



GULF 2009 FALL CHAMPS

hosted by
Cy-Fair Swim Club – Fleet Swimming
Timed Final Gulf Group B
December 4 – 6, 2009
SANCTION #GU 10-032



LOCATION: Michael D Holland Natatorium

14350 FM 1488
Magnolia, Texas 77354

Directions: Traveling from I-45 just north of The Woodlands, take FM 1488 West Approx. 15 mile toward Magnolia. The pool is located on the Magnolia High School Campus (On the East Side of the High School). The School is located on the North side of FM 1488 at the corner of FM 1488 & FM 149. Traveling from the West, take Beltway 8 North to Highway 249. Take 249 north approx. 25 miles to FM 149 (Approx. 3 miles north of Tomball). Turn right on FM149 and go north to FM 1488. The pool is located on the Magnolia High School campus (On the East Side of the High School). The School is located on the North side of FM 1488 at the corner of FM 1488 & FM 149.

COACHES: Clayton Cagle Head Coach
Allen Salinas Head Age Group Coach

POOL: Eight lane, 25 yard indoor pool with 5 continuous warm up-down lanes at far end. Pool has competitor non-turbulent lane lines, an 8 line LED CTS Scoreboard and non-slip touch pads.

TIME AND DATE: This is a Timed Finals Meet.
Friday: warm-up at 5:00 p.m., meet starts at 6:30 p.m. (TIMED FINAL EVENTS)
Saturday and Sunday: warm-up at 7:30 a.m., meet starts at 9:00 a.m. (TIMED FINAL EVENTS). 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: Rick Tobin tobinrc@comcast.net

MEET DIRECTOR: Nicole Rembach, 281-352-8434, nrembach@earthlink.net

SAFETY MARSHAL: JJ Walden

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 10:00 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. Friday 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 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.

Cut-off Times: Swimmers must not have equaled or bettered the cut-off times attached. Cut-off times are 2009 Gulf Champs times and are included with this invitation.

Age: As of December 4, 2009.

Number of Events: Swimmers may compete in up to four (4) 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 Friday November 27, 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:

CFSC
Attn: Nicole Rembach
11659 Jones Rd. PMB #351
Houston, TX 77070
281-352-8434
nrembach@earthlink.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. 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: Gulf Only: BBSC, CFSC, AGS, COOG, FCST, GIST, LSST, MAC, NCAT, SCAT, TAMU, TWST, UH

Fees: Five dollars and fifty cents (\$5.50) per Individual Event and nine dollars (\$9.00) for each Relay event plus a two dollar (\$2.00) per swimmer Facility Surcharge fee. Make checks payable to CFSC. Entry fees must accompany entries, if delivered by any method other than email.

AWARDS: Individual events: medals 1st – 3rd, ribbons 4th – 8th place. Relay events: medals 1st, ribbons 2nd – 3rd place. Plaques will be awarded to the boy and girl in each age group earning the highest points. Combined team awards for 1 – 3 place.

SCORING:

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

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. Gulf Zone A and C teams are not eligible to swim at this meet. The three (3) event rule and up/down rule do not apply. Swimmers are not eligible to swim an event, if they have times equal to or better than the listed cut-off times for that event. Once swimmers have qualified for a particular division in an event, prior to the entry deadline stated in the meet invitation, they may not swim that event in a slower division. Swimmers entering events in a slower division are subject to disqualification from the meet by the Referee. Any swimmer is eligible to be a swimmer of a relay team competing at a meet as long as the swimmer is not competing in a stroke and distance in which they have equaled or bettered the cut off time for the division in which the relay is competing. Further swimmers age 13 and over are not eligible to swim the breaststroke, backstroke or butterfly leg in a 200 yard or meter medley relay, if they have equaled or bettered the cut off time in the 100 yard or meter distance of that stroke for the division in which the relay is competing.

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 Free and 400 IM must provide 2 timers and a lap counter where applicable.

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 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. Swimmers are not eligible to swim an event if they have times faster than the cut-off. Once swimmers have qualified for a particular division in a particular event, PRIOR to the entry deadline stated in the meet invitation, they MAY NOT swim that event in a slower division. Swimmers entering events in a slower division are subject to disqualification from the meet by the Meet Director or the Referee. Swimmers shall be fined \$50.00 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.

HOSPITALITY: A hospitality room will be available for Coaches and Officials.

MERCHANDISE: A complete line of swim gear and apparel will be available to purchase at the meet.

MEET RESULTS: Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org) and www.fleetswimming.com , within three days after the conclusion of the meet.



ENTRY RULES	
Type of Meet	Timed Finals
Max # Ind Events per day	four (4)
Swimmers Eligible	Gulf Group B
Entry Times In	SCY, SCM, LCM
Qualifying Times	None
Cut Off Times	Gulf Champs Times
Enter with No Time (NT)	Yes
Gulf "three event rule" applies	No
Gulf up/down rule applies?	No
Fees:	Individual \$5.50, Relay \$9 \$2.00 per Swimmer Surcharge

FALL CHAMPS by CFSC - 12/4 to 12/6/2009 @ Magnolia HS - 14350 FM 1488 Magnolia, TX 77354
TEAMS: BBSC, CFSC, AGS, COOG, FCST, GIST, LSST, MAC, NCAT, SCAT, TAMU, TWST, UH

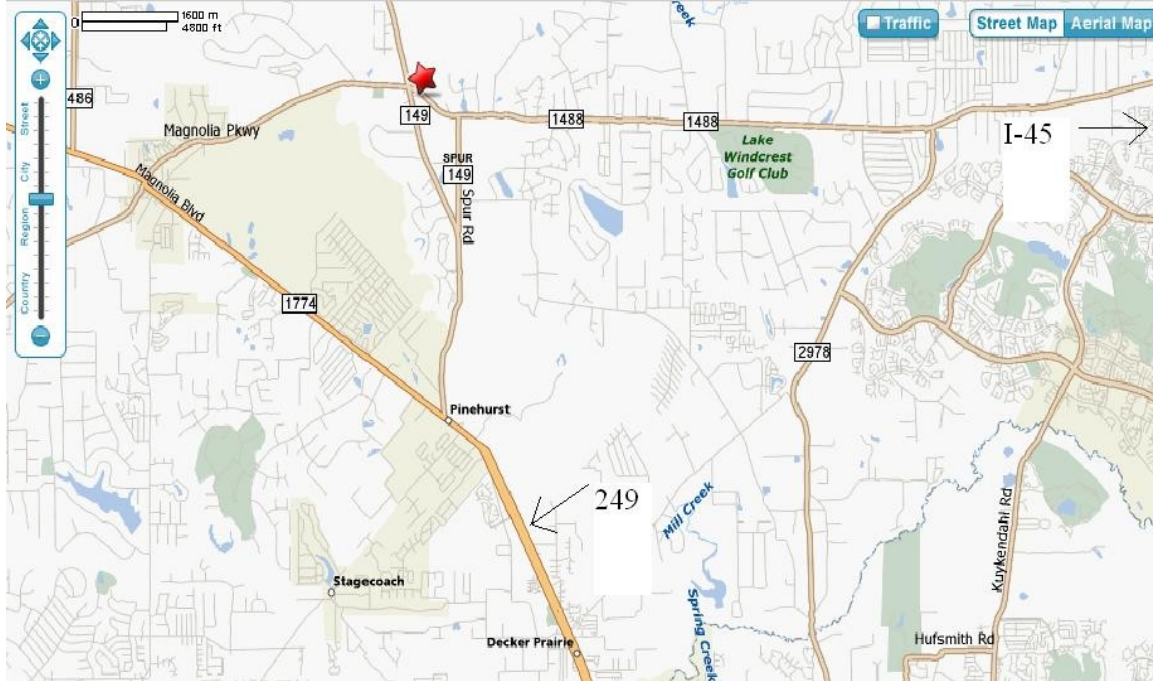
SCM CUT OFF	LCM CUT OFF	YARD CUT OFF	GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #	YARD CUT OFF	LCM CUT OFF	SCM CUT OFF
Friday December 4th, Warm Ups at 5 PM, Meet Starts 6:30 PM								
2:47.19	2:45.79	2:31.49	1	11-12 200 IM	2	2:37.99	2:56.39	2:53.49
3:15.89	3:25.59	2:57.49	3	9-10 200 IM	4	3:01.19	3:25.99	3:20.09
4:49.09	4:57.39	5:29.69	5	*13-14 500 Free	6	5:26.89	4:53.29	4:38.99
5:05.59	5:16.59	5:53.89	7	*11-12 500 Free	8	5:58.29	5:25.79	5:10.09
Saturday December 5th, Warm Ups at 7:30 AM, Meet Starts 9 AM								
2:57.09	3:03.49	2:40.29	9	9-10 200 Free	10	2:39.29	3:00.69	2:56.29
2:27.99	2:29.49	2:14.29	11	11-12 200 Free	12	2:18.09	2:37.49	2:28.29
2:17.29	2:21.49	2:04.59	13	13-14 200 Free	14	2:01.79	2:17.49	2:13.09
1:47.99	1:50.29	1:36.79	15	9-10 100 Breast	16	1:37.99	1:52.99	1:48.59
1:30.89	1:31.99	1:21.69	17	11-12 100 Breast	18	1:22.99	1:38.99	1:31.29
1:25.19	1:27.19	1:16.29	19	13-14 100 Breast	20	1:14.19	1:24.49	1:21.19
37.09	36.09	33.19	21	9-10 50 Free	22	33.09	38.69	36.69
31.09	31.69	28.09	23	11-12 50 Free	24	28.79	33.79	31.99
29.59	30.19	26.69	25	13-14 50 Free	26	25.49	29.09	27.09
43.59	46.09	39.19	27	9-10 50 Back	28	38.69	45.39	42.59
37.09	38.19	33.29	29	11-12 50 Back	30	34.29	40.29	37.99
2:37.09	2:45.09	2:21.29	31	13-14 200 Back	32	2:19.09	2:42.19	2:34.49
1:38.99	1:42.39	1:29.89	33	9-10 100 Fly	34	1:31.29	1:45.99	1:39.09
1:18.39	1:18.19	1:11.29	35	11-12 100 Fly	36	1:13.99	1:25.99	1:20.69
1:12.09	1:13.29	1:04.99	37	13-14 100 Fly	38	1:02.29	1:11.99	1:08.29
			39	9-10 200 Medley Relay	40			
			41	11-12 200 Medley Relay	42			
			43	13-14 200 Medley Relay	44			
5:33.09	5:43.59	4:57.19	45	*13-14 400 IM	46	4:47.39	5:54.79	5:20.29
Sunday December 6th, Warm Ups at 7:30 AM, Meet Starts 9 AM								
2:35.19	2:40.79	2:20.69	47	13-14 200 IM	48	2:15.49	2:37.89	2:30.09
1:18.79		1:11.59	49	11-12 100 IM	50	1:13.19		1:21.69
1:32.29		1:23.99	51	9-10 100 IM	52	1:22.99		1:31.69
3:04.49	3:04.79	2:44.99	53	13-14 200 Breast	54	2:40.29	3:07.39	3:03.09
41.59	42.89	37.39	55	11-12 50 Breast	56	38.79	44.99	42.99
48.59	49.79	43.79	57	9-10 50 Breast	58	44.19	51.39	49.29
1:03.99	1:04.99	58.19	59	13-14 100 Free	60	55.49	1:02.39	1:00.99
1:07.59	1:07.99	1:01.89	61	11-12 100 Free	62	1:04.99	1:12.59	1:10.29
1:17.29	1:19.99	1:10.29	63	9-10 100 Free	64	1:12.19	1:23.89	1:20.39
1:12.69	1:16.69	1:06.29	65	13-14 100 Back	66	1:04.09	1:13.29	1:10.29
1:18.49	1:21.29	1:11.39	67	11-12 100 Back	68	1:13.99	1:24.79	1:21.99
1:32.29	1:34.49	1:23.79	69	9-10 100 Back	70	1:28.79	1:39.99	1:35.69
2:40.79	2:52.59	2:26.29	71	13-14 200 Fly	72	2:21.59	2:46.59	2:34.89
35.09	35.19	31.79	73	11-12 50 Fly	74	33.59	37.59	37.09
41.99	43.49	37.69	75	9-10 50 Fly	76	38.59	44.99	42.69
			77	13-14 200 Free Relay	78			
			79	11-12 200 Free Relay	80			
			81	9-10 200 Free Relay	82			
19:16.69	20:39.79	19:29.19	83	*13-14 1650 Free	84	19:05.79	20:14.39	18:44.79

* The 400 I.M., 500 & 1650 Freestyle will be swum fastest to slowest, alternating girls and boys heats.
Swimmers in the 400 IM & 500/1650 Free must provide 2 timers and a lap counter where applicable.

MAP :

***Magnolia I.S.D. Natatorium
14350 FM 1488
Magnolia, Texas 77354***

<http://www.mapquest.com/maps?city=Magnolia&state=TX&address=14350+FM+1488+Rd>



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