnnie Means

**POOL:** Eight lane, (25 yard, indoor pool with non-turbulent lane lines) with separate warm up/down area.

**TIME AND DATE:** This is a timed-finals meet.

**Session 1:** Saturday, November 14, 2009  
Warm-up: 7:30 a.m. – 8:45 a.m.  
Meet Starts: 9:00 a.m.

**Session 2:** Saturday, November 14, 2009  
Warm-up: 12:30 p.m. - 1:45 p.m.  
Meet Starts: 2:00 p.m.

**Session 3:** Sunday, November 15, 2009  
Warm-up: 7:30 a.m. - 8:45 a.m.  
Meet Starts: 9:00 a.m.

Warm-up for Saturday PM Session will start at 12:30 p.m. but not earlier than 2 hours after the conclusion of the Saturday AM Session. The Saturday PM Competition will begin 1 hour after the start of warm-up.

Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website. 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 using the “Flyover Start” 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:** Gary Baker gary.baker@shell.com

**MEET DIRECTORS:** John Beaudion 713.748.7333 john\_beaudion@co.harris.tx.us

**SAFETY MARSHAL:** Lorraine Gantt

**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.

**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. Friday, November 6, 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:** 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 times to yard 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.

**Qualifying Times:** 14 & Under swimmers must be qualified to swim the events entered. Qualifying times are the 15-16 USAS Motivational “AA” times. 15 & Over swimmers do not have qualifying times. All 10 & Under swimmers entering senior events must provide proof of time with their entries.

**Age:** As of November 14, 2009.

**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, November 6, 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:

Connie Thomas, Meet Entry Chairperson  
2727 El Camino, Houston, Texas 77054  
713.748.7333 work OR 713.870.6582 cell  
ConnieThomas@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).

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:** All USA Swimming Registered Swimmers.

**Fees:** \$3.75 per Individual Event. Make checks payable to Harris County Aquatics Program. Entry fees must accompany entries, if delivered by any method other than email.

**AWARDS:**

There will be no awards presented at this meet.

**RULES AND SANCTIONS:**

The 2009-10 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 (3) event rule and up/down rule are in effect.

**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. Swimmers in the 500 & 1650 freestyle must provide 2 timers and 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:** Any swimmer than 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 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. Coaches and officials must show their credentials for admission.

**MERCHANDISE:** Texas Swim Shop 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.

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<b>Entry Rules</b>	
Type of Meet	Timed Finals
Maximum # individual events per day	Five (5)
Swimmer eligible	All USA Swimming
Entry times in	SCY/SCM/LCM
Qualifying times 15 & Over: 14 & Under:	None 15-16 USAS Motivational "AA" times
Cut-off times	None
Enter with no time?	Yes
Gulf "three event" rule applies?	Yes
Gulf "up/down" rule applies?	Yes
Fees	Individual \$3.75

*Saturday, November 14, 2009 (Morning)*

Girls	(SCY)	(SCM)	(LMC)	Event	(LMC)	(SCM)	(SCY)	Boys
1	2:20.89	2:35.69	2:40.29	14&U 200 IM	2:29.39	2:23.09	2:09.49	2
1				15&O 200 IM				2
3	26.89	29.69	30.49	14&U 50 Free	27.59	26.79	24.29	4
3				15&O 50 Free				4
5	1:03.59	1:10.19	1:11.19	14&U 100 Fly	1:04.89	1:03.69	57.59	6
5				15&O 100 Fly				6
7	5:32.89	4:51.39	4:55.99	14&U 500 Free*	4:38.09	4:31.99	5:10.79	8
7				15&O 500 Free*				8

*Saturday, November 14, 2009 (Afternoon)*

Girls	(SCY)	(SCM)	(LMC)	Event	(LMC)	(SCM)	(SCY)	Boys
9	2:04.89	2:17.99	2:21.09	14&U 200 Free	2:11.49	2:07.19	1:55.09	10
9				15&O 200 Free				10
11	1:03.79	1:10.49	1:13.09	14&U 100 Back	1:07.69	1:04.69	58.59	12
11				15&O 100 Back				12
13	1:12.49	1:20.09	1:23.09	14&U 100 Breast	1:16.39	1:12.99	1:05.99	14
13				15&O 100 Breast				14
15	4:56.99	5:28.19	5:35.99	14&U400 I.M.*	5:13.49	5:04.79	4:35.79	16
15				15&O 400 I.M.*				16

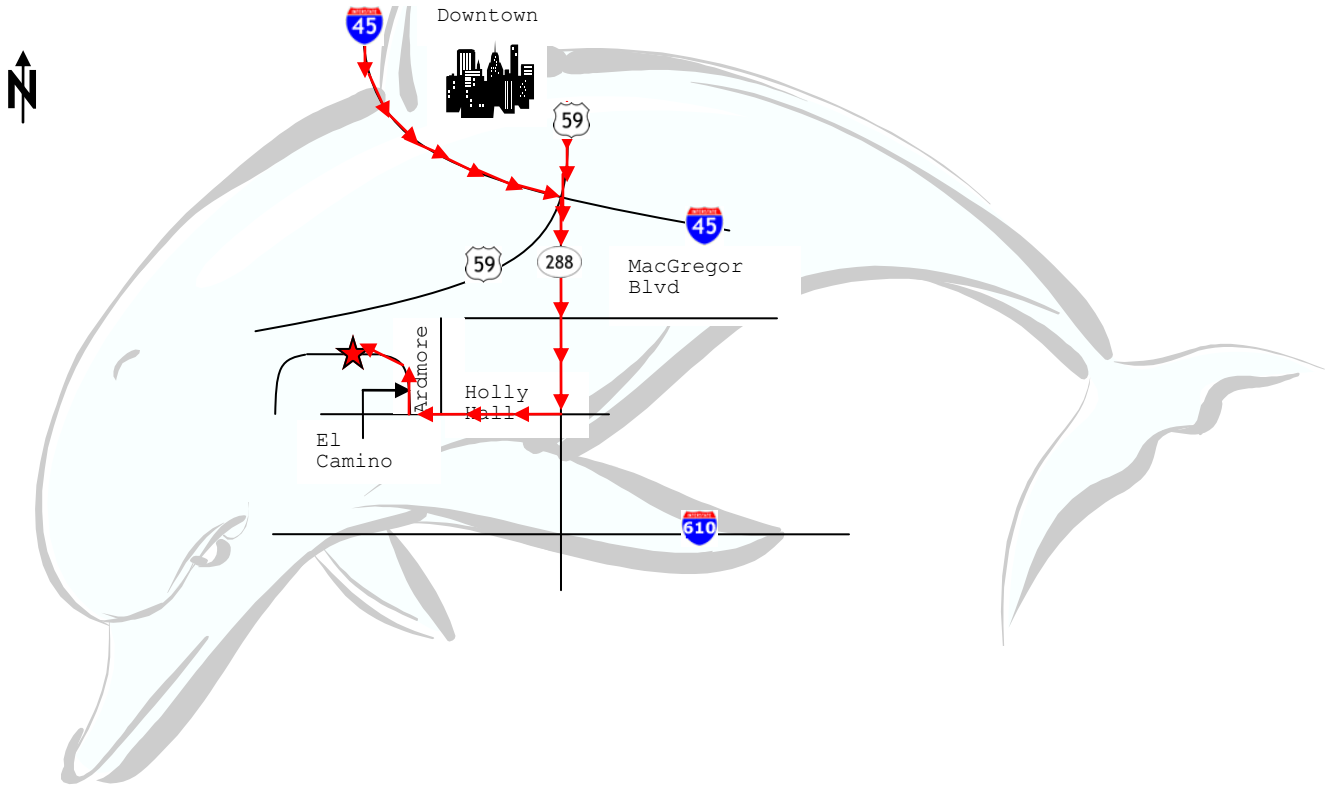
*Sunday, November 15, 2009*

Girls	(SCY)	(SCM)	(LMC)	Event	(LMC)	(SCM)	(SCY)	Boys
17	2:18.49	2:32.99	2:35.89	14&U 200 Fly	2:24.29	2:21.29	2:07.79	18
17				15&O 200 Fly				18
19	2:17.89	2:32.39	2:37.49	14&U 200 Back	2:24.99	2:20.19	2:06.79	20
19				15&O 200 Back				20
21	58.19	1:04.29	1:05.79	14&U 100 Free	1:00.49	58.49	52.89	22
21				15&O 100 Free				22
23	2:35.99	2:52.39	2:57.99	14&U 200 Breast	2:46.99	2:38.99	2:23.89	24
23				15&O 200 Breast				24
25	19:08.99	19:02.29	19:37.19	14&U 1650 Free*	18:25.29	17:54.69	18:00.99	26
25				15&O 1650 Free*				26

\*The 400 I.M. and 500/1650 Freestyle will be swum fastest to slowest, alternating girls and boys heats.

\*\*Warm-up for the Saturday PM Session will start at 12:30 p.m. but not earlier than 2 hours after the conclusion of the Saturday AM Session. The Saturday PM Competition will begin 1 hour after the start of warm-up.

From Downtown: Take 288 South, exit Holly Hall. Turn right. Proceed to second street, El Camino, and turn right. Turn in second driveway on the right, 2731 El Camino.



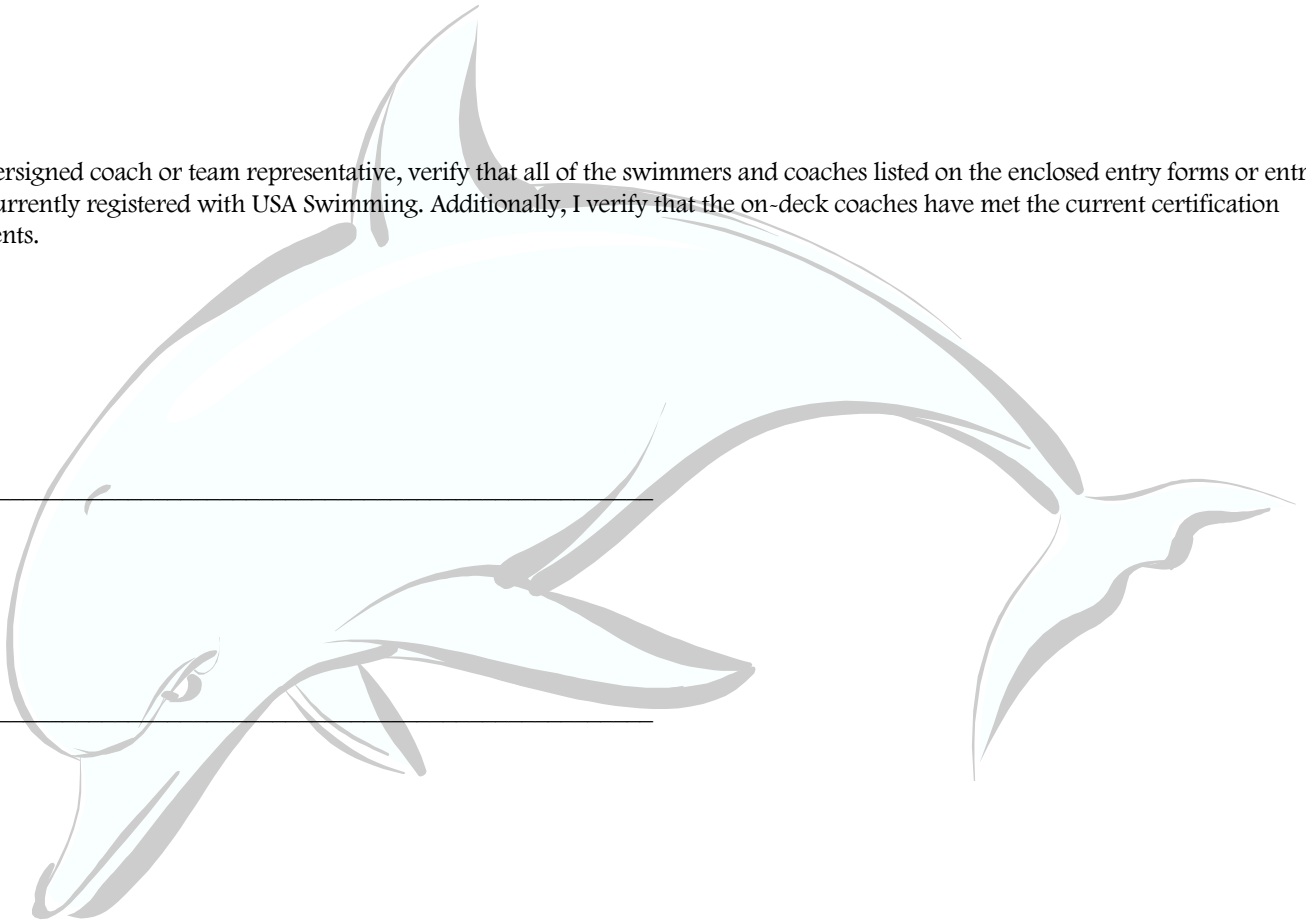
**ENTRY VERIFICATION**

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



## 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.

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Team \_\_\_\_\_ Abbrev. \_\_\_\_\_ Entry Chairman \_\_\_\_\_ Phone \_\_\_\_\_

Coach (Or Rep.) \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Entries For: Boys \_\_\_\_\_ Girls \_\_\_\_\_

Swimmer	USA #	Age	Event	Time	Event	Time	Event	Time	Event	Time	Event	Time	Swims	Fees
TOTALS														