

**8 & Under Gulf Champs**  
Hosted by  
**EAGLE SWIMMING ASSOCIATION**  
**& TYR**

**A SHORT COURSE TIMED FINALS MEET**  
**Group A**

**Sunday, December 13, 2009**  
**SANCTION # GUSC 10-035**

**LOCATION:** Summer Creek High School, 14000 Weckford Blvd. Houston, TX 77044  
Directions: Take U.S. 59 North to Beltway 8 East. Turn right (east) on Beltway 8. Go approximately 4.9 miles. Turn right onto Lockwood Rd. and go approximately ½ mile. The High School is located on the left, and the natatorium is located on the North side of the building. (Map included with invitation)

**COACHES:** Bill Bailey                      Head Coach  
Clay Pruitt                      Head Age Group Coach  
John Dissinger                      Assistant

**POOL:** Eight lane, 25 yard indoor pool with non-turbulent lane lines. There is no separate warm up/down area.

Deck space is limited; however, ample lawn space is available for pop-ups and the athletic department hallway will be available for team seating.

**TIME AND DATE:** This is a timed finals meet. Sunday, December 13<sup>th</sup>.  
*7:30 Warm up, 9:00 Start*

Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website. 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.

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 REFEREE:** Bill Conroy/ William.c.conroy@gmail.com

**MEET DIRECTOR:** Terri Adamec/ tntadamec@gmail.com/(440)552-0684

**SAFETY MARSHAL:** Jeff Ferguson

**SAFETY GUIDELINES AND WARM-UP PROCEDURES:** See attached Safety Guidelines and Warm-up Procedures.

**SEEDING:** The meet will be a deck-seeded meet. Coaches please inform your swimmers of seeding on deck rules.

**CHECK-IN:** All swimmers must check in with the Clerk of the Course for all events. 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 Henry Clark, for each event in which he/she fails to appear. Relay cards must be returned to the clerk of course by 9:30 AM or the entry will be considered scratched.

**ON-DECK ENTRIES:** On deck entries will be accepted 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. Times must be from USA Swimming meets. 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 seedtime is requested.

**Qualifying Times:** None.

**Cut-off Times:** None.

**Age:** 8 and under as of December 13<sup>th</sup>, 2009.

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

**Deadline:** Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Friday, December 4<sup>th</sup>, 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. E-mail entries should be sent to [esameetentries@earthlink.net](mailto:esameetentries@earthlink.net). Teams are asked to zip the commlink file before attaching to the email. Questions about meet entries should be addressed to Terri Adamec at [esameetentries@earthlink.net](mailto:esameetentries@earthlink.net). Entries sent by email must have a check and hard copy of entries post marked within 24 hours of the meet entry deadline. Make checks payable to ESA. Mail, E-mail or hand deliver entries to the Meet Entry Chairman at:

Terri Adamec  
14407 Carolina Hollow Lane  
Houston, TX 77044  
440-552-0684  
[esameetentries@earthlink.net](mailto:esameetentries@earthlink.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). Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission.

**Eligible Teams:** Only Gulf Group A registered teams and swimmers. AGS, ALAC, BBSC, BRAZ, BTA, CFSC, CSC, ESA, ETEX, LSST, MAC, NCAT, NEHA, NOCH, PACK, SCAT, TAMU.

**Fees:** \$5.50 per Individual Event, \$9.00 per Relay & \$2.00 per swimmer Facility Surcharge Fee. Make checks payable to Eagle Swimming Association. Entry fees must accompany entries, if delivered by any method other than email.

**AWARDS:**

Individual Events:	Medals – 1 <sup>st</sup> – 3 <sup>rd</sup> place. Ribbons – 4 <sup>th</sup> -8 <sup>th</sup> place
Relay Events:	Medals – 1 <sup>st</sup> place Ribbons – 2 <sup>nd</sup> & 3 <sup>rd</sup> place

High Point awards will be given to the girl & boy in each age group (6 & Under, 7 and 8) that scores the highest individual points. Combined Team Award for 1-3 place.

**SCORING:**

Individual Events:	9-7-6-5-4-3-2-1
Relay Events:	18, 14, 12, 10, 8, 6, 4, 2

Individual Events will be scored in single age brackets (6 & Under, 7 year olds, and 8 year olds).

**RULES AND SANCTIONS:** The 2009 - 10 USA Swimming and Gulf Swimming rules will apply. The three event rule and the up/down rule do not 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 attached entry verification form shall be properly filled out, signed, and sent in with the entries. Gulf Group B teams and swimmers are not eligible to compete at this meet.

**POOL MEASUREMENT:** The pool has been measured in accordance with USA Swimming Rule 104.2.2C(4). An application for certification by USA Swimming is pending.

**TIMING SYSTEM:** A Colorado System 6 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.

**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.

**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, Henry Clark.

**SWIMMERS WITH DISABILITIES:** Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).

**CONCESSIONS:** Concessions will be available at this meet.

**HOSPITALITY:** A hospitality room will be available. Coaches and Officials must present their membership cards in order to receive complimentary Psych Sheets and for admission to the Hospitality Room.

**MERCHANDISE:** D&J Sports 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**  
**ENTRY VERIFICATION FORM**  
**GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES**  
**MEET ENTRY FORM**  
**MAP TO POOL**

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**Sunday, December 13, 2009**  
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<b>Entry rules</b>	
Type of Meet	Timed Finals
Max # individual events per day	Four (4)
Swimmers eligible	Gulf Group A Only
Entry times in	SCY/SCM/LCM
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- \$5.50, Relays - \$9.00, Facility Surcharge Fee - \$2.00 per swimmer

**Gulf Swimming  
Order Of Events**

	<b>Girls</b>	<b>Sunday</b>	<b>Boys</b>
1	6 & Under	100 Free	2
3	7	100 Free	4
5	8	100 Free	6
7	6 & Under	25 Back	8
9	7	25 Back	10
11	8	25 Back	12
13	6 & Under	50 Fly	14
15	7	50 Fly	16
17	8	50 Fly	18
19	6 & Under	25 Free	20
21	7	25 Free	22
23	8	25 Free	24
25	6 & Under	50 Breast	26
27	7	50 Breast	28
29	8	50 Breast	30
31	8 & Under	100 Medley Relay	32
33	6 & Under	50 Back	34
35	7	50 Back	36
37	8	50 Back	38
39	6 & Under	25 Fly	40
41	7	25 Fly	42
43	8	25 Fly	44
45	6 & Under	50 Free	46
47	7	50 Free	48
49	8	50 Free	50
51	6 & Under	25 Breast	52
53	7	25 Breast	54
55	8	25 Breast	56
57	6 & Under	100 I.M.	58
59	7	100 I.M.	60
61	8	100 I.M.	62
63	8 & Under	100 Free Relay	64

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**ENTRY VERIFICATION FORM**  
**MUST BE SUBMITTED WITH MEET ENTRY**

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

## SAFETY GUIDELINES & 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 breaststrokers 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.

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Last Name	First Name	Sex F/M	USA ID#

Event	Time	Event	Time

Last Name	First Name	Sex F/M	USA ID#

Event	Time	Event	Time

Last Name	First Name	Sex F/M	USA ID#

Event	Time	Event	Time



