



8 and Under Open – Group B

HOSTED BY
First Colony Swim Team
Short Course Yards – Timed Finals
November 14, 2009
Sanction - GUSC 10-026

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

Directions: Take SR-288 South toward Lake Jackson / Freeport / Victoria. Take ramp right for TX-6 toward Alvin / Sugar Land. Turn left onto SR-6 / Alvin Sugarland Rd / Morris Ave. Arrive at 19601 Highway 6. Take a left on McCoy Dr. The pool is on the southeast corner of the school.

COACHES: Allison Beebe Head Coach
Hillary Martinez Head Developmental Coach

POOL: 8 lane, 25 yard indoor pool with non-turbulent lane lines. There is not a separate warm up/down facility.

TIME AND DATE: This is a timed final meet.
November 14, 2009 – Warm up at 7:30am. Meet starts at 9:00am.
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: Joe Stucka Joe.Stucka@kbr.com

MEET DIRECTORS: John Mallinger mallingerj@gmail.com 281/828-9917
Chris Landeck clandeck@windstream.net 281/565-9058
Don Yeager yeagerfamily85@comcast.net 281/565-9236

SAFETY MARSHAL: Karen Wey

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 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:

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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 first event.
4. 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.

Qualifying Times: None
Cut-off Times: None
Age: November 14, 2009
Number of Events: Swimmers may compete in up to 4 individual events per day and up to 1 relay 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 entries to the Meet Entry Chairman at:
Valerie Wolterman
P.O. Box 16220
Sugar Land, TX 77479
281-565-4881
Email: vwolterman@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 of the entries. Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission. 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. 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.

ELIGIBILITY: Swimmers associated with the following Gulf zone clubs are eligible to swim: FCST, ALAC, BBSC, CFSC, CSC, ESA, ETEX, GIST, HSC, KATY, LJAC, LSST, NCAT, PEAK, SPA, SS, ST, TTST, WHAT

FEES: \$3.75 per event. \$7.50 per relay. Make checks payable to **FCST**.

AWARDS: Ribbons for 1st – 8th place will be awarded for individual events, ribbons for 1st-3rd place for relays.

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- SCORING:** Individual events will be scored in single age brackets: 6&Under, 7, and 8. Scoring for individual events: 9-7-6-5-4-3-2-1. Relays – 18-14-12-10-8-6-4-2
- RULES & 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. Gulf Group A teams and swimmers are not eligible to swim at this meet. The 3 event rule and up/down rule do not apply.
- 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.
- 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. The pool deck will be marked. 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.
- 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:** Lane 4 will be at the meet with suits, etc.
- ATTACHMENTS:** Entry verification form
Safety Guidelines & Warm-up Procedures
Order of events Official Entry Form
Map to the Manvel High School Natatorium
- MEET RESULTS:** Meet results will be posted on the Gulf Swimming Web page within three days after the conclusion of the meet.

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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

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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.

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Entry Rules	
Type of Meet	Timed Finals
Max# individual events per day	Four (4)
Swimmers eligible	Group B Only: FCST, ALAC, CFSC, CSC, ESA, ETEX, GIST, HSC, KATY, LJAC, LSST, NCAT, PEAK, SPA, SS, TTST, WHAT, BBSC, ST
Entry times in	SCY/ SCM/LCM
Qualifying times	None
Cut-off Times	No
Enter with no time?	Yes
Gulf "three event" rule applies?	Does Not Apply
Gulf "up/down" rule applies?	Does Not Apply
Fees	\$3.75 per event Relays \$7.50

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

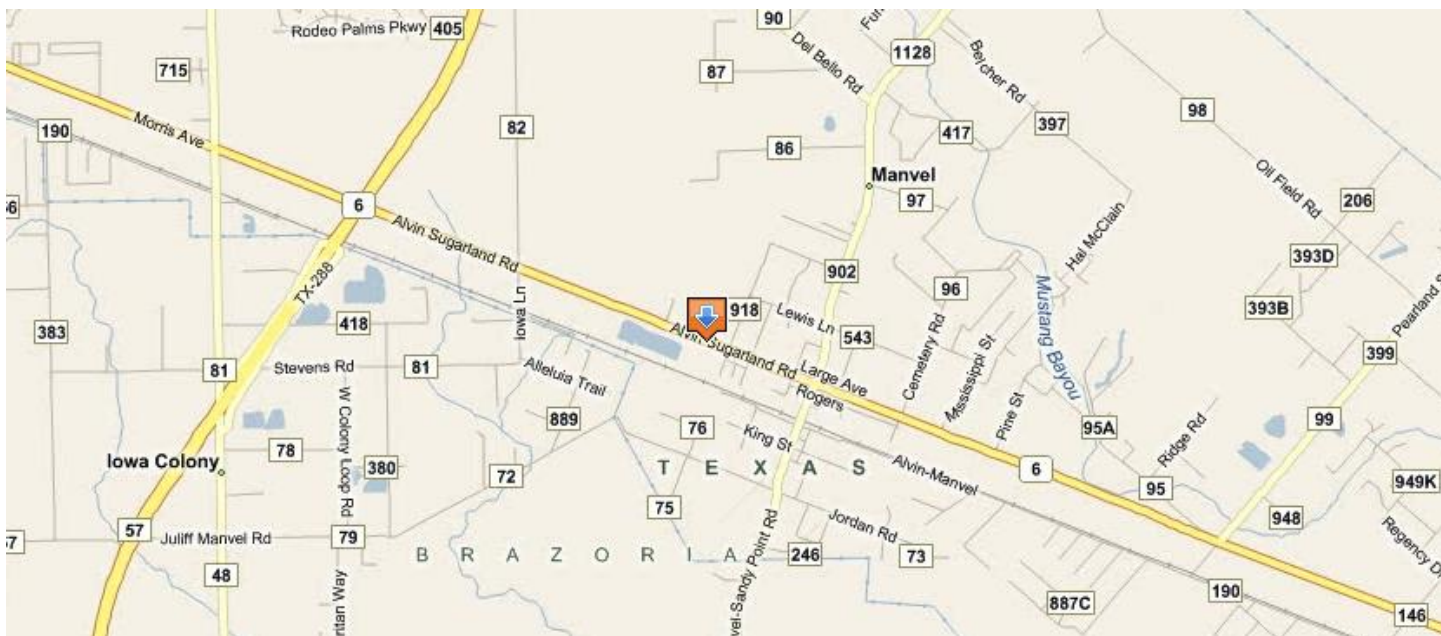
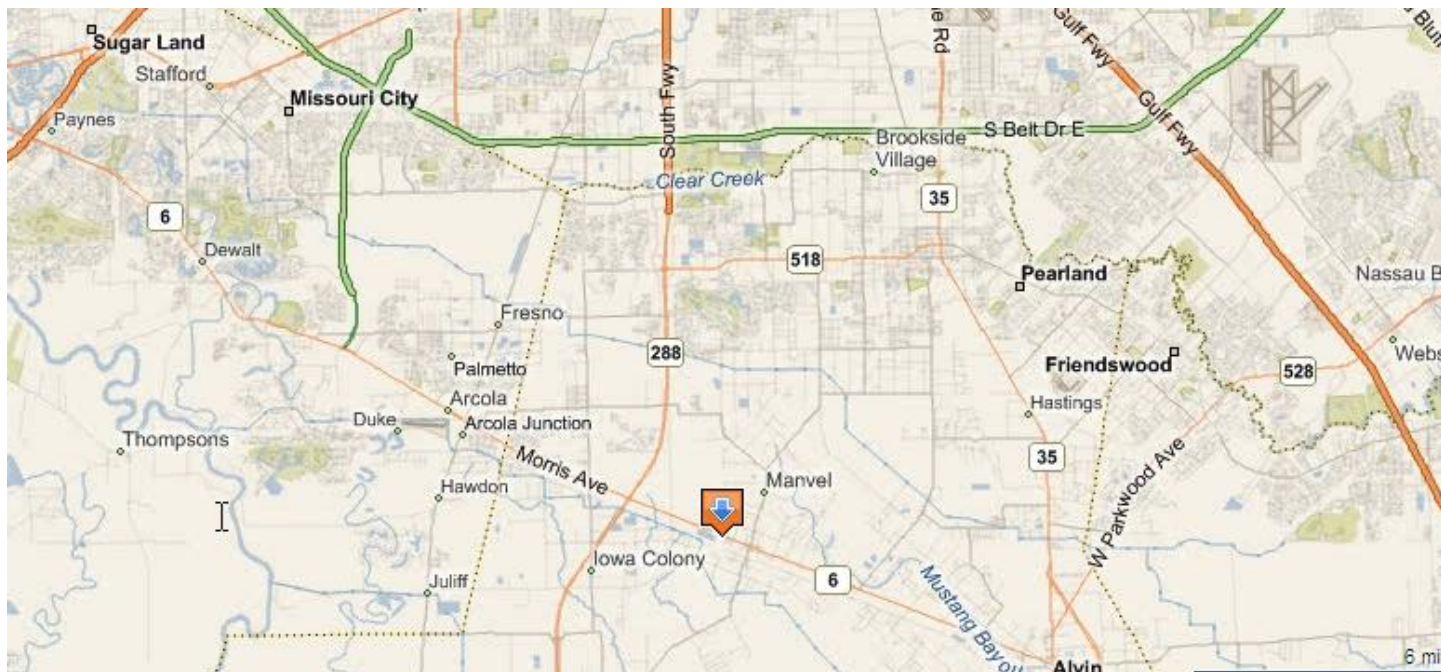
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MAP:

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