



**2008 GULF Long Course  
Championship Meet  
A LONG COURSE PRELIM/FINALS MEET**

*HOSTED BY*

**The Woodlands Swim Team - TWST  
July 3 – July 6, 2008  
SANCTION #GULC 08-014**

- LOCATION:** The Woodlands Athletic Center at 11111 Winterberry Place, The Woodlands. See attached map.
- COACHES:** Head Coach: Tim Bauer, Assistant Head Coach: Scott MacFarland, Director of Swim Development: Valerie Nichols, Head Age Group Coach: Shana Trabona, Age Group Coaches: Brad Radford, Shannon Clifton
- POOL:** Nine (9) lane 50 meter outdoor pool with non-turbulent lane lines. The 25 yard indoor pool will be available during the meet for warm-up/warm-down in designated lanes only. The diving well and hot tub will be off limits to all swimmers. This meet will be run using chase starts for preliminary heats in an effort to maximize the amount of time between the prelim and finals session each day.
- TIME AND DATE:** This is a prelim-finals meet with the exception of relays, the 10&U 400 Freestyle and the 800/1500 freestyle events, which will be timed finals. Finals will consist of an A Final for all age groups and A/B Finals for the Senior group. Lane assignments for warm-ups and timing will be designated in the psych sheet and posted on the TWST and Gulf web site 3 days prior to the meet. Note: Sundays Finals warm-up and meet will start 30 minutes earlier.

<b>Thursday, July 3<sup>rd</sup></b>	<b><u>Prelims</u></b> Session 1 warm-up start 7:00– 7:35 AM Session 2 warm-up starts 7:40 – 8:15 AM	Meet Starts 8:30 AM
	<b><u>Finals</u></b> Warm-up starts 5:30 – 6:15 PM	Meet Starts 6:30 PM
<b>Friday, July 4<sup>th</sup></b>	<b><u>Prelims</u></b> Session 1 warm-up start 7:00 – 7:35 AM Session 2 warm-up starts 7:40 – 8:15 AM	Meet Starts 8:30 AM
	<b><u>Finals</u></b> Warm-up starts 5:30 – 6:15 PM	Meet Starts 6:30 PM
<b>Saturday, July 5<sup>th</sup></b>	<b><u>Prelims</u></b> Session 1 warm-up start 7:00 – 7:35 AM Session 2 warm-up starts 7:40 – 8:15 AM	Meet Starts 8:30 AM
	<b><u>Finals</u></b> Warm-up starts 5:30 – 6:15 PM	Meet Starts 6:30 PM
<b>Sunday, July 6<sup>th</sup></b>	<b><u>Prelims</u></b> Session 1 warm-up start 7:00 – 7:35 AM Session 2 warm-up starts 7:40 – 8:15 AM	Meet Starts 8:30 AM
	<b><u>Finals</u></b> Warm-up starts 5:00 – 5:45 PM	Meet Starts 6:00 PM

**MEET OPERATION:** This meet will be conducted utilizing chase starts with the girls starting from one of the pool and the boys starting from the other end of the pool in an alternating fashion. All 50's and relay events will start at the deep end of the pool.

**MEET REFEREES:** John Leneave (936) 321-3051 email: [swimkids@consolidated.net](mailto:swimkids@consolidated.net)  
Claude Humbert (281) 541-3053 email: [clauderhumbert@sbcglobal.net](mailto:clauderhumbert@sbcglobal.net)

**MEET DIRECTORS:** Eric Amundsen (281) 681-9430 email: [eric.amundsen@sug.com](mailto:eric.amundsen@sug.com)  
Mike Manning (281) 705-7930 email: [mike@napcochemical.com](mailto:mike@napcochemical.com)  
Pat Norris (713) 817-2319 email: [patnorris@consolidated.net](mailto:patnorris@consolidated.net)

**SAFETY MARSHAL:** Heidi Allan

**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 (circle-in) with the Clerk of the Course for all events on an official posted heat sheet. 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, Herb Schwab, for each event in which he/she fails to appear. Properly completed **relay cards** must be turned in to the clerk of course by **10:30 a.m.** unless changed during the coaches meeting of that day's prelim session. Relay cards not received by the deadline will be considered scratches. See Special Operations Notes for distance events check-in deadlines.

Additionally, any finalist who fails to report to the starting blocks for finals or consolation finals, for which he/she has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations and will be assessed a **fine of \$50.00.** A club which has not paid the fine will not be allowed to register for membership in the Gulf LSC until the fine is paid.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals or consolation finals if he/she has successfully completed the event in Prelims) may be moved into finals due to scratches; therefore, all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet and a fine of \$50.00. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals.

The National Championship Meets "reserve the right to scratch" rule is not applicable to any Gulf Swimming meet. The "intent to scratch" rule is not applicable to any Gulf Swimming meet.

**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. June 26, 2008 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:** 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). There are to be no conversions from yard to meters or meters to yards. 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).

The Gulf Swimming “Up/Down” rule is in effect. Under the Up/Down rule, a swimmer with a qualifying time in an event may swim the next shorter and longer distances of that same stroke entered at their best times.

Long course meters shall be the conforming course for this long course championship meet and events shall be seeded with conforming times first, followed by non-conforming short course meter times followed by non-conforming short course yard times. Swimmers may not enter with a NO TIME (NT).

**Qualifying Times:** See 2008 Gulf Champs Times Standards - attached

**Cut-off Times:** None

**Age:** As of July 3, 2008

**Number of Events:** Swimmers may compete in up to three (3) individual events per day (including time trials) and up to one (1) relay per day; a total of 8 events for the meet (not including time trials, not including relays).

**Deadline:** Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Thursday June 26, 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 or hand-deliver entries to the Meet Entry Chairperson:

**Scott Meyers  
34 N. Provence Circle  
The Woodlands, Texas 77382  
Phone: (281) 296-2232  
Email: Meyers\_family5@sbcglobal.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).

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:** All Gulf registered teams and swimmers

**Fees:** \$4.50 per individual event, \$7.50 per relay entry. Make checks payable to TWST. Entry fees must accompany entries, if delivered by any method other than email.

**AWARDS:** **Individual events:** Custom Gulf Swimming medals for 1<sup>st</sup> – 3<sup>rd</sup> place finishers, Gulf swimming ribbons for 4<sup>th</sup> – 9<sup>th</sup> place finishers.

**Relays:** Custom Gulf Swimming medals for 1<sup>st</sup> place, ribbons 2<sup>nd</sup> and 3rd place.

**Teams Awards:** The top three teams will be awarded trophies.

**Individual High Point:** A high point award will be given to the boy and girl in each age group earning the highest individual points.

**SCORING:**

Individual events: 10-8-7-6-5-4-3-2-1 (1st thru 9th place for individual events). Senior consolation heats do not score.

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

**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 does not apply to this meet; the Gulf up/down rule does apply to this meet.

**TIMING SYSTEM:**

A Colorado Model 5000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a backup. 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 and 1500 freestyle events must provide 2 timers. Swimmers in the 800 and 1500 freestyle will also be required to provide their own lap counter.

**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.

A hospitality room and complimentary psych sheets will be provided for Coaches and Officials who have, in their immediate possession, current USA registration cards.

**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 for coaches and officials.

**MERCHANDISE:**

Swim Shops of the Southwest 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](http://www.gulfswimming.org)), within three days after the conclusion of the meet.

**ATTACHMENTS:**

Meet Format  
Schedule of Events and Gulf Qualifying Times  
Entry Verification Form  
Gulf Safety Guidelines and Warm-up Procedures  
Map and Directions  
Official Meet Entry Form

**SPECIAL  
OPERATIONS  
NOTES:**

This meet will be run from both ends of the pool during prelims using chase starts on Thursday, Friday, Saturday and Sunday. All timed final events will swim from the deep end of the pool. Please instruct your swimmers as to where they need to be for their events throughout the weekend. The deep end of the pool is the north end of the pool located near the diving well.

All prelim heats of events except for the 50's, relays, the 10&U 400 free and the 800 and 1500 freestyle events will be run from the assigned ends of the pool as follows:

	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>GIRLS</b>	<i>SHALLOW</i>	<i>DEEP</i>	<i>SHALLOW</i>	<i>DEEP</i>
<b>BOYS</b>	<i>DEEP</i>	<i>SHALLOW</i>	<i>DEEP</i>	<i>SHALLOW</i>

All 50's, and timed final events (relays, the 10&U 400 freestyle, the 800 and 1500 freestyle) will start at the deep end of the pool.

**Distance Events – Competition Protocols** ( footnote references applicable to noted events in the event schedule)

<sup>1</sup> All **Relays** will be timed final events and will swim during the prelim sessions except for the 800 Freestyle Relay.

<sup>2</sup> The **800 Freestyle Relay for 13-14 and Seniors (events 25 and 26)** will be combined, swum fastest to slowest and scored separately. All 800 Freestyle Relay heats will be swum as the last event during Thursday evening's **finals** session.

<sup>3</sup> The **800 Freestyle (events 1 and 2)** is a timed final event and 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. During check-in for the 800 Freestyle, swimmers may elect to swim the event during prelims. The fastest 9 girls and the fastest 9 boys who check-in and do not elect to swim in prelims, will swim during Thursday's finals. All other heats will be swum, fastest to slowest, alternating girls and boys, as the last event of Thursday's prelim session. Swimmers must provide their own timers and lap counters during the prelim session heats. **Check-in deadline is 9:00 AM Thursday.**

<sup>4</sup> The **11-12 400 Freestyle (events 3 and 4)** is a prelim/final event. All prelim heats will swim, fastest to slowest, alternating girls and boys, immediately following the slow heats for events 5 and 6 during Thursday's prelim session. The finals heats will be swum in event order during Thursday's finals session. Swimmers must provide their own timers during the prelim session heats.

<sup>5</sup> The **10&U 400 Freestyle (events 5 and 6)** is a timed final event. Each event will be seeded by entry time. During check-in for the 400 Freestyle, swimmers may elect to swim the event during prelims. The fastest 9 girls and the fastest 9 boys who check-in and do not elect to swim in prelims, will swim in event order during Thursday's finals. All other heats will swim, fastest to slowest, alternating girls and boys, immediately following events 23 and 24 during Thursday's prelim session. Swimmers must provide their own timers during the prelim session heats. **Check-in deadline is 9:00 AM Thursday.**

<sup>6</sup> The **1500 Freestyle (event 99 and 100)** is a timed final event and 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. During check-in for the 1500 Freestyle, swimmers may elect to swim the event during prelims. The fastest 9 girls and the fastest 9 boys who check-in and do not elect to swim in prelims, will swim during Sunday's finals. All other heats will be swum, fastest to slowest, alternating girls and boys, as the final event in Sunday's prelim session. Swimmers must provide their own timers and lap counters. **Check-in deadline is 9:00 AM Sunday.**

**400 IM and 400 Free:** These events for the 13-14 and Senior groups and the 11-12 400 Free will be swum as prelim/finals events, and will not be combined. In prelims, these events will be swum slowest to fastest with international seeding for the fastest three heats.

**Senior events:** There will be two heats of each senior event in finals, a consolation and a championship final.

## Meet Format

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### 2008 Gulf Swimming Long Course Championships Hosted by The Woodlands Swim Team Thursday July 3 – Sunday July 6, 2008

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Entry Rules:	Type of meet	Prelim/Finals
	Max # individual events per day	3 (includes time trials)
	Max # individual events per meet	8 (not including time trials)
	Swimmers eligible	Gulf Swimmers Only
	Entry times in	Any – Seeded per National Rules
	Qualifying times	2008 Gulf Champs Time Standards
	Cut-off times	None
	Enter with “no time”?	No
	Gulf “three event rule” applies?	No
	Gulf “up/down rule” applies?	Yes
	Fees	Individual \$4.50/Relay \$7.50

For Senior events only there will be consolation and championship finals heats.  
A Time Trial Meet will follow the prelim session on Saturday morning, July 5.

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# Meet Event Schedule and Gulf Championship Qualifying Times

**Thursday July 3, 2008 Warm-up at 7:00A.M.  
Meet Starts at 8:30 A.M.**

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

Women's				Event			Men			
Event #	SCY	SCM	LCM	Age Group	Dist.	Stroke	SCY	SCM	LCM	Event #
1 <sup>3</sup>	11:30.99	10:01.69	10:05.49	Senior	800	Free	11:19.49	9:54.59	10:04.59	2 <sup>3</sup>
1 <sup>3</sup>	11:42.29	10:11.49	10:20.49	13-14	800	Free	11:24.49	9:58.99	10:17.29	2 <sup>3</sup>
3 <sup>4</sup>	5:53.89	5:05.59	5:16.59	11-12	400	Free	5:58.29	5:10.09	5:25.79	4 <sup>4</sup>
5 <sup>5</sup>	6:52.39	5:56.09	6:11.39	10&Under	400	Free	6:47.09	5:52.39	6:15.69	6 <sup>5</sup>
7	2:38.99	2:57.79	3:09.99	Senior	200	Breast	2:25.59	2:43.29	2:49.09	8
9	2:44.99	3:04.49	3:04.79	13-14	200	Breast	2:40.29	3:03.09	3:07.39	10
11	2:52.99	3:18.59	3:14.69	11-12	200	Breast	3:03.19	3:25.19	3:25.99	12
13	43.79	48.59	49.79	10&Under	50	Breast	44.19	49.29	51.39	14
15	26.19	29.19	29.59	Senior	50	Free	22.99	25.49	25.99	16
17	26.69	29.59	30.19	13-14	50	Free	25.49	27.09	29.09	18
19	28.09	31.09	31.69	11-12	50	Free	28.79	31.99	33.79	20
21	33.19	37.09	36.09	10&Under	50	Free	33.09	36.69	38.69	22
23	2:45.69	3:02.09	3:00.09	11-12	200	Fly	2:47.69	3:00.09	3:05.99	24
25 <sup>2</sup>	NT	NT	NT	Senior	800	Free Relay	NT	NT	NT	26 <sup>2</sup>
25 <sup>2</sup>	NT	NT	NT	13-14	800	Free Relay	NT	NT	NT	26 <sup>2</sup>

All 800 Freestyle Relay heats will be swim as the last event during Thursday evening's **finals** session.

**Friday July 4, 2008 Warm-up at 7:00A.M.  
Meet Starts at 8:30 A.M.**

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

Women's				Event			Men			
Event #	SCY	SCM	LCM	Age Group	Dist.	Stroke	SCY	SCM	LCM	Event #
27	2:21.69	2:29.19	2:40.89	Senior	200	Fly	2:04.49	2:16.19	2:27.09	28
29	2:26.29	2:40.79	2:52.59	13-14	200	Fly	2:21.59	2:34.89	2:46.59	30
31	31.79	35.09	35.19	11-12	50	Fly	33.59	37.09	37.59	32
33	37.69	41.99	43.49	10&Under	50	Fly	38.59	42.69	44.99	34
35	2:18.79	2:33.19	2:38.39	Senior	200	I.M.	2:06.39	2:19.59	2:27.09	36
37	2:20.69	2:35.19	2:40.79	13-14	200	I.M.	2:15.49	2:30.09	2:37.89	38
39	2:31.49	2:47.19	2:45.79	11-12	200	I.M.	2:37.99	2:53.49	2:56.39	40
41	2:57.49	3:15.89	3:25.59	10&Under	200	I.M.	3:01.19	3:20.09	3:25.99	42
43	1:04.69	1:11.09	1:16.09	Senior	100	Back	57.39	1:03.89	1:09.39	44
45	1:06.29	1:12.69	1:16.69	13-14	100	Back	1:04.09	1:10.29	1:13.29	46
47	1:11.39	1:18.49	1:21.29	11-12	100	Back	1:13.99	1:21.99	1:24.79	48
49	1:23.79	1:32.29	1:34.49	10&Under	100	Back	1:28.79	1:35.69	1:39.99	50
51 <sup>1</sup>	NT	NT	NT	Senior	400	Free Relay	NT	NT	NT	52 <sup>1</sup>
53 <sup>1</sup>	NT	NT	NT	13-14	400	Free Relay	NT	NT	NT	54 <sup>1</sup>
55 <sup>1</sup>	NT	NT	NT	11-12	400	Free Relay	NT	NT	NT	56 <sup>1</sup>
57 <sup>1</sup>	NT	NT	NT	10&Under	200	Free Relay	NT	NT	NT	58 <sup>1</sup>
59	5:27.09	4:42.39	4:46.29	Senior	400	Free	4:56.49	4:16.59	4:32.69	60
61	5:29.69	4:49.09	4:57.39	13-14	400	Free	5:26.89	4:38.99	4:53.29	62

**Saturday July 5, 2008 Warm-up at 7:00A.M.  
Meet Starts at 8:30 A.M.**

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

Women's				Event			Men			
Event #	SCY	SCM	LCM	Age Group	Dist.	Stroke	SCY	SCM	LCM	Event #
63	2:33.39	2:49.99	3:02.39	11-12	200	Back	2:36.99	2:54.09	3:03.99	64
65	2:03.09	2:15.69	2:17.79	Senior	200	Free	1:51.79	2:03.79	2:07.59	66
67	2:04.59	2:17.29	2:21.49	13-14	200	Free	2:01.79	2:13.09	2:17.49	68
69	2:14.29	2:27.99	2:29.49	11-12	200	Free	2:18.09	2:28.29	2:37.49	70
71	2:40.29	2:57.09	3:03.49	10&Under	200	Free	2:39.29	2:56.29	3:00.69	72
73	1:13.79	1:22.39	1:26.09	Senior	100	Breast	1:06.99	1:14.39	1:17.69	74
75	1:16.29	1:25.19	1:27.19	13-14	100	Breast	1:14.19	1:21.19	1:24.49	76
77	1:21.69	1:30.89	1:31.99	11-12	100	Breast	1:22.99	1:31.29	1:38.99	78
79	1:36.79	1:47.99	1:50.29	10&Under	100	Breast	1:37.99	1:48.59	1:52.99	80
81	1:02.69	1:08.09	1:11.19	Senior	100	Fly	56.19	1:01.49	1:03.59	82
83	1:04.99	1:12.09	1:13.29	13-14	100	Fly	1:02.29	1:08.29	1:11.99	84
85	1:11.29	1:18.39	1:18.19	11-12	100	Fly	1:13.99	1:20.69	1:25.99	86
87 <sup>1</sup>	1:29.89	1:38.99	1:42.39	10&Under	100	Fly	1:31.29	1:39.09	1:45.99	88 <sup>1</sup>
89 <sup>1</sup>	NT	NT	NT	Senior	200	Medley Relay	NT	NT	NT	90 <sup>1</sup>
91 <sup>1</sup>	NT	NT	NT	13-14	200	Medley Relay	NT	NT	NT	92 <sup>1</sup>
93 <sup>1</sup>	NT	NT	NT	11-12	200	Medley Relay	NT	NT	NT	94 <sup>1</sup>
95	4:53.19	5:23.29	5:37.09	Senior	400	I.M.	4:34.59	5:03.99	5:20.29	96
97	4:57.19	5:33.09	5:43.59	13-14	400	I.M.	4:47.39	5:20.29	5:54.79	98

**Sunday July 6, 2008 Warm-up at 7:00A.M.  
Meet Starts at 8:30 A.M.**

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

Women's				Event			Men			
Event #	SCY	SCM	LCM	Age Group	Dist.	Stroke	SCY	SCM	LCM	Event #
99 <sup>6</sup>	19:29.19	19:16.69	20:39.79	13-14	1500	Free	19:05.79	18:44.79	20:14.39	100 <sup>6</sup>
99 <sup>6</sup>	19:16.49	19:04.09	20:28.49	Senior	1500	Free	18:57.79	18:36.89	19:22.99	100 <sup>6</sup>
101	39.19	43.59	46.09	10&Under	50	Back	38.69	42.59	45.39	102
103	33.29	37.09	38.19	11-12	50	Back	34.29	37.99	40.29	104
105	2:21.29	2:37.09	2:45.09	13-14	200	Back	2:19.09	2:34.49	2:42.19	106
107	2:18.89	2:33.99	2:43.09	Senior	200	Back	2:09.69	2:24.09	2:32.89	108
109	37.39	41.59	42.89	11-12	50	Breast	38.79	42.99	44.99	110
111	1:10.29	1:17.29	1:19.99	10&Under	100	Free	1:12.19	1:20.39	1:23.89	112
113	1:01.89	1:07.59	1:07.99	11-12	100	Free	1:04.99	1:10.29	1:12.59	114
115	58.19	1:03.99	1:04.99	13-14	100	Free	55.49	1:00.99	1:02.39	116
117	56.49	1:02.19	1:03.89	Senior	100	Free	50.49	55.79	57.89	118
119 <sup>1</sup>	NT	NT	NT	10&Under	200	Medley Relay	NT	NT	NT	120 <sup>1</sup>
121 <sup>1</sup>	NT	NT	NT	11-12	400	Medley Relay	NT	NT	NT	122 <sup>1</sup>
123 <sup>1</sup>	NT	NT	NT	13-14	400	Medley Relay	NT	NT	NT	124 <sup>1</sup>
125 <sup>1</sup>	NT	NT	NT	Senior	400	Medley Relay	NT	NT	NT	126 <sup>1</sup>

**ENTRY VERIFICATION FORM**

Gulf Championships Meet - Long Course July 3<sup>rd</sup> – July 6<sup>th</sup>, 2008

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

\_\_\_\_\_  
Team

\_\_\_\_\_  
Date

# 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

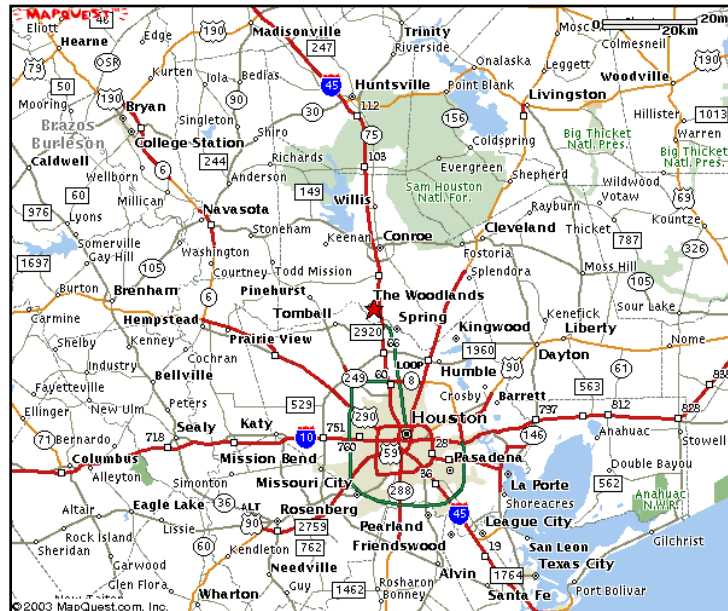
- 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
- 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting 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. **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.

## Map and Directions to The Woodlands Athletic Center

**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. The Athletic Center is on the left. Swimmer drop-off is allowed through the traffic circle in front of the Athletic Center. All vehicles must be parked in designated areas only.

