

Gulf Swimming Open Meet

Gulf Group A

HOSTED BY

Sienna Plantation Aquatics

Long Course Meters – Timed Finals

June 22, 23 & 24, 2007

Sanction # GULC 07 - 016

LOCATION:

Don Cook Natatorium
Fort Bend I.S.D.
16255 Lexington Blvd
Sugar Land, Texas
(281) 634-5880

Directions: (HWY 59 south, exit HWY 6, turn left at Frontage Rd light and proceed southbound on HWY 6, right turn onto Lexington Blvd and proceed for about ¼ mile, make first left turn immediately past Aerodrome into FBISD Athletic Complex, pool is behind Aerodrome on your left, see enclosed map)

COACHES:

Tracy Squires Head Coach
Meredith May
Bill Bailey
Andre Smith
Hillary Martinez

POOL:

50-meter 8-lane indoor pool, with non-turbulent lane lines will be used for warm-up and competition. A separate 3-lane pool will be available for warm-up and warm-down during the meet.

TIME AND DATE:

This is a Timed Finals meet. This meet will be run utilizing chase starts. Girls and boys will swim alternating heats with the girls starting from one end and the boys starting from the opposite end. Flyover starts will be used for 50 meter events, if running both ends of the pool for the 50 meter events.

This is a split session meet on Saturday and Sunday; 13 & over swimmers compete in the morning sessions, 12 & under swimmers compete in the afternoon sessions.

Friday June 22 warm-ups at 3:30 p.m., meet starts at 5:00 p.m. Facility opens at 3:00pm

Saturday June 23 & Sunday June 24, Morning Sessions: 13 & over swimmers warm-up at 7:30am, meet starts at 9:00am.

Saturday June 23 & Sunday June 24, Afternoon Sessions: 12 & under swimmers warm-up at 12 noon, meet starts at 1:00pm

If the morning session runs past 12:00 noon; warm-ups for the afternoon will begin immediately upon completion of the morning session and the afternoon session competition will commence one (1) hour after the completion of the morning session or 1:00pm, whichever is later.

Split warm-ups will be in effect. 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.

<http://www.gulfswimming.org>

MEET REFEREE:

Tom O'Brien 713-269-4195, tobrien930@earthlink.net

MEET DIRECTORS:

Louis Davis (281) 263-4125, Louis.Davis@fluor.com

SAFETY MARSHAL:

Colin Frazier

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. Swimmers in the 800 freestyle events must check in 90 minutes prior to the time the events are scheduled to begin.** 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, Herb Schwab for each event in which he/she fails to appear. Relay cards must be turned in to the Clerk of Course 45 minutes before the start of the meet or the entry will be considered scratched (**Friday 4:15 PM, Sat & Sun AM Sessions 8:15 AM, Sat & Sun PM Sessions 12:15 PM**).

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, June 15, 2007 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.

At the discretion of the Meet Referee, on-deck entries may be limited to fill existing heats.

ENTRY INFORMATION:

Entry Times: Times must be from USA swimming meets. 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 yard times to meter times. *(Note: Entries are to be made at a swimmer's best time, no matter what the course in which the time was achieved. Entry times should not be converted by the entrant – they will be converted to the proper course by the host team using the default conversions in Hy-Tek.* 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: None

Qualifying Times: None

Age: As of June 22, 2007

Number of Events: Swimmers may compete in up to (3) 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 June 15, 2007. 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:

Dorothy O'Brien
71 Bradford Circle
Sugar Land, Tx 77479
(281) 980-8334
tobrien930@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. 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 or 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: SPA, AGS, ALAC, AQUA, CGA, COOGS, DADS, ETEX, FCST, HSC, KATY, LJAC, LSST, SACI, SCAT, TAMU, UH.

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

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

SCORING: Individual Events: 1st – 8th place: 9-7-6-5-4-3-2-1
Relay Events: 1st – 8th place: 18-14-12-10-8-6-4-2
Individual events will be A/BB Scored

RULES AND SANCTIONS: The 2006-2007 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 attached entry verification form shall be properly filled out, signed, and sent in with the entries. The up/down rule and three (3) event rule do not apply. Gulf Zone B Teams are not eligible to swim at this meet.

TIMING SYSTEM: A Colorado Model 5000 electronic timing system with an electronic scoreboard will be used. Two watches per lane will be used as a backup. **Swimmers in the 400/800 freestyles must provide timer and a lap counter.** 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 and posted on the Gulf web page 3 days prior to the meet.

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. The fine or proof of time is sent to the Administrative Vice-Chairman, Herb Schwab.

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 Texas 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.

FACILITIES: No over-night camping or lodging is permitted on the Don Cook Natatorium, Fort Bend ISD Athletic Center grounds.

ATTACHMENTS: Safety Guidelines & Warm-up Procedures
Order of Events
Map to Don Cook Natatorium
Official Entry Form
Entry Verification Form

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 breaststrokers 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. **ABSOLUTELY, NO FOOD ALLOWED ON POOL DECK! ANY PERSON FOUND WITH FOOD ON THE POOL DECK WILL HAVE IT IMMEDIATELY CONFISCATED!**
 - 5. **No Taping** on Natatorium walls or painted surfaces. Team Banners must not exceed 5'X 8'

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Entry Rules	
Type of Meet	Timed Finals
Max # individual events per day	Three (3)
Swimmers eligible	Group A
Entry times in	LCM/SCM/SCY
Qualifying times	None
Cut-off times	None
Enter with no time?	Yes
Gulf “three event” rule applies?	Does not apply
Gulf “up/down” Rule applies?	Does not apply
Fees	Individual - \$3.75; Relays - \$7.50

Order of Events Friday, June 22, 2007

Girls Event	Age	Event	Boys Event
1	15 & Over	800Free Relay	2
3	13-14	800 Free Relay	4
5	11-12	200 I.M.	6
7	13 & Over	400 I.M.*	8
9	11-12	400 Free*	10
11	13 & Over	400 Free*	12

*The 400 IM and 400 Freestyle will be swum fastest to slowest, alternating girls and boys heats. For the 13-14 and 15 & over, the events will be combined and scored separately. Swimmers in the 400 freestyle must provide timer and a lap counter.

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Saturday, June 23, 2007 – A.M. Session

Girls Event	Age	Event	Boys Event
13	15 & Over	400 Medley Relay	14
15	13-14	400 Medley Relay	16
17	15 & Over	200 Free	18
19	13-14	200 Free	20
21	15 & Over	50 Free	22
23	13-14	50 Free	24
25	15 & Over	200 Fly	26
27	13-14	200 Fly	28
29	15 & Over	200 Back	30
31	13-14	200 Back	32
33	15 & Over	100 Breast	34
35	13-14	100 Breast	36
37	13 & Over	Girls 800 Free*	

Saturday, June 23, 2007 – P.M. Session

Girls Event	Age	Event	Boys Event
39	11-12	400 Medley Relay	40
41	10& Under	200 Medley Relay	42
43	11-12	200 Breast	44
45	10& Under	100 Breast	46
47	11-12	50 Free	48
49	10& Under	50 Free	50
51	11-12	100 Fly	52
53	10& Under	100 Fly	54
55	11-12	50 Back	56
57	10& Under	50 Back	58
59	11-12	200 Free	60
61	10& Under	200 Free	62
63	11-12	100 Breast	64
65	10& Under	400 Free*	66

*The 400 IM and 400/1500 Freestyle will be swum fastest to slowest, alternating girls and boys heats. For the 13-14 and 15 & over, the events will be combined and scored separately. Swimmers in the 400/800 freestyle must provide timer and a lap counter.

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Sunday, June 24, 2007 – AM Session

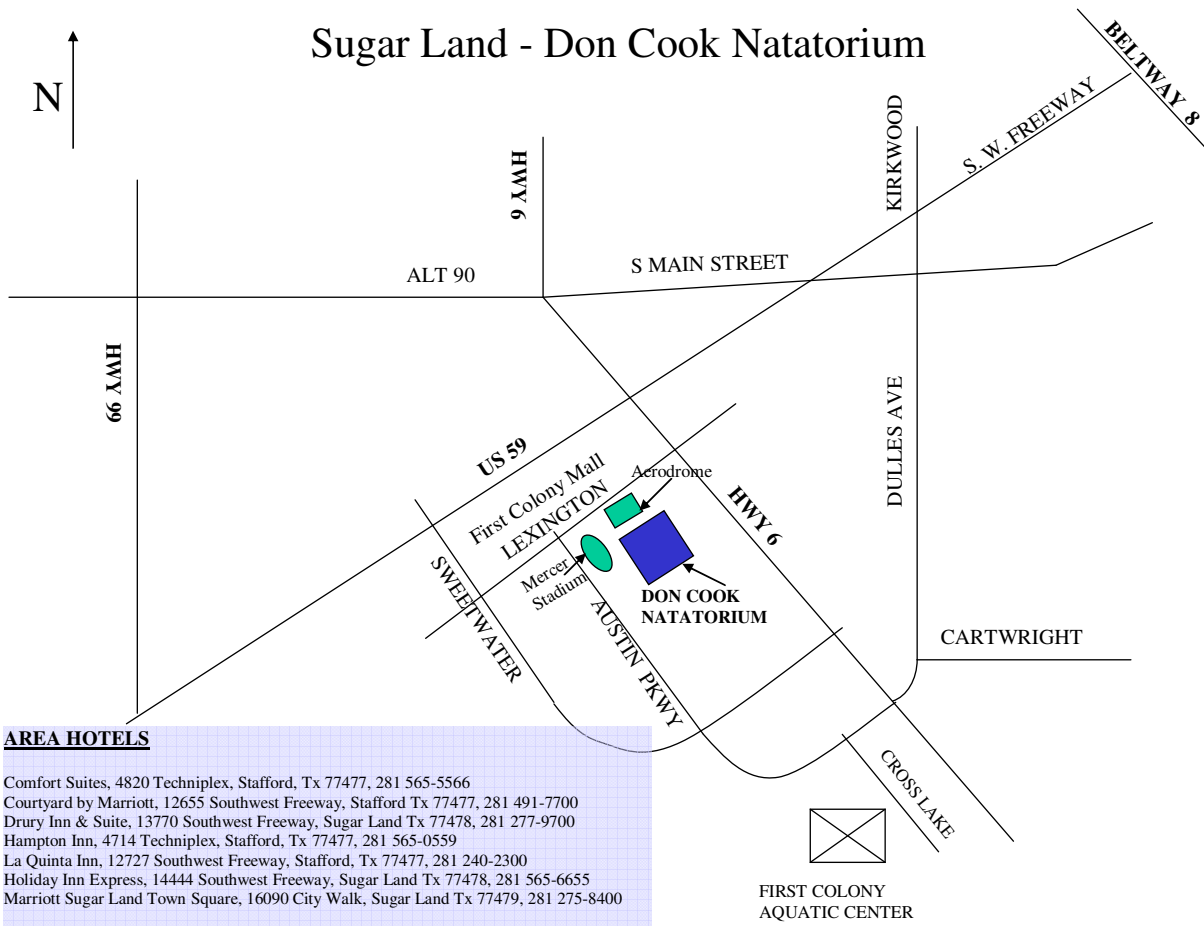
Girls Event	Age	Event	Boys Event
67	15 & Over	400 Free Relay	68
69	13-14	400 Free Relay	70
71	15 & Over	100 Back	72
73	13-14	100 Back	74
75	15 & Over	200 Breast	76
77	13-14	200 Breast	78
79	15 & Over	100 Free	80
81	13-14	100 Free	82
83	15 & Over	100 Fly	84
85	13-14	100 Fly	86
87	15 & Over	200 I.M.	88
89	13-14	200 I.M.	90
	13 & Over	Boys 800 Free*	92

Sunday, June 24, 2007 – P.M. Session

Girls Event	Age	Event	Boys Event
93	11-12	400 Free Relay	94
95	10& Under	200 Free Relay	96
97	11-12	200 Back	98
99	10& Under	100 Back	100
101	11-12	50 Breast	102
103	10& Under	50 Breast	104
105	11-12	100 Free	106
107	10& Under	100 Free	108
109	11-12	50 Fly	110
111	10& Under	50 Fly	112
113	11-12	200 Fly	114
115	10& Under	200 I.M.	116
117	11-12	100 Back	118

*The 400 IM and 400/800 Freestyle will be swum fastest to slowest, alternating girls and boys heats. For the 13-14 and 15 & over, the events will be combined and scored separately. Swimmers in the 800 freestyle must provide timer and a lap counter.

Sugar Land - Don Cook Natatorium



AREA HOTELS

- Comfort Suites, 4820 Techniplex, Stafford, Tx 77477, 281 565-5566
- Courtyard by Marriott, 12655 Southwest Freeway, Stafford Tx 77477, 281 491-7700
- Drury Inn & Suite, 13770 Southwest Freeway, Sugar Land Tx 77478, 281 277-9700
- Hampton Inn, 4714 Techniplex, Stafford, Tx 77477, 281 565-0559
- La Quinta Inn, 12727 Southwest Freeway, Stafford, Tx 77477, 281 240-2300
- Holiday Inn Express, 14444 Southwest Freeway, Sugar Land Tx 77478, 281 565-6655
- Marriott Sugar Land Town Square, 16090 City Walk, Sugar Land Tx 77479, 281 275-8400

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

