



**2009 GULF Group A Open Meet
A LONG COURSE TIMED FINALS MEET
Hosted By
Fleet Swimming – Cy Fair Swim Club
April 17 – 19, 2009
Sanction # GULC 09-004**

LOCATION:

Fleet Aquatic Center at 14654 Spring Cypress Road in between Telge Rd. and Louetta. See attached map.

COACHES:

Clayton Cagle, Head Coach
Allen Salinas, Head Age Group Coach
Lindsie Micko Senior Team Coach
Erik Andrews Junior Team Coach
Chris Waid Gold Team Coach
Matt Hone Assistant Coach

POOL:

Ten (10) lane, 50 Meter, outdoor pool with non-turbulent lane lines.

WARM-UP / WARM-DOWN LANE:

During the meet, lanes 1-9 will be designated as competition lanes, and lane 10, separated by double lane ropes, will be the designated WU/WD lane. Due to Chase Starts, swimmers using the WU/WD lane must enter and exit the lane at the 25 m mark. Swimmers are also required to observe proper etiquette before entering the pool (a passing heat has the right of way, so always wait until the heat passes before you enter the pool, feet first). Lingering in the lane or playing will not be permitted. A safety marshal will be assigned to monitor the WU/WD lane and enforce these rules throughout the meet. The Safety Marshal has the authority to remove from the WU/WD lane any swimmer who does not comply with these rules. The Meet Referee may exercise additional adjudication authority as necessary.

Split Warm Ups will be in effect for this Meet. Visit www.gulfswimming.org for assignments.

TIME AND DATE: This is a Timed Finals meet. We will be utilizing chase starts - girls and boys will swim alternating heats with girls starting from one end and boys starting from the other end.

Friday April 17th	Warm Ups start 5:00 PM	Meet starts 6:30 PM
Saturday April 18st		
Morning Session (13 & Overs)	Warm Ups start 7:30 AM	Meet starts 9:00 AM
Afternoon Session (12 & Unders)	Warm Ups start 12:00 PM	Meet starts 1:00 PM
Sunday April 19th		
Morning Session (13 & Overs)	Warm Ups start 7:30 AM	Meet starts 9:00 AM
Afternoon Session (12 & Unders)	Warm Ups start 12:00 PM	Meet starts 1:00 PM

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

Lane assignments for split warm-ups and timing assignments will be designated in the meet program & posted on the Gulf web page three days before the meet. Please check the Gulf web page (www.gulfswimming.org) for warm up times and lane assignments.

MEET FORMAT:

Timed final events, open meet. Girls and boys will swim alternating heats with girls starting from one end and boys starting from the other end (chase starts).

REFEREE:

Rick Tobin

tobinrc@comcast.net

Phone: 281-550-7275

MEET DIRECTORS:

Scott Scofield

coachscfield@gmail.com

Phone: 281-376-2372

SAFETY MARSHALL:

Tom McNulty

Phone: 281-376-2372

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 rule

CHECK-IN:

All swimmers must check in each day with the Clerk of Course for all events by Circling In. All swimmers must circle-in on the official posted heat 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 fine of \$5.00 payable to Gulf Administrative Vice Chairman, Herb Schwab, for each event in which he/she fails to appear.

ON-DECK ENTRIES:

1. Those swimmers missing the 6:00 PM Friday deadline may enter the meet On Deck in the following manner:
2. Swimmers must pay double the entry fee at the time of entry.
3. Swimmers must supply completed entry cards entered at the swimmers' best times. The swimmers will be seeded into the events according to their best times.
4. Swimmers must enter all events for the day thirty (30) minutes prior to the start of the day's first event.
5. Swimmers must be qualified to swim the event entered.
6. Swimmers must not exceed the allotted number of events allowed each day.
7. 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 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). If swimmers have never competed in a USA Swimming meet, put NT (no time) where a seed time is requested.

Qualifying Times:

None – this is an Open meet. There are no qualifying or Cut Off times.

Age:

As of April 17, 2009

Number of Events:

Swimmers may participate in up to three (3) individual events per day.

Deadline:

Entries must be in the hands of the Meet Entry Chairman, Scott Scofield no later than 6:00 p.m. on Friday, April 10, 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:

Scott Scofield
14654 Spring Cypress Rd.
Cypress, Texas 77429 (281-376-2372)

Email entries to coachscotland@gmail.com

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:

CFSC, ALAC, BRAZ, BTA, CSC, DADS, ETEX, KATY, LJAC, MAC, NCAT, NOCH, OWLS, PACK, RICE, TTST., WHAT

Fees:

Four Dollars (\$4.00) per Individual Event. Make checks payable to CFSC. Entry fees must accompany entries if delivered by any other method other than email.

AWARDS:

Individual events: Ribbons 1st – 8th

SCORING:

Individual Events: 9-7-6-5-4-3-2-1

RULES AND SANCTIONS:

The 2008-09 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 "B" teams are not eligible to swim at this meet. The three (3) event rule and up/down rule do not apply.*

POOL MEASUREMENT:

The competition course has been certified in accordance with USA Swimming Rules 104.2.2C(4). The copy of such certification is on file with USA Swimming.

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 heat sheet and on the Fleet and Gulf web sites. Timing sign up sheets will be posted each day of the meet. Swimmers in the 10 & Un, 11-12 and 13& Over 400 Freestyle must provide 2 timers.

POOL DECK RESTRICTION:

Because of U.S.A. 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 U.S.A. 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:

A full concessions, including breakfast and grilled items, will be available during the meet.

HOSPITALITY:

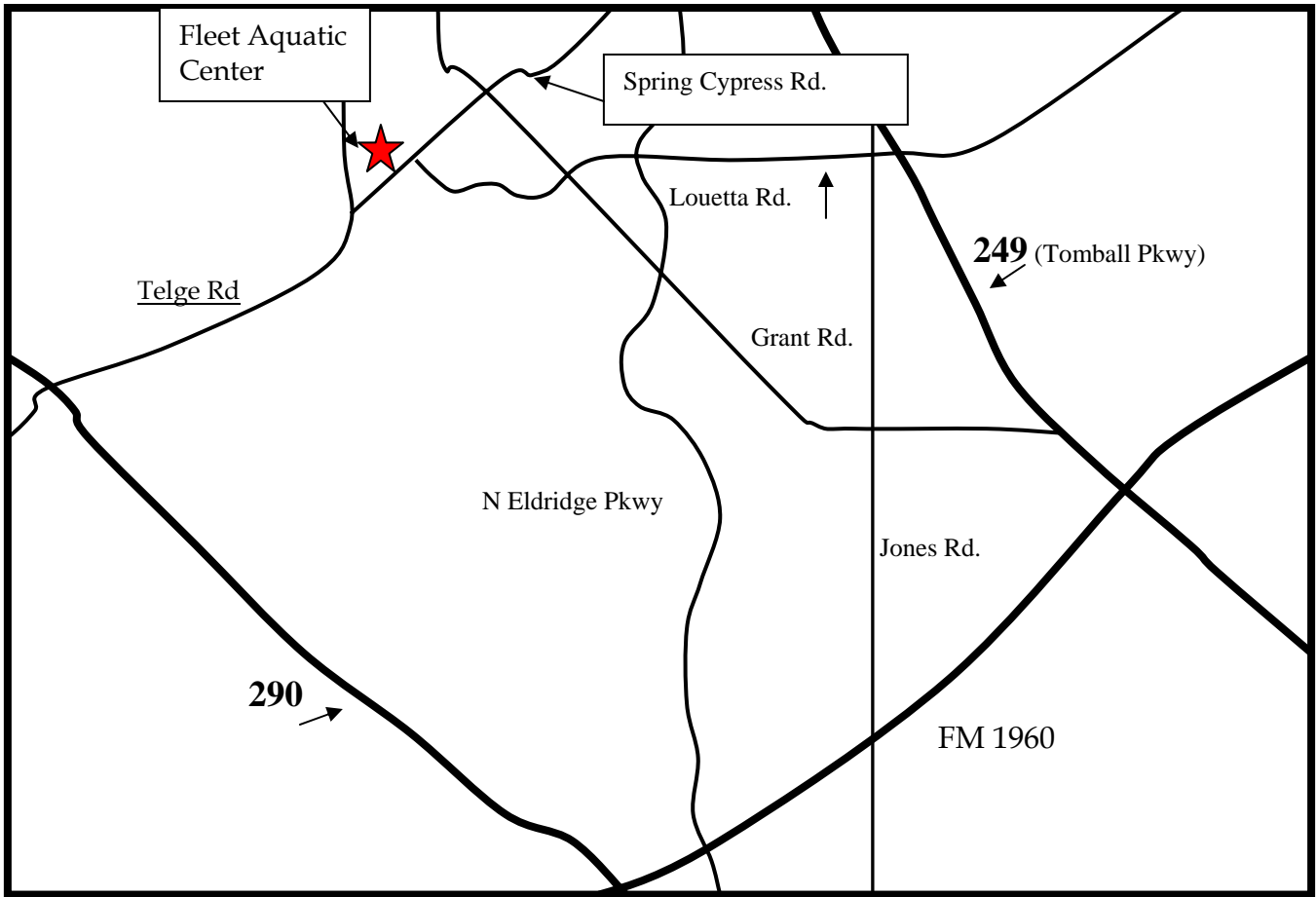
A Hospitality room will be available for Coaches and Officials.

RETAIL:

Retail store will be at the meet on Friday, Saturday and Sunday.

MEET RESULTS:

Meet results will be submitted for posting on the Gulf Swimming Web Page (www.gulfswimming.org) within three days after the meet.



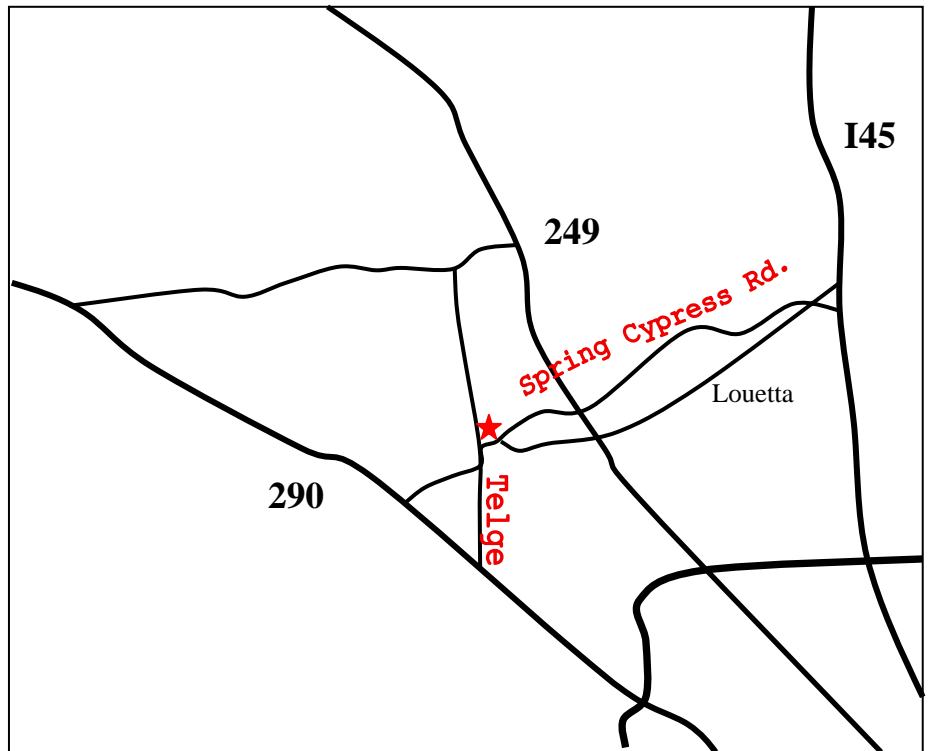
Fleet Aquatic Center

14654 Spring Cypress Rd.

From 290, come to the Telge Rd. exit. Head north on Telge past several lights. When you come to the second Telge and Spring Cypress stop light, take right and cross over Little Cypress Creek and head 0.3 miles down Spring Cypress to drive on left with Fleet sign.

From 249 either take Louetta exit, head west, go past Grant Rd. to where Louetta dead ends at Spring Cypress and take a left. Go down and pool will soon be on your right. Or take Spring Cypress, past Grant and look for Fleet sign on your right.

From 1960, go west to 249 & take a right to head north. Get off Grant Rd. Take a left and go west. Go past Jones, Eldridge Pkwy and Louetta. Take a left at Spring Cypress stop sign. Pool will be shortly on right. Look for sign.





**2009 LC April Open hosted by CFSC April 17 – 19, 2009
at the Fleet Aquatic Center
14654 Spring Cypress Road, Cypress, Texas**



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 - \$4.00

ONLY GULF GROUP "A" TEAMS:
CFSC, ALAC, BRAZ, BTA, CSC, DADS, ETEX, KATY, LJAC, MAC, NCAT, NOCH, OWLS, PACK RICE, TTST, WHAT
We will be utilizing chase starts - girls and boys will swim alternating heats with girls starting from one end and boys starting from the other end.

Girls Event #	Friday April 17TH – 5:00 Warm Ups, Meet starts 6:30 PM			Boys Event #
1	11-12	200	I.M.	2
3	13 & Over	400	I.M.*	4
5	11-12	400	Free*	6
7	13 & Over	400	Free*	8

Please make sure to verify your warm up times at www.gulfswimming.org before the meet.

Girls Event #	Sat AM April 18th – 7:30 Warm Ups, Meet Starts 9:00 AM			Boys Event #	Girls Event #	Sun AM April 19 – 7:30 Warm Ups, Meet Starts 9:00 AM			Boys Event #
9	15 & Over	100	Back	10	51	15 & Over	100	Breast	52
11	13-14	100	Back	12	53	13-14	100	Breast	54
13	15 & Over	200	Breast	14	55	15 & Over	50	Free	56
15	13-14	200	Breast	16	57	13-14	50	Free	58
17	15 & Over	100	Free	18	59	15 & Over	200	Fly	60
19	13-14	100	Free	20	61	13-14	200	Fly	62
21	15 & Over	100	Fly	22	63	15 & Over	200	Back	64
23	13-14	100	Fly	24	65	13-14	200	Back	66
25	15 & Over	200	I.M.	26	67	15 & Over	200	Free	68
27	13-14	200	I.M.	28	69	13-14	200	Free	70

If the morning session on either day runs past the start time for the afternoon session warm ups, warm ups for the afternoon session will start immediately after the morning session is over. The meet will start NO SOONER than one hour after the conclusion of the morning events or 1:00 PM, whichever is later.

Girls Event #	Sat PM April 18th –12:00 Warm Ups, Meet starts 1:00 PM			Boys Event #	Girls Event #	Sun PM April 19th –12:00 Warm Ups, Meet starts 1:00 PM			Boys Event #
29	11-12	200	Back	30	71	11-12	200	Breast	72
31	10 & Under	100	Back	32	73	10 & Under	100	Breast	74
33	11-12	50	Breast	34	75	11-12	50	Free	76
35	10 & Under	50	Breast	36	77	10 & Under	50	Free	78
37	11-12	100	Free	38	79	11-12	100	Fly	80
39	10 & Under	100	Free	40	81	10 & Under	100	Fly	82
41	11-12	50	Fly	42	83	11-12	50	Back	84
43	10 & Under	50	Fly	44	85	10 & Under	50	Back	86
45	11-12	200	Fly	46	87	11-12	200	Free	88
47	10 & Under	200	I.M.	48	89	10 & Under	200	Free	90
49	11-12	100	Back	50	91	11-12	100	Breast	92
					93	10 & Under	400	Free*	94

*The 400 IM and 400 Freestyle will be swum fastest to slowest, alternating girls and boys heats. For the 13/14 and 15 & Over age groups, the events will be combined and scored separately. Swimmers in the 10 & Un, 11-12 and 13& Over 400 Freestyle must provide 2 timers.

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

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.) **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 1. 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

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.