

TWST A&Up Group B Meet
A LONG COURSE TIMED FINALS MEET

Hosted By

THE WOODLANDS SWIM TEAM

May 4 - 6, 2007

Sanction No. GULC 07-004

- LOCATION:** The Woodlands Athletic Center, 11111 Winterberry Place, The Woodlands, TX. 77380
- DIRECTIONS:** Exit I-45 at Woodlands Parkway, then exit Woodlands Parkway at Grogan's Mill Road. Turn left onto Grogan's Mill Road, at the third light turn right onto South Millbend. Travel 2 blocks and turn right onto Winterberry Place. Swimmer drop-off is allowed through the traffic circle in front of the Athletic Center. All vehicles must be parked in designated areas only. Parking for the swim meet is in the Grogans Mill shopping center parking lot, a short walking distance from the Athletic Center. An area and site map is available on the Woodlands Swim Team web site at: www.woodlandsswimming.org
- COACHES:** Head Coach: Tim Bauer, Assistant Head Coach: Scott MacFarland, Head Age Group Coach: Shana Trabona, Age Group Coach: Brad Radford, Director of Swim Development: Valerie Fenter
- POOL:** 50 meter, 9-lane outdoor competition pool with non-turbulent lane lines. The 25 yard 6-lane indoor pool will be available during the meet for warm-up/warm-down in designated lanes only. The diving pool will be off limits to all swimmers.
- This meet will be run using chase starts with girls' heats starting from one end of the pool and boys' heats from the other.**
- TIME & DATE:** This is a timed-finals meet.
- | | | |
|------------------------------------|--------------------|------------------------|
| Session #1: Friday May 4 | Warm-up: 5:00 p.m. | Meet starts: 6:30 p.m. |
| Session #2: Saturday, May 5 | Warm-up: 7:30 a.m. | Meet starts: 9:00 a.m. |
| Session #3: Sunday, May 6 | Warm-up: 7:30 a.m. | Meet starts: 9:00 a.m. |
- Split warm-ups will be in effect. Lane assignments and starting times for warm-ups and lane 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 REFEREE:** John Leneave, email: swimkids@consolidated.net
- MEET DIRECTORS:** Eric Amundsen (281) 681-9430 email: eamundsen@houston.rr.com
Mark McClelland (936) 273-9112 email: markm@houston.rr.com
- SAFETY MARSHAL:** Heidi Allan, Connie Trotter
- 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:** Swimmers are required to circle-in at least 45 minutes before their event. **Note: Swimmers entered in the 800 and 1500 Freestyles must check in 90 minutes before the event is 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, for each event in which he/she fails to appear. Relay cards must be turned in to the Clerk of Course by 9:30 A.M. Relay cards not received by the deadline will be considered scratches.
- 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, April 27, 2007 deadline may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee (\$7.50) 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: 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. 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. Entry times must be from USA Swimming Meets.

Cut-off Times: None

Qualifying Times: 2005-2008 USAS National Motivational "A" Times, included with this invitation.

Age: As of May 4, 2007

Number of events: Swimmers may compete in three (3) individual events per day. The 800 and 1500 freestyles do not count as one of the three individual events per day.

Deadline: Entries must be in the hands of the Entries Director no later than 6:00 p.m., Friday, April 27, 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 completed entry forms to:
 Scott Meyers
 34 N. Provence Circle
 The Woodlands, TX 77382
 Meyers_family5@sbcglobal.net
 (281) 296-2232

Note: Some overnight carriers only recognize the city of Conroe for this zip code.

Entries: All teams with 10 or more swimmers entered in this meet **MUST** submit their entries on a 3.5" diskette or by email, using the Hy-Tek-Meet Manager/Team Manager computer software, along with a hard copy print out of your entries. Unattached swimmers should be entered in a separate file on the same diskette. Teams without Hy-Tek should submit their entries on the enclosed Entry Form. Teams with 10 or more swimmers entered in this meet using only an entry form (no diskette) must pay a \$25 surcharge payable to TWST with their entries. Individual entries may be submitted on the enclosed entry form.

For teams submitting their entries by email, you must zip the commlink file before attaching to

the email. The print out of the team's entries, entry verification and payment of entry fees must be postmarked no later than 24 hours after the entry deadline as stated in the Meet Invitation

Eligible

Teams:

Swimmers from the following teams in the Gulf LSC are eligible to enter this meet: Group B – ALAC, ESA, BMXX, BRAZ, CFSC, CGA, COOG, ETEX, HCAP, MAC, PACK, SACI, SCAT, TWST, TYES, UH.

Fees:

Entry fees must accompany entries. Make all checks payable to TWST. \$3.75 per individual event and \$7.50 per relay event.

AWARDS:

Individual Events: Ribbons 1st – 9th place

Relays: Ribbons 1st – 3rd place

SCORING:

Scoring will be calculated using the following schedule:

Individual events: 10- 8-7-6-5-4-3-2-1 (1st thru 9th place)

Relay events: score double points: 20-16-14-12-10-8-6-4-2 (1st thru 9th place)

RULES & SANCTIONS: The meet will be held under the sanction of USA Swimming and Gulf Swimming. The 2006/2007 USA Swimming and Gulf Swimming rules will apply. No entries can be accepted unless the entrant is either USA Swimming registered or certified by USA Swimming. The Gulf Up/Down and three event rules do apply to this meet. Gulf Group A teams are not eligible to swim at this meet.

TIMING SYSTEM:

The 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 and will be posted on the TWST and Gulf Web site three days before the meet.

Swimmers in the 400, 800 and 1500 meter freestyle are required to provide their own timers and lap counters.

POOL DECK RESTRICTION: Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf 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/Heat Sheets and for admission to the Hospitality Room.

Special Note: Coaches, swimmers, and parents need to stay out of the roped-off area provided for the meet officials around the pool deck and honor Meet Official and Safety Marshal request to allow room for USA Swimming officials to perform their duties.

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.

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:

A concession stand will be open during the meet.

HOSPITALITY:

A hospitality room will be available.

MERCHANDISE:

Swimshops of the Southwest will have a swim shop set up at the meet.

MEET RESULTS:

Meet results will be posted on the Gulf Swimming Web Page at: <http://www.gulfswimming.org> and at the TWST Web Page at www.woodlandsswimming.org three days after the final day of

the meet.

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.

Special rules for the 25-yard indoor pool:

1. Swimmers may use only the designated lanes.
2. No diving.
3. Lap swimming only.
4. After the start of the meet, the 25 yard indoor pool may be used only for warm up/warm down. No playing or visiting in the pool.

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

2007 TWST A & Up Group B Meet
Hosted by The Woodlands Swim Team
Friday May 4 – Sunday May 6

Entry Rules:	Max # individual events per day .	Three (3)* *The 800/1500 Freestyle does not count as one of the three events per day
Type of meet		Timed Finals
Swimmers eligible		Group B
Entry times in		LCM, SCM, SCY
Qualifying times		A 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, Relays \$7.50

Meet Event Schedule and "A" Qualifying Times

This meet will be run utilizing chase starts from both ends of the pool.

Friday, May 4, 2007, Warm-up at 5:00 P.M. Meet Starts at 6:30 P.M.

Event #	Girls			Event	Boys			Event #
	SCM	LCM	SCY		SCY	LCM	SCM	
1	5:47.09	5:56.59	5:14.09	Senior 400 I.M. ¹	4:49.09	5:29.99	5:19.49	2
1	5:53.19	6:02.29	5:19.59	13 – 14 400 I.M. ¹	5:02.39	5:46.19	5:34.19	2
3	5:57.39	6:09.69	6:48.39	10 & U 400 Free ¹	6:44.59	6:06.79	5:54.09	4
5	5:23.19	5:32.39	6:09.29	11 – 12 400 Free ¹	6:04.69	5:29.19	5:19.19	6
7	5:04.89	5:12.19	5:48.39	Senior 400 Free ¹	5:25.29	4:53.29	4:44.69	8
7	5:08.89	5:16.59	5:52.99	13 – 14 400 Free ¹	5:39.39	5:05.59	4:56.99	8

¹ The 400 I.M. and 400 Free will be swum fastest to slowest, alternating girls and boys heats. For the 13-14 and Senior age groups, the events will be combined and scored separately.

Meet Event Schedule and "A" Qualifying Times

This meet will be run utilizing chase starts from both ends of the pool.
Saturday May 5, 2007 Warm-up at 7:30 A.M. Meet Starts at 9:00 A.M.

Event #	Girls			Event	Boys			Event #
	SCM	LCM	SCY		SCY	LCM	SCM	
9	3:16.29	3:23.69	2:57.69	11 - 12 200 Breast	2:52.99	3:21.19	3:11.09	10
11	1:19.89	1:21.89	1:12.29	10 & U 100 Free	1:10.79	1:20.59	1:18.19	12
13	1:08.79	1:11.09	1:02.19	13 - 14 100 Free	57.99	1:06.59	1:04.09	14
15	1:09.69	1:14.09	1:03.09	11 - 12 100 Free	1:02.89	1:11.59	1:09.49	16
17	1:07.49	1:09.59	1:01.09	Senior 100 Free	55.39	1:04.09	1:01.19	18
19	41.19	42.09	37.29	10 & U 50 Fly	36.69	40.99	40.49	20
21	36.09	36.59	32.69	11 - 12 50 Fly	32.39	36.59	35.79	22
23	2:44.19	2:49.49	2:28.59	13 - 14 200 Fly	2:20.79	2:39.89	2:35.59	24
25	2:41.99	2:44.69	2:26.59	Senior 200 Fly	2:14.39	2:32.19	2:28.49	26
27	NT	NT	NT	10 & U 200 Free Relay	NT	NT	NT	28
29	NT	NT	NT	11 - 12 200 Free Relay	NT	NT	NT	30
31	NT	NT	NT	13 - 14 200 Free Relay	NT	NT	NT	32
33	NT	NT	NT	Senior 200 Free Relay	NT	NT	NT	34
35	42.19	43.69	38.19	10 & U 50 Back	38.39	44.19	42.39	36
37	37.89	39.19	34.29	11 - 12 50 Back	33.69	38.79	37.29	38
39	1:15.89	1:20.09	1:08.69	13 - 14 100 Back	1:04.89	1:15.09	1:11.69	40
41	1:14.79	1:18.29	1:07.69	Senior 100 Back	1:01.29	1:11.69	1:07.79	42
43	1:43.19	1:47.09	1:33.39	10 & U 100 Breast	1:32.69	1:45.99	1:42.39	44
45	1:30.79	1:33.79	1:22.19	11 - 12 100 Breast	1:21.09	1:33.59	1:29.59	46
47	3:05.69	3:11.99	2:47.99	13 - 14 200 Breast	2:36.29	3:02.39	2:52.69	48
49	3:01.99	3:08.49	2:44.69	Senior 200 Breast	2:30.09	2:54.29	2:45.89	50
51	2:56.49	3:02.59	2:39.69	11 - 12 200 Fly	2:38.29	3:00.89	2:54.89	52
53	3:14.49	3:20.59	2:55.99	10 & U 200 I.M.	2:55.29	3:18.89	3:13.69	54
55	2:55.19	3:00.19	2:38.59	11 - 12 200 I.M.	2:35.89	2:58.09	2:52.29	56
57	20:05.09	20:39.79	20:12.19	13 - 14 1500 Free ^{1,2}	19:29.49	20:13.09	19:22.69	58
57	19:51.99	20:28.39	19:58.89	Senior 1500 Free ^{1,2}	18:47.99	19:22.99	18:41.39	58

¹ The 1500 Free will be combined into one event for girls and one event for boys. Each event will be seeded by entry time and scored separately by age group. All heats of each event will be swum fastest to slowest, alternating girls and boys heats. Chase starts will not be utilized during the swimming of this event.

² The 1500 Free may possibly be swum 2 per lane.

Meet Event Schedule and "A" Qualifying Times

This meet will be run utilizing chase starts from both ends of the pool
Sunday May 6, 2007 Warm-up at 7:30 A.M. Meet Starts at 9:00 A.M.

Event #	Girls			Event	Boys			Event #
	SCM	LCM	SCY		SCY	LCM	SCM	
59	2:34.89	2:39.19	2:20.19	11 – 12 200 Free	2:16.59	2:35.69	2:30.89	60
61	2:52.79	2:58.69	2:36.39	10 & Under 200 Free	2:31.89	2:52.39	2:47.89	62
63	2:28.29	2:32.59	2:14.19	13 – 14 200 Free	2:05.79	2:24.99	2:18.99	64
65	2:25.29	2:29.39	2:11.49	Senior 200 Free	2:00.79	2:18.99	2:13.49	66
67	2:53.59	3:00.69	2:37.09	11 – 12 200 Back	2:33.79	3:00.29	2:49.99	68
69	2:47.19	2:52.39	2:31.29	13 – 14 200 I.M.	2:21.89	2:42.79	2:36.69	70
71	2:43.89	2:48.09	2:28.39	Senior 200 I.M.	2:15.69	2:37.09	2:29.89	72
73	35.79	36.49	32.39	10 & Under 50 Free	31.89	36.19	35.29	74
75	32.89	33.69	29.79	11 – 12 50 Free	28.59	32.99	31.59	76
77	31.69	32.79	28.69	13 – 14 50 Free	26.59	30.59	29.39	78
79	31.19	32.29	28.19	Senior 50 Free	25.39	29.39	27.99	80
81	NT	NT	NT	10 & U 200 Medley Relay	NT	NT	NT	82
83	NT	NT	NT	11 - 12 200 Medley Relay	NT	NT	NT	84
85	NT	NT	NT	13 - 14 200 Medley Relay	NT	NT	NT	86
87	NT	NT	NT	Senior 200 Medley Relay	NT	NT	NT	88
89	1:35.79	1:38.69	1:26.69	10 - U 100 Fly	1:25.69	1:37.19	1:34.69	90
91	1:21.29	1:22.89	1:13.59	11 - 12 100 Fly	1:12.19	1:22.09	1:19.79	92
93	1:15.19	1:17.29	1:08.09	13 - 14 100 Fly	1:03.39	1:11.99	1:10.09	94
95	1:13.89	1:15.89	1:06.89	Senior 100 Fly	1:00.49	1:09.09	1:06.89	96
97	1:30.89	1:35.29	1:22.19	10 & U 100 Back	1:21.69	1:33.69	1:30.19	98
99	1:22.79	1:26.29	1:14.89	11 – 12 100 Back	1:12.29	1:23.59	1:19.89	100
101	2:42.79	2:51.39	2:27.29	13 – 14 200 Back	2:19.49	2:41.59	2:34.19	102
103	2:41.19	2:47.29	2:25.89	Senior 200 Back	2:12.69	2:34.29	2:26.59	104
105	46.49	48.29	41.99	10 & U 50 Breast	42.49	48.49	46.89	106
107	41.99	42.09	37.99	11 – 12 50 Breast	37.59	43.09	41.49	108
109	1:26.19	1:29.09	1:17.99	13 - 14 100 Breast	1:12.29	1:23.59	1:19.89	110
111	1:24.39	1:27.69	1:16.39	Senior 100 Breast	1:09.19	1:20.59	1:16.49	112
113	10:36.79	10:47.99	12:07.59	13-14 800 Free ^{1,2}	11:41.49	10:31.29	10:13.89	114
113	10:26.49	10:41.89	11:55.89	Senior 800 Free ^{1,2}	11:12.19	10:04.59	9:48.29	114

¹ The 800 Free will be combined into one event for girls and one event for boys. Each event will be seeded by entry time and scored separately by age group. All heats of each event will be swum fastest to slowest, alternating girls and boys heats. Chase starts will not be utilized during the swimming of this event.

² The 800 Free may possibly swum 2 per lane.

Woodlands Hotel Listing

Woodlands Conference Center & Resort

2301 N. Millbend Dr
The Woodlands, TX 77380
(281) 364-6244
(w/in walking distance of the pool)

Comfort Suites

18456 I-45 S.
Conroe, TX 77384
(936) 321-4900

Country Inn and Suites

16850 I-45 S.
Conroe, TX 77382
(936) 271-0110

Drury Inn

28099 I-45 N.
The Woodlands, TX 77380
(281) 362-7222

Hawthorne Suites

24868 I-45 N.
The Woodlands, TX 77386
(281) 681-9188

Holiday Inn Express

24888 I-45 N.
The Woodlands, TX 77386
(281) 681-8088

La Quinta

28673 I-45 N.
The Woodlands, TX 77381
(281) 367-7722

Marriott Courtyard

1020 Lake Front Circle
The Woodlands, TX 77380
(281) 292-3262

Marriott Residence Inn

1040 Lake Front Circle
The Woodlands, TX 77380
(281) 292-3252

**Marriott Woodlands Waterway Hotel
And Convention Center**

1601 Lake Robbins Drive
The Woodlands, TX 77380
281-367-9797
