

**Gulf LSC All Star Q Meet**  
**HOSTED BY**  
**Premier Aquatics Club**  
**Timed Finals**  
**October 20<sup>th</sup> and 21<sup>st</sup>, 2007**  
**SANCTION # GUSC 08-007**

**LOCATION:** Tomball High School Natatorium  
13946 Zion Rd  
Tomball, TX 77375

Directions: Take Tomball Parkway (SH 249) to Zion Road. Stay on Zion Rd. for 0.6 Miles. Natatorium will be on left hand side (map included with invitation).

**COACHES:** **Michael McCauley** Head Coach  
**Shane McCauley** Head Age Group Coach

**POOL:** Eight lane, 25 yard indoor pool with non-turbulent lane lines with separate bulkhead warmdown facilities. Due to limited seating for parents, a 30x50 tent will be set up outside the Natatorium for parents and viewers. Please be courteous of other parents and viewers and use the tent when your swimmer is not in the water. We also ask that no swimmers be seated in the viewing area. There will be plenty of seating available for the swimmers on the pool deck.

**TIME AND DATE:** This is a timed-finals meet on Saturday and Sunday October 20<sup>th</sup> and 21<sup>st</sup>. 2007  
**Session 1 - Saturday AM** warm-up at 7:30 a.m., meet starts at 9:00 a.m. (TIMED FINAL EVENTS).  
**Session 2 - Saturday PM** warm-up at 3:30 p.m., meet starts at 5:00 p.m. (TIMED FINAL EVENTS). The first event of the Saturday PM session will not start before 2 hours from the completion of the last event of the Saturday AM session.  
**Session 3 - Sunday AM** warm-up 8:30 a.m., meet starts at 10:00 a.m.  
Split warm-ups will be in effect on Saturday and Sunday, with assignments posted on the Gulf Swimming web site.  
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.

**MEET TYPE:** This meet will be run utilizing the "Flyover Starts" procedures unless a waiver is received from the Technical Planning Committee Chairman. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the "Flyover Start" procedures.

**MEET REFEREE:** Jay Cookingham email: jaycooker@sbcglobal.net

**MEET DIRECTOR:** Kevin Little, Phone: 281-257-2742, E-mail: Kevin.Little@dhl.com

**SAFETY MARSHAL:** Frank Patterson

**SAFETY GUIDELINES AND WARM-UP PROCEDURES:** See attached 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. (*Check-in normally means circling the swimmers numbered position which is next to the swimmer's name 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, for each event in which he/she fails to appear.

**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). If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested.

**Qualifying Times:** Swimmers must be qualified to swim the events entered. Qualifying times are USAS Motivational “A” times standard times and are included with this invitation. Swimmers wishing to apply to be on the Gulf LSC All Star team must compete in this qualifying meet. This is the only qualifying meet which determines the make-up of the Gulf LSC All Star Team.

**Age:** 11 years old on or by November 10, 2007.

**Number of Events:** Swimmers may compete in up to 5 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, October 12<sup>th</sup>, 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:

Kevin Little  
17723 Moss Point Drive, Spring, TX 77379  
281-257-2742  
Kevin.Little@dhl.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:** Only Gulf registered teams and swimmers

**Fees:** \$3.75 per Individual Event. Make checks payable to **Premier Aquatics Club**. Entry fees must accompany entries, if delivered by any method other than email.

**AWARDS:** Individual events: ribbons 1st - 8th place.

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

**RULES AND SANCTIONS:** The 2007-08 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 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 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 500 free must provide 2 timers and a 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.

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 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.



## LSC All Star Q Meet

### Entry rules

|                                  |                                     |
|----------------------------------|-------------------------------------|
| Type of Meet                     | Timed Finals                        |
| Max # individual events per day  | Five (5)                            |
| Swimmers eligible                | Gulf Only                           |
| Entry times in                   | SCY/SCM/LCM                         |
| Qualifying times                 | USAS Motivational "A" time standard |
| Cut-off times                    | None                                |
| Enter with no times?             | Yes                                 |
| Gulf "three event" rule applies? | Yes                                 |
| Gulf "up/down" rule applies?     | Yes                                 |
| Fees                             | Individual - \$3.75                 |

### Saturday AM Session

Warm-ups: 7:30 AM

Starts: 9:00 AM

### LSC All Star Q Meet

|                        |         | Qualifying times |       | Saturday AM,<br>October 20, 2007          |      | Qualifying times |         |         |  |
|------------------------|---------|------------------|-------|---|------|------------------|---------|---------|--|
| LCM                    | SCM     | SCY              | Girls | Age/Event                                 | Boys | SCY              | SCM     | LCY     |  |
|                        |         |                  |       | <b>13&amp;Under 400 IM** (Boys Only)</b>  | 1    | 5:02.39          | 5:34.19 | 5:46.19 |  |
|                        |         |                  |       | <b>14&amp;Under 400 IM** (Boys Only)</b>  | 2    | 5:02.39          | 5:34.19 | 5:46.19 |  |
| 33.69                  | 32.89   | 29.79            | 3     | <b>11 &amp; Under 50 Free</b>             | 4    | 28.59            | 31.59   | 32.99   |  |
| 33.69                  | 32.89   | 29.79            | 5     | <b>12 &amp; Under 50 Free</b>             | 6    | 28.59            | 31.59   | 32.99   |  |
| 32.79                  | 31.69   | 28.69            | 7     | <b>13 &amp; Under 50 Free</b>             | 8    | 26.59            | 29.39   | 30.59   |  |
| 32.79                  | 31.69   | 28.69            | 9     | <b>14 &amp; Under 50 Free</b>             | 10   | 26.59            | 29.39   | 30.59   |  |
| 1:33.79                | 1:30.79 | 1:22.19          | 11    | <b>11 &amp; Under 100 Breast</b>          | 12   | 1:21.09          | 1:29.59 | 1:33.59 |  |
| 1:33.79                | 1:30.79 | 1:22.19          | 13    | <b>12 &amp; Under 100 Breast</b>          | 14   | 1:21.09          | 1:29.59 | 1:33.59 |  |
| 3:11.99                | 3:05.69 | 2:47.99          | 15    | <b>13 &amp; Under 200 Breast</b>          | 16   | 2:36.29          | 2:52.69 | 3:02.39 |  |
| 3:11.99                | 3:05.69 | 2:47.99          | 17    | <b>14 &amp; Under 200 Breast</b>          | 18   | 2:36.29          | 2:52.69 | 3:02.39 |  |
| 1:26.29                | 1:22.79 | 1:14.89          | 19    | <b>11 &amp; Under 100 Back</b>            | 20   | 1:12.29          | 1:19.89 | 1:23.59 |  |
| 1:26.29                | 1:22.79 | 1:14.89          | 21    | <b>12 &amp; Under 100 Back</b>            | 22   | 1:12.29          | 1:19.89 | 1:23.59 |  |
| 2:51.39                | 2:42.79 | 2:27.29          | 23    | <b>13 &amp; Under 200 Back</b>            | 24   | 2:19.49          | 2:34.19 | 2:41.59 |  |
| 2:51.39                | 2:42.79 | 2:27.29          | 25    | <b>14 &amp; Under 200 Back</b>            | 26   | 2:19.49          | 2:34.19 | 2:41.59 |  |
| <b>10 Minute Break</b> |         |                  |       |   |      |                  |         |         |  |
| 5:32.39                | 5:23.19 | 6:09.29          | 27    | <b>11&amp;Under 500 Free*(Girls Only)</b> |      |                  |         |         |  |
| 5:32.39                | 5:23.19 | 6:09.29          | 28    | <b>12&amp;Under 500 Free* Girls Only)</b> |      |                  |         |         |  |
| 5:16.59                | 5:08.89 | 5:52.99          | 29    | <b>13&amp;Under 500 Free* Girls Only)</b> |      |                  |         |         |  |
| 5:16.59                | 5:08.89 | 5:52.99          | 30    | <b>14&amp;Under 500 Free* Girls Only)</b> |      |                  |         |         |  |

Events are NOT combined

\*\* The 400 I.M. will be swum fastest to slowest

\* The 500 Free will be swum fastest to slowest, and the swimmers must provide their own timers and lap counters.

**Note:** Enter each event using the swimmer's age as of October 20, 2007. However, the swimmer's age as of November 10, 2007 shall determine their age classification for the Texas LSC All Star Meet. In order to be eligible to compete in the Texas LSC All Star Meet, swimmers MUST compete in the age-appropriate events at this meet using their age as of the date of the Texas LSC All Star Meet [For example, if a swimmer is 12 years old on October 20, 2007, but ages up to 13 years old before the Texas All Star Meet on November 10, 2007, then enter the events for the 13 & under swimmers.

The age groups for this Qualifying Meet are 11 & Under, 12 & Under, 13 & Under, and 14 & Under.

Age requirement: All swimmers must be 11 years old on or by November 10, 2007

Swimmers wishing to apply to be on the Gulf LSC All Star team must compete in this meet. This is the only qualifying meet which determines the make-up of the Gulf LSC All Star Team.

Due to limited seating for parents, a 30x50 tent will be set up outside the Natatorium for parents and viewers. Please be courteous of other parents and viewers and use the tent when your swimmer is not in the water. We also ask that no swimmers be seated in the viewing area. There will be plenty of seating available for the swimmers on the pool deck.



**Saturday PM Session**  
**Warm-up: 3:30 PM**  
**Start: 5:00 PM**  
**LSC All Star Q Meet**

|         |         | Qualifying times |       | Saturday PM<br>October 20, 2007 |      | Qualifying times |         |         |
|---------|---------|------------------|-------|---------------------------------|------|------------------|---------|---------|
| LCM     | SCM     | SCY              | Girls | Age/ Event                      | Boys | SCY              | SCM     | LCM     |
| 6:02.29 | 5:53.19 | 5:19.59          | 31    | 13&Under 400 IM**(Girls Only)   |      |                  |         |         |
| 6:02.29 | 5:53.19 | 5:19.59          | 32    | 14&Under 400 IM** (Girls Only)  |      |                  |         |         |
| 1:14.09 | 1:09.69 | 1:03.09          | 33    | 11&Under 100 Free               | 34   | 1:02.89          | 1:09.49 | 1:11.59 |
| 1:14.09 | 1:09.69 | 1:03.09          | 35    | 12&Under 100 Free               | 36   | 1:02.89          | 1:09.49 | 1:11.59 |
| 1:11.09 | 1:08.79 | 1:02.19          | 37    | 13&Under 100 Free               | 38   | 57.99            | 1:04.09 | 1:06.59 |
| 1:11.09 | 1:08.79 | 1:02.19          | 39    | 14&Under 100 Free               | 40   | 57.99            | 1:04.09 | 1:06.59 |
| 3:00.19 | 2:55.19 | 2:38.59          | 41    | 11&Under 200 IM                 | 42   | 2:35.89          | 2:52.29 | 2:58.09 |
| 3:00.19 | 2:55.19 | 2:38.59          | 43    | 12&Under 200 IM                 | 44   | 2:35.89          | 2:52.29 | 2:58.09 |
|         |         |                  |       | 10 Minute Break                 |      |                  |         |         |
| 39.19   | 37.89   | 34.29            | 45    | 11&Under 50 Back                | 46   | 33.69            | 37.29   | 38.79   |
| 39.19   | 37.89   | 34.29            | 47    | 12&Under 50 Back                | 48   | 33.69            | 37.29   | 38.79   |
| 1:20.09 | 1:15.89 | 1:08.69          | 49    | 13&Under 100 Back               | 50   | 1:04.89          | 1:11.69 | 1:15.09 |
| 1:20.09 | 1:15.89 | 1:08.69          | 51    | 14&Under 100 Back               | 52   | 1:04.89          | 1:11.69 | 1:15.09 |
| 36.59   | 36.09   | 32.69            | 53    | 11&Under 50 Fly                 | 54   | 32.39            | 35.79   | 36.59   |
| 36.59   | 36.09   | 32.69            | 55    | 12&Under 50 Fly                 | 56   | 32.39            | 35.79   | 36.59   |
| 1:17.29 | 1:15.19 | 1:08.09          | 57    | 13&Under 100 Fly                | 58   | 1:03.39          | 1:10.09 | 1:11.99 |
| 1:17.29 | 1:15.19 | 1:08.09          | 59    | 14&Under 100 Fly                | 60   | 1:03.39          | 1:10.09 | 1:11.99 |
|         |         |                  |       | 10 Minute Break                 |      |                  |         |         |
|         |         |                  |       | 11&Under 500 Free* (Boys Only)  | 61   | 6:04.69          | 5:19.19 | 5:29.19 |
|         |         |                  |       | 12&Under 500 Free*(Boys Only)   | 62   | 6:04.69          | 5:19.19 | 5:29.19 |
|         |         |                  |       | 13&Under 500 Free*(Boys Only)   | 63   | 5:39.39          | 4:56.99 | 5:05.59 |
|         |         |                  |       | 14&Under 500 Free*(Boys Only)   | 64   | 5:39.39          | 4:56.99 | 5:05.59 |

The first event of the Saturday PM Session will not start before 2 hours from the completion of the last event of the Saturday AM Session.

\*\*The 400 IM will be swum fastest to slowest

\* The 500 free will be swum fastest to slowest, and the swimmers must provide their own timers and lap counters.

**Note:** Enter each event using the swimmer's age as of October 20, 2007. However, the swimmer's age as of November 10, 2007 shall determine their age classification for the Texas LSC All Star Meet. In order to be eligible to compete in the Texas LSC All Star Meet, swimmers MUST compete in the age-appropriate events at this meet using their age as of the date of the Texas LSC All Star Meet [For example, if a swimmer is 12 years old on October 20, 2007, but ages up to 13 years old before the Texas All Star Meet on November 10, 2007, then enter the events for the 13 & under swimmers.

The age groups for this Qualifying Meet are 11 & Under, 12 & Under, 13 & Under, and 14 & Under. Age requirement: All swimmers must be 11 years old on or by November 10, 2007

Swimmers wishing to apply to be on the Gulf LSC All Star team must compete in this meet. This is the only qualifying meet which determines the make-up of the Gulf LSC All Star Team.

Due to limited seating for parents, a 30x50 tent will be set up outside the Natatorium for parents and viewers. Please be courteous of other parents and viewers and use the tent when your swimmer is not in the water. We also ask that no swimmers be seated in the viewing area. There will be plenty of seating available for the swimmers on the pool deck.



**Sunday AM Session**

**Warm-up: 8:30 AM**

**Start: 10:00 AM**

**LSC All Star Q Meet**

|         |         | Qualifying times | Sunday AM<br>October 21, 2007 |                                |      | Qualifying Times |         |         |
|---------|---------|------------------|-------------------------------|--------------------------------|------|------------------|---------|---------|
| LCM     | SCM     | SCY              | Girls                         | Age/Event                      | Boys | SCY              | SCM     | LCM     |
| 2:39.19 | 2:34.89 | 2:20.19          | 65                            | <b>11&amp;Under 200 Free</b>   | 66   | 2:16.59          | 2:30.89 | 2:35.69 |
| 2:39.19 | 2:34.89 | 2:20.19          | 67                            | <b>12&amp;Under 200 Free</b>   | 68   | 2:16.59          | 2:30.89 | 2:35.69 |
| 2:32.59 | 2:28.29 | 2:14.19          | 69                            | <b>13&amp;Under 200 Free</b>   | 70   | 2:05.79          | 2:18.99 | 2:24.99 |
| 2:32.59 | 2:28.29 | 2:14.19          | 71                            | <b>14&amp;Under 200 Free</b>   | 72   | 2:05.79          | 2:18.99 | 2:24.99 |
|         | 1:21.89 | 1:14.09          | 73                            | <b>11&amp;Under 100 IM</b>     | 74   | 1:12.19          | 1:19.69 |         |
|         | 1:21.89 | 1:14.09          | 75                            | <b>12&amp;Under 100 IM</b>     | 76   | 1:12.19          | 1:19.69 |         |
| 2:52.39 | 2:47.19 | 2:31.29          | 77                            | <b>13&amp;Under 200 IM</b>     | 78   | 2:21.89          | 2:36.69 | 2:42.79 |
| 2:52.39 | 2:47.19 | 2:31.29          | 79                            | <b>14&amp;Under 200 IM</b>     | 80   | 2:21.89          | 2:36.69 | 2:42.79 |
| 42.09   | 41.99   | 37.99            | 81                            | <b>11&amp;Under 50 Breast</b>  | 82   | 37.59            | 41.49   | 43.09   |
| 42.09   | 41.99   | 37.99            | 83                            | <b>12&amp;Under 50 Breast</b>  | 84   | 37.59            | 41.49   | 43.09   |
| 1:29.09 | 1:26.19 | 1:17.99          | 85                            | <b>13&amp;Under 100 Breast</b> | 86   | 1:12.29          | 1:19.89 | 1:23.59 |
| 1:29.09 | 1:26.19 | 1:17.99          | 87                            | <b>14&amp;Under 100 Breast</b> | 88   | 1:12.29          | 1:19.89 | 1:23.59 |
| 1:22.89 | 1:21.29 | 1:13.59          | 89                            | <b>11&amp;Under 100 Fly</b>    | 90   | 1:12.19          | 1:19.79 | 1:22.09 |
| 1:22.89 | 1:21.29 | 1:13.59          | 91                            | <b>12&amp;Under 100 Fly</b>    | 92   | 1:12.19          | 1:19.79 | 1:22.09 |
| 2:49.49 | 2:44.19 | 2:28.59          | 93                            | <b>13&amp;Under 200 Fly</b>    | 94   | 2:20.79          | 2:35.59 | 2:39.89 |
| 2:49.49 | 2:44.19 | 2:28.59          | 95                            | <b>14&amp;Under 200 Fly</b>    | 96   | 2:20.79          | 2:35.59 | 2:39.89 |

**Note:** Enter each event using the swimmer's age as of October 20, 2007. However, the swimmer's age as of November 10, 2007 shall determine their age classification for the Texas LSC All Star Meet. In order to be eligible to compete in the Texas LSC All Star Meet, swimmers MUST compete in the age-appropriate events at this meet using their age as of the date of the Texas LSC All Star Meet [For example, if a swimmer is 12 years old on October 20, 2007, but ages up to 13 years old before the Texas All Star Meet on November 10, 2007, then enter the events for the 13 & under swimmers.

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SAFETY GUIDELINES AND WARM-UP PROCEDURES  
APPENDIX G

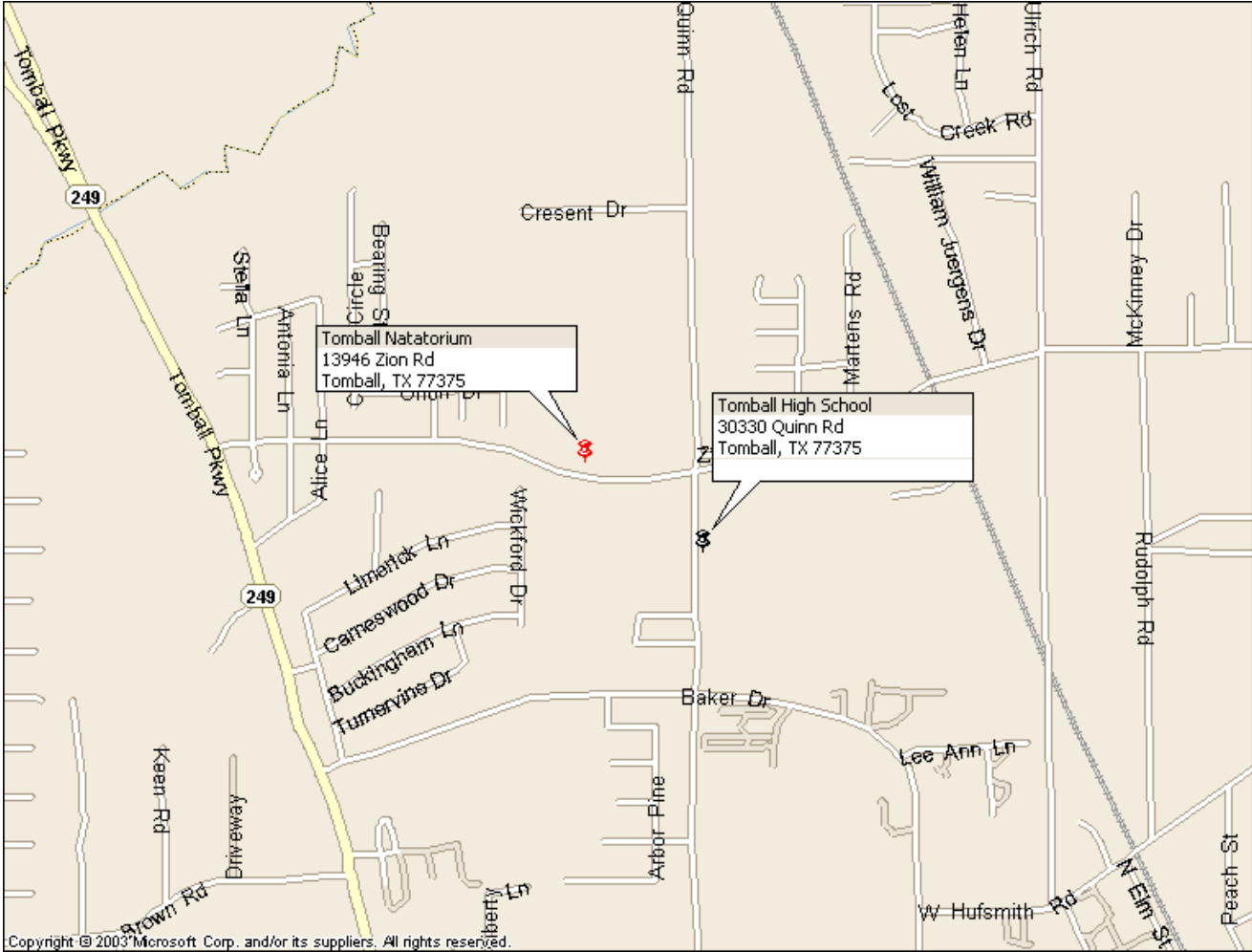
**WARM-UP PROCEDURES**

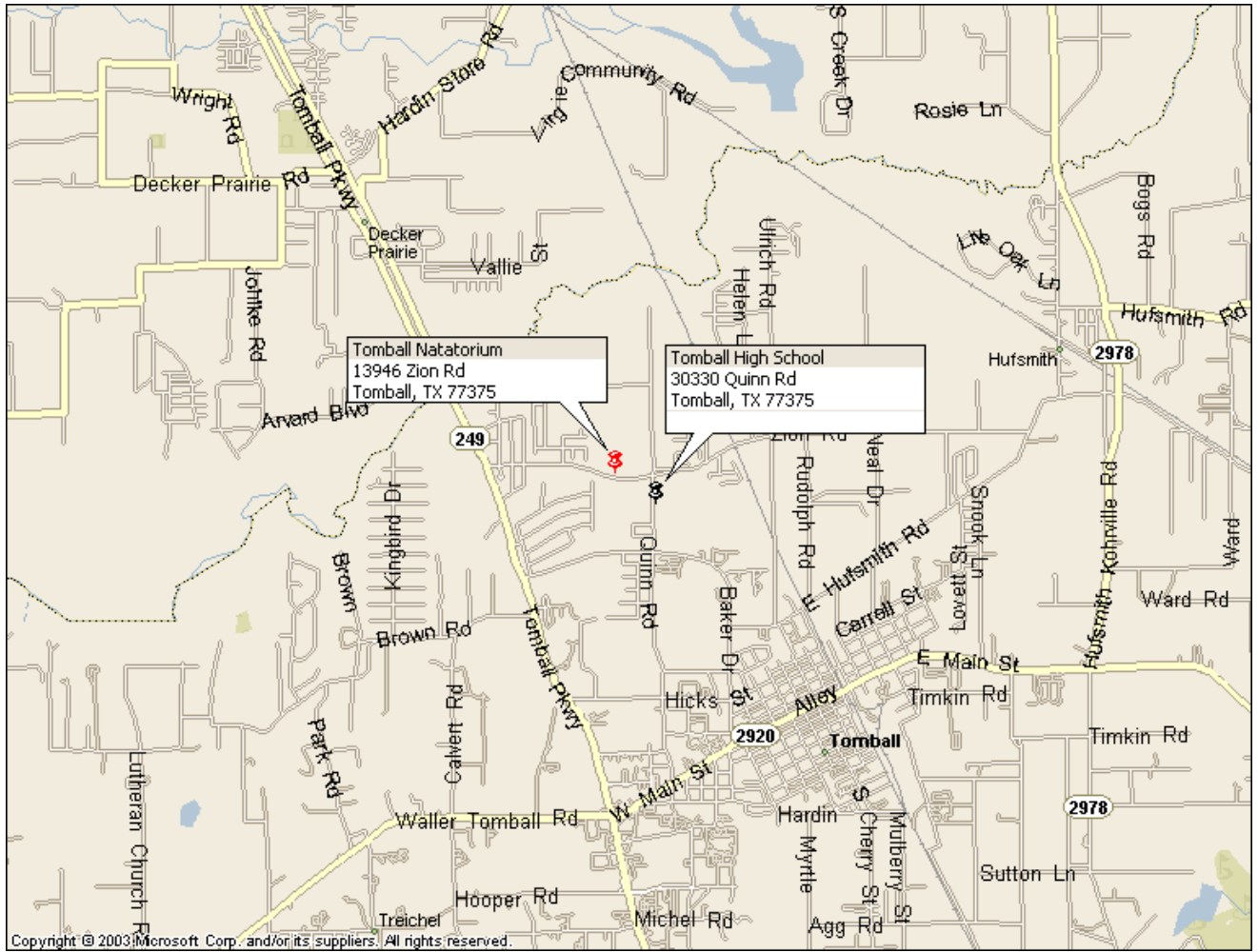
- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
  - 2. **NO SPRINTING OR PACE WORK** 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





Tomball Natatorium  
13946 Zion Rd  
Tomball, TX 77375

Tomball High School  
30330 Quinn Rd  
Tomball, TX 77375



*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.

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Signature

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Title

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Date



