

**Gulf Group C 11 & Up Open Meet**  
**A SHORT COURSE YARDS TIMED FINALS MEET**

Hosted By

**THE WOODLANDS SWIM TEAM**

**October 5 - 7, 2007**

**Sanction No. GUSC 08-003**

- 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. Parking for the swim meet is in the Grogan's Mill Shopping Center parking lot, a short walking distance from the Athletic Center. 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 Coach: Brad Radford
- POOL:** 25 yard, 9 lane outdoor competitive 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 pool will be off limits to all swimmers. In the event of inclement weather and at the discretion of the meet referee, the meet may be moved to the indoor 6 lane 25 yard pool. Awarded positions will remain as specified in this invite.
- TIME & DATE:** This is a timed-finals meet.
- |                                   |            |                    |                        |
|-----------------------------------|------------|--------------------|------------------------|
| Friday, October 5 <sup>th</sup>   | Session #1 | Warm-up: 5:00 p.m. | Meet Starts: 6:30 p.m. |
| Saturday, October 6 <sup>th</sup> | Session #2 | Warm-up: 7:30 a.m. | Meet starts: 9:00 a.m. |
| Sunday, October 7 <sup>th</sup>   | Session #3 | Warm-up: 7:30 a.m. | Meet starts: 9:00 a.m. |
- Split warm-ups will be in effect Saturday and Sunday, open warm-up will be in effect Friday. Lane assignments and starting times for warm-ups and lane timing will be designated in the psych sheet and posted on the Gulf Swimming website at least three days prior to the start of the meet.
- FLYOVER STARTS:** This meet will be run using the "Flyover Start" 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 OFFICIALS:**
- Referee:** John Leneave email: [swimkids@consolidated.net](mailto:swimkids@consolidated.net)
- Meet Director:** Eric Amundsen (281) 681-9430 email: [eamundsen@comcast.net](mailto:eamundsen@comcast.net)  
Pat Norris (713) 817-2319 email: [patnorris@consolidated.net](mailto:patnorris@consolidated.net)
- Safety Marshal:** Heidi Allen, Connie and Steve Trotter
- SAFETY GUIDELINES AND WARM-UP PROCEDURES:** See attached Safety Guidelines and Warm-up Procedures.
- SEEDING:** The meet will be a deck-seeded meet. Coaches, please inform your swimmers of seeding on deck rules.
- CHECK-IN:** All swimmers must check in each day with the Clerk of Course for all of the day's events. After the events are officially closed, no one may check in or scratch. Swimmers in the first event of the day must check in 45 minutes prior to the meet starting time. Swimmers in other events must check in 45 minutes prior to the event. 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.

Properly completed **relay cards** must be turned in to the clerk of course by 10:00 a.m. unless changed during the coaches meeting of that day's session. Relay cards not received by the deadline will be considered scratches.

**ON-DECK ENTRIES:** Late entries will be accepted each day up to 30 minutes before the start of the meet. Those swimmers missing the 6:00 p.m. Friday, September 28, 2007 entry deadline may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee. (\$7.50 for individual events).
2. Swimmers must supply completed entry forms entered at the swimmers' best times. The swimmers entered on deck 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 a 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. Entry times should not be converted by the entrant – they will be converted to the proper course by the host team using the default conversions in Hy-Tek. If entries are made by paper (not using Hy-Tek), swimmers should indicate on their entry the course at which the entry time was made (i.e., Y, S, or L). If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested. Entry times must be from USA Swimming Meets.

#### **Cut-off Times/Qualifying**

**Times** None

**Age:** 11&Up as of October 5, 2007

#### **Number of events:**

Swimmers may compete in three (3) individual events per day. Note: The 1000 Freestyle does not count as one of the three events per day.

**Deadline:** Entries must be in the hands of the Entries Director no later than 6:00 p.m., Friday, September 28, 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.

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Mail completed entry forms to:  
Scott Meyers  
34 N. Provence Circle  
The Woodlands, TX 77382  
Meyers\_family5@sbcglobal.net  
(281) 296-2232

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

enclosed entry form.

For teams submitting their entries by email, you must zip the commlink file before attaching to the email. The print out of the team's entries, entry verification and payment of entry fees must be postmarked no later than 24 hours after the entry deadline as stated in the Meet Invitation.

**Eligible  
Teams:**

Swimmers from the following teams are eligible to enter this meet: Group C – BRAZ, CFSC, ESA, ETEX, LJAC, LSST, NCAT, OWLS, PACK, RICE, TWST, TYES

**Fees:**

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

**AWARDS:**

Individual events - ribbons, 1st through 9th place. Relay events – ribbons 1<sup>st</sup> – 3<sup>rd</sup> place

**SCORING:**

Individual events: 10-8-7-6-5-4-3-2-1 (1st thru 9th place for individual events).  
Relay events: 20-16-14-12-10-8-6-4-2 (1<sup>st</sup> thru 9<sup>th</sup> place for relays).  
Individual and relay events will be combined and scored separately in single age brackets as follows: 11-12, 13-14, 15 & Over

**RULES &  
SANCTIONS:**

The meet will be held under the sanction of USA Swimming and Gulf Swimming. The 2007 - 2008 USA Swimming and Gulf Swimming rules will apply. No entries can be accepted unless the entrant is either USA Swimming registered or certified by USA Swimming. The three (3) event rule and up down rule do not apply to this meet. Zone A & B teams are not eligible to swim at this meet.

**TIMING SYSTEM:**

The Colorado Model 5000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the psych sheet. Swimmers in the 1000 Freestyle 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 sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive complimentary Psych/Heat Sheets and for admission to the Hospitality Room.

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

**PROOF OF TIME:**

Any swimmer that cannot prove that he/she was eligible to swim an event will be fined \$20.00 for each event he/she fails to prove. The fine or proof of time is sent to the Administrative Vice-Chairman, 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 concession stand will be open during the meet.

**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 website at: <http://www.gulfswimming.org> and at the TWST website at [www.woodlandsswimming.org](http://www.woodlandsswimming.org) three days after the final day of the meet.

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**Gulf Group C 11 & Up Open SCY Meet**  
**Hosted by The Woodlands Swim Team**  
**Friday, October 5<sup>th</sup> – Sunday October 7<sup>th</sup>, 2007**

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Entry Rules:	Type of meet Max # individual events per day <b>The 1000 Freestyle does not count as one of the three individual events per day</b> Swimmers eligible from the following teams:	Timed Finals Three (3)  Group C: BRAZ, CFSC, ESA, ETEX, LJAC, LSST, NCAT, OWLS, PACK, RICE, TWST, TYES SCY, SCM, LCM
	Entry times in Qualifying times Cut-off times Enter with "no time"? Gulf "three event rule" applies? Gulf "up/down rule" applies? Fees	None None Yes Does not apply Does not apply Individual \$3.75/Relay \$7.50

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**ORDER OF EVENTS**

**Friday October 5, 2007**

Warm-ups start 5:00 PM, Meet starts 6:30 PM

Women's Event	Age Group	Distance	Event Description	Men's Event
1	13 & Over <sup>1*</sup>	400	I.M.	2
3	11-12	200	I.M.	4
5	11 & Over <sup>2*</sup>	500	Free	6

<sup>1</sup> Individual events will be combined, seeded by entry time and scored separately in single age brackets as follows: 13-14, 15 & Over

<sup>2</sup> Individual events will be combined, seeded by entry time and scored separately in single age brackets as follows: 11-12, 13-14, 15 & Over

\* The 400 I.M. and 500 Free will be swum fastest to slowest, alternating girls and boys heats.

## Saturday October 6, 2007

Warm-ups start 7:30 AM, Meet starts 9:00 AM

Women's Event	Age Group	Distance	Event Description	Men's Event
7	13 & Over <sup>1</sup>	100	Back	8
9	11-12	100	Back	10
11	11 & Over <sup>2</sup>	200	Fly	12
13	11 - 12	50	Breast	14
15	13 & Over <sup>1</sup>	50	Free	16
17	11 - 12	50	Free	18
19	13 & Over <sup>1</sup>	100	Breast	20
21	11 - 12	100	Breast	22
23	13 & Over <sup>1</sup>	200	Free	24
25	11- 12	200	Free	26
27	13 & Over <sup>1</sup>	400	Medley Relay	28
29	11-12	200	Medley Relay	30
31	11 & Over <sup>2,3</sup>	1000	Free	32

<sup>1</sup> Individual events will be combined, seeded by entry time and scored separately in single age brackets as follows: 13-14, 15 & Over

<sup>2</sup> Individual events will be combined, seeded by entry time and scored separately in single age brackets as follows: 11-12, 13-14, 15 & Over

<sup>3</sup> The 1000 freestyle will be swum fastest to slowest, alternating girls and boys heats. The 1000 Freestyle does not count as one of the three individual events per day. Swimmers must provide 2 timers and a lap counter for the 1000 freestyle.

## Sunday October 7, 2007

Warm-ups start 7:30 AM, Meet starts 9:00 AM

Women's Event	Age Group	Distance	Event Description	Men's Event
33	11-12	50	Fly	34
35	13 & Over <sup>1</sup>	200	I.M.	36
37	11-12	100	I.M.	38
39	13 & Over <sup>1</sup>	100	Free	40
41	11 - 12	100	Free	42
43	11 & Over <sup>2</sup>	200	Breast	44
45	11-12	50	Back	46
47	13 & Over <sup>1</sup>	100	Fly	48
49	11 - 12	100	Fly	50
51	11 & Over <sup>2</sup>	200	Back	52
53	13 & Over <sup>1</sup>	400	Free Relay	54
55	11 - 12	200	Free Relay	56

<sup>1</sup> Individual events will be combined, seeded by entry time and scored separately in single age brackets as follows: 13-14, 15 & Over

<sup>2</sup> Individual events will be combined, seeded by entry time and scored separately in single age brackets as follows: 11-12, 13-14, 15 & Over

# SAFETY GUIDELINES AND WARM-UP PROCEDURES

## APPENDIX G

### WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
  - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
  - 2. Lanes are **ONE WAY ONLY**.

### SAFETY GUIDELINES

- A. Swimmers Responsibilities
  - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
  - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
  - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
  - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
  - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
  - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
  - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
  - 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
  - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
  - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
  - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
  - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
  - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
  - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
  - 2. Glass containers are prohibited.
  - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.

#### Special rules for the 25-yard indoor pool:

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

## ENTRY VERIFICATION

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on deck coaches have met the current certification requirements.

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Signature

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Title

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Date

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Woodlands Hotel Listing

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**Woodlands Conference Center & Resort**

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

**Comfort Suites**

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

**Country Inn and Suites**

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

**Drury Inn**

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

**Hawthorne Suites**

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

**Holiday Inn Express**

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

**La Quinta**

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

**Marriott Courtyard**

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

**Marriott Residence Inn**

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

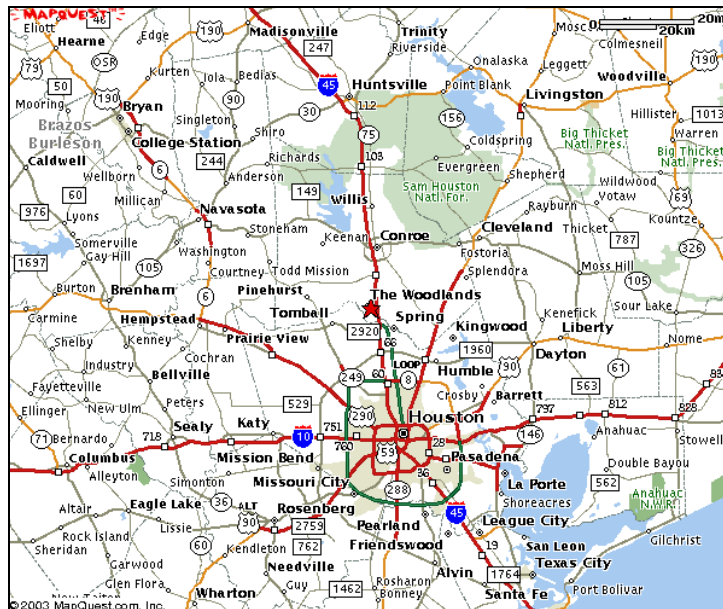
**Marriott Woodlands Waterway Hotel  
And Convention Center**

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

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## 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.

