

2008 GULF A & UP MEET
A Long Course Timed Finals Meet
HOSTED BY
DAD'S CLUB SWIM TEAM, INC.
June 13-15, 2008
SANCTION #GULC 08-013

LOCATION: Dad's Club Fitness Center
1006 Old Voss Road
Houston, Texas 77055

DIRECTIONS: The Dad's Club is located at the corner of the Katy Freeway (Interstate 10) and Old Voss Road on the north side of the freeway. Exit Bingle/Voss. **Parking will be offsite at Grob Stadium which is located at 8888 Westview, just west of Voss Road. Shuttle service will be provided to and from the facility to the parking area.** Security will be provided at the parking area. A map is attached.

COACHES:

Mark Boerner	Head Coach
Rey Aguilar	Head Age Group Coach
Kylie Riley	Assistant Coach
Katie Richardson	Assistant Coach

POOL: Ten lane, 50 meter outdoor pool with non-turbulent lane lines. Limited warm up/down lanes available in the indoor pool.

TIME AND DATE: This is a timed finals meet. Friday, Saturday, & Sunday, June 13-15
Friday: warm-up at 3:30 p.m., meet starts at 5:00 p.m. Saturday and Sunday:
warm-up at 7:30 a.m., meet starts at 9:00 a.m.

Split warm-ups will be in effect at 7:30 and 8:05 a.m. with assignments posted on the Gulf Swimming web site. There will be a general warm-up for all teams on Friday night. 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. All starts will be conducted from the south end of the pool. Flyover starts will be utilized.

This a "split session meet" on Saturday and Sunday. The 13 & over swimmers will compete in the morning sessions and the 12 & under swimmers will compete in the afternoon sessions.

Saturday and Sunday Morning Sessions: 13 & over swimmers warm-up at 7:30 a.m., meet starts at 9:00 a.m.

Saturday and Sunday Afternoon Sessions: 12 & under swimmers warm-up at 12 noon, meet starts at 1:00 p.m.

If the morning session runs part 12:00 noon, warm-ups for the afternoon warm-ups will begin immediately upon the completion of the morning session or 1:00 p.m. whichever is later.

All teams are asked to provide a courtesy tent in the event of incimate weather.

MEET REFEREE: David Dean 281-351-1033
ddean@tanaexp.com

MEET DIRECTOR: Frank Robinson, 713-254-0818
no5@rasoape.com

SAFETY MARSHAL: Linda Kutac 713-504-8826
lindaskutac@aol.com

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 Court for all events. All swimmers must circle-in on the official posted hear sheets for each event the swimmer intends to swim. **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 listed as a **“No Show”** and 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 by 4:15 p.m. Friday and 8:15 a.m. and 12:15 p.m daily or the entry will be scratched.

Swimmers in the 800 Freestyle must check in 90 minutes prior to the scheduled start of the event.

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 (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). Times must be from USA swimming meets. 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: Qualifying times are 2005-2008 USA National Motivational A Time Standards and are included with this invitation.

Age: Age as of June 13, 2008

Number of Events: Swimmers may compete in up to three (3) individual events per day and up to one (1) relay event.

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Wednesday, June 11 2008. 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, e-mail or hand deliver entries to the Meet Entry chairman at:

Lee Shuchart
7930 N. Wellington Court
Houston, Texas 77055
Lshuchart@aol.com
713-935-8831

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 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 and teams

Fees: 4.00 per Individual Event and \$7.50 for each relay event. Make checks payable to "Dad's Club Swim Team, Inc." Entry fees must accompany entries, if delivered by any method other than email.

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

SCORING: Individual Events: 11-9-8-7-6-5-4-3-2-1
Relay Events: 22-18-16-14-12-10-8-6-4-2

RULES AND SANCTIONS: The 2007-2008 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 do apply.

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. Swimmers in the 400/800 Freestyle must provide two (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 credentials 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 at this meet.

HOSPITALITY: A hospitality room will be available.

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.

ATTACHMENTS: Gulf Safety Guidelines and Warm-up Procedures
Meet Format
Entry Verification Form
Meet Entry Form
Map to Pool

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.

4. **ABSOLUTELY, NO FOOD ALLOWED ON POOL DECK!**

**Dad's Club Swim Team June 13-15 A & Up Meet
Long Course Meters – Timed Finals**

Entry Rules	
Type of Meet	Timed Finals
Max # individual events per day	Three (3)
Swimmers eligible	All
Entry times in	LCM/SCM/SCY
Qualifying times	National Motivational 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 - \$4.00; Relays - \$7.50

Friday June 13, 2008

Women									Men
Event #	SCY	SCM	LCM	EVENT	SCY	SCM	LCM	EVENT	Event #
1				13& Up 800 Free Relay					2
3	2:38.59	2:55.19	3:00.19	11-12 200 IM	2:35.89	2:52.29	2:58.09		4
5	5:19.59	5:53.19	6:02.29	13-14 400 IM*	5:02.39	5:34.19	5:46.19		6
5	5:14.09	5:47.09	5:56.59	Senior 400 IM*	4:49.09	5:19.49	5:29.99		6
7	6:09.29	5:23.19	5:32.39	11-12 400 Free**	6:04.69	5:19.19	5:29.19		8
9	5:52.99	5:08.89	5:16.59	13-14 400 Free**	5:39.39	4:56.99	5:05.59		10
9	5:48.39	5:04.89	5:12.19	Senior 400 Free**	5:25.29	4:44.69	4:53.29		10

*The 13-14 and Senior 400 /1500 Free and 400 IM will be combined into one event for women and one event for men. These events will be seeded by entry time and scored separately by age group. The heats will be swum fastest to slowest alternating women and men where applicable.

** Heats will be swum fastest to slowest, alternating women and men.

Saturday AM, June 14, 2008 13 & Over

	Women								Men
Event #	SCY	SCM	LCM	EVENT	SCY	SCM	LCM	EVENT	Event #
11				Senior 400 Med Relay					12
13				13-14 400 Med Relay					14
15	2:11.49	2:25.29	2:29.39	Senior 200 Free	2:00.79	2:13.49	2:18.99		16
17	2:14.19	2:28.29	2:32.59	13-14 200 Free	2:05.79	2:18.99	2:24.99		18
19	28.19	31.19	32.29	Senior 50 Free	25.39	27.99	29.39		20
21	28.69	31.69	32.79	13-14 50 Free	26.59	29.39	30.59		22
23	2:26.59	2:41.99	2:44.69	Senior 200 Fly	2:14.39	2:28.49	2:32.19		24
25	2:28.59	2:44.19	2:49.49	13-14 200 Fly	2:20.79	2:35.59	2:39.89		26
27	2:25.89	2:41.19	2:47.29	Senior 200 Back	2:12.69	2:26.59	2:34.29		28
29	2:27.29	2:42.79	2:51.39	13-14 200 Back	2:19.49	2:34.19	2:41.59		30
31	1:16.39	1:24.39	1:27.69	Senior 100 Breast	1:09.19	1:16.49	1:20.59		32
33	1:17.99	1:26.19	1:29.09	13-14 100 Breast	1:12.29	1:19.89	1:23.59		34
35	12:07.59	10:36.79	10:47.99	13-14 Women 800**					
35	11:55.89	10:26.49	10:41.89	Sr. Women 800 Free**					

The 800 Free will be combined into one event for women and one event for men. These events will be seeded by entry time and scored separately by age group. The heats will be swum

fastest to slowest alternating women and men where applicable.

** Heats will be swum fastest to slowest, alternating women and men.

Swimmers in the 400 IM, 11-12 400 Free, 10 & Un 200/400 Free and 1500 Free must provide two timers and a lap counter where applicable.

Swimmers entered in the 1500 Freestyle must check in 90 minutes before the event is scheduled to begin.

Saturday PM June 14, 2008 12 & Under

Women		EVENT			Men			
Event #	SCY	SCM	LCM	EVENT	SCY	SCM	LCM	Event #
37				11-12 400 Med Relay				38
39				10 & Un 200 Med Relay				40
41	2:57.69	3:16.29	3:23.69	11-12 200 Breast	2:52.99	3:11.09	3:21.19	42
43	1:33.39	1:43.19	1:47.09	10 & Un 100 Breast	1:32.69	1:42.39	1:45.99	44
45	29.79	32.89	33.69	11-12 50 Free	28.59	31.59	32.99	46
47	32.39	35.79	36.49	10 & Un 50 Free	31.89	35.29	36.19	48
49	1:13.59	1:21.29	1:22.89	11-12 100 Fly	1:12.19	1:19.79	1:22.09	50
51	1:26.69	1:35.79	1:38.69	10 & Un 100 Fly	1:25.69	1:34.69	1:37.19	52
53	34.29	37.89	39.19	11-12 50 Back	33.69	37.29	38.79	54
55	38.19	42.19	43.69	10 & Un 50 Back	38.39	42.39	44.19	56
57	2:20.19	2:34.89	2:39.19	11-12 200 Free	2:16.59	2:30.89	2:35.69	58
59	2:36.39	2:52.79	2:58.69	10 & Un 200 Free	2:31.89	2:47.89	2:52.39	60
61	1:22.19	1:30.79	1:33.79	11-12 100 Breast	1:21.09	1:29.59	1:33.59	62
63	6:48.39	5:57.39	6:09.69	10 & Un 400 Free**	6:44.59	5:54.09	6:06.79	64

Sunday AM, June 15, 2008 13 & Over

Women		EVENT			Men			
Event #	SCY	SCM	LCM	EVENT	SCY	SCM	LCM	Event #
65				Senior 400 Free Relay				66
67				13-14 400 Free Relay				68
69	1:07.69	1:14.79	1:18.29	Senior 100 Back	1:01.29	1:07.79	1:11.69	70
71	1:08.69	1:15.89	1:20.09	13-14 100 Back	1:04.89	1:11.69	1:15.09	72
73	2:44.69	3:01.99	3:08.49	Senior 200 Breast	2:30.09	2:45.89	2:54.29	74
75	2:47.99	3:05.69	3:11.99	13-14 200 Breast	2:36.29	2:52.69	3:02.39	76
77	1:01.09	1:07.49	1:09.59	Senior 100 Free	55.39	1:01.19	1:04.09	78
79	1:02.19	1:08.79	1:11.09	13-14 100 Free	57.99	1:04.09	1:06.59	80
81	1:06.89	1:13.89	1:15.89	Senior 100 Fly	1:00.49	1:06.89	1:09.09	82
83	1:08.09	1:15.19	1:17.29	13-14 100 Fly	1:03.39	1:10.09	1:11.99	84
85	2:28.39	2:43.89	2:48.09	Senior 200 IM	2:15.69	2:29.89	2:37.09	86
87	2:31.29	2:47.19	2:52.39	13-14 200 IM	2:21.89	2:36.69	2:42.79	88
				13-14 Men 800Free*	11:41.49	10:13.89	10:31.29	90
				Senior Men 800 Free*	11:12.19	9:48.29	10:04.59	90

*The 13-14 and Senior 400 /800 Free and 400 IM will be combined into one event for women and one event for men. These events will be seeded by entry time and scored separately by age group. The heats will be swum fastest to slowest alternating women and men where applicable.

** Heats will be swum fastest to slowest, alternating women and men.

Swimmers in the 400 IM, 11-12 400 Free, 10 & Un 200/400 Free and 800 Free must provide two timers and a lap counter where applicable.

Swimmers entered in the 800 Freestyle must check in 90 minutes before the event is scheduled to begin.

Sunday PM June 15, 2008 & Under

	Women					Men		
Event #	SCY	SCM	LCM	EVENT	SCY	SCM	LCM	Event #
91				11-12 400 Free Relay				92
93				10&Un 200 Free Relay				94
95	2:37.09	2:53.59	3:00.69	11-12 200 Back	2:33.79	2:49.99	3:00.29	96
97	1:22.19	1:30.89	1:35.29	10 & Un 100 Back	1:21.69	1:30.19	1:33.69	98
99	37.99	41.99	42.09	11-12 50 Breast	37.59	41.49	43.09	100
101	41.99	46.49	48.29	10 & Un 50 Breast	42.49	46.89	48.49	102
103	1:03.09	1:09.69	1:14.09	11-12 100 Free	1:02.89	1:09.49	1:11.59	104
105	1:12.29	1:19.89	1:21.89	10 & Un 100 Free	1:10.79	1:18.19	1:20.59	106
107	32.69	36.09	36.59	11-12 50 Fly	32.39	35.79	36.59	108
109	37.29	41.19	42.09	10 & Un 50 Fly	36.69	40.49	40.99	110
111	2:39.69	2:56.49	3:02.59	11-12 200 Fly	2:38.29	2:54.89	3:00.89	112
113	2:55.99	3:14.49	3:20.59	10 & Un 200 IM	2:55.29	3:13.69	3:18.89	114
115	1:14.89	1:22.79	1:26.29	11-12 100 Back	1:12.29	1:19.89	1:23.59	116

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

DADS CLUB SWIM TEAM
1006 Voss Road
Houston, TX 77055
713-461-8577

From I-10, exit Bingle and turn onto the north feeder. Turn right onto Voss Road. Pool is immediately on right.

