



GULF 2010 FALL CHAMPS

hosted by
Cy-Fair Swim Club – Fleet Swimming
Timed Final Gulf Group B
December 3 – 5, 2010
SANCTION #GU 11-026



LOCATION: W. W. Emmons Natatorium
10404 Tiger Trail (at Spring Woods High School)
Houston, Texas 77043
See Attached Map

COACHES: Clayton Cagle Head Coach

POOL: Eight lane, 25 yard indoor pool with non-turbulent lane lines. There is a separate warm-up/warm-down area.

TIME AND DATE: This is a Timed Finals Meet.

*****PLEASE NOTE THE ADJUSTED START TIMES FOR FRIDAY AND SATURDAY!!!**

Friday: **Warm ups at 5:45 PM, meet starts at 7:15 PM** (TIMED FINAL EVENTS)

Saturday: **Warm ups at 11:45 AM, meet starts at 1:15 PM** (TIMED FINAL EVENTS)

Sunday: **Warm ups at 7:30 AM, meet starts at 9:00 AM** (TIMED FINAL EVENTS).

Split warm-ups will be in effect, 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: Rick Tobin tobinrc@comcast.net

MEET DIRECTOR: Nicole Rembach, 281-352-8434, nrembach@earthlink.net

SAFETY MARSHAL: Diana Marshall, Liz Barnes

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. All events will be seeded fastest to slowest including relays.

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 turned in to the Clerk of Course by 2:15 PM on Saturday and 10:00 AM on Sunday or the entry will be considered scratched.

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. Tuesday Nov 23rd 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 times to yard 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.

Cut-off Times: Swimmers must not have equaled or bettered the cut-off times attached. Cut-off times are 2010 Gulf Champs times and are included with this announcement.

Age: As of December 3, 2010.

Number of Events: Swimmers may compete in up to four (4) individual events per day and up to one (1) relay event per day.

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Tuesday November 23, 2010. 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:

CFSC
Attn: Nicole Rembach
11659 Jones Rd. PMB #351
Houston, TX 77070
281-352-8434
nrembach@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.

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: Gulf Group B Only: KATY, CFSC, COOG, FCST, GIST, LSST, NCAT, SCAT, TAMU, UH

Fees: Five dollars and fifty cents (\$5.50) per Individual Event and nine dollars (\$9.00) for each Relay event plus a two dollar (\$2.00) per swimmer Swimmer Surcharge fee. Make checks payable to CFSC. Entry fees must accompany entries, if delivered by any method other than email.

AWARDS: Individual events: Gulf Custom medals 1st – 3rd, Gulf Custom ribbons 4th – 8th place. Relay events: Gulf Custom medals 1st, Gulf Custom ribbons 2nd – 3rd place. Plaques will be awarded to the boy and girl in each age group earning the highest points. Combined team awards 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

All 9-12 events will be swum combined but scored separately for 9-10 and 11-12
All 9-14 events will be swum combined but scored separately for 9-10, 11-12 and 13-14
All 11-14 events will be swim combined but scored separately for 11-12 and 13-14

RULES AND SANCTIONS: The 2010-11 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 A, C and D teams are not eligible to swim at this meet. The three (3) event rule and up/down rule do not apply. Swimmers are not eligible to swim an event, if they have times equal to or better than the listed cut-off times for that event. Once swimmers have qualified for a particular division in an event, prior to the entry deadline stated in the meet announcement, they may not swim that event in a slower division. Swimmers entering events in a slower division are subject to disqualification from the meet by the Referee. Any swimmer is eligible to be a swimmer of a relay team competing at a meet as long as the swimmer is not competing in a stroke and distance in which they have equaled or bettered the cut off time for the division in which the relay is competing. Further swimmers age 13 and over are not eligible to swim the breaststroke, backstroke or butterfly leg in a 200 yard or meter medley relay, if they have equaled or bettered the cut off time in the 100 yard or meter distance of that stroke for the division in which the relay is competing.

POOL MEASUREMENT:

The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct.

The water depth of the competition course is 6 feet measured from 1 meter to 5 meters on the starting end of the course, and 9 feet measured from 1 meter to 5 meters on the turning end of the course.

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 psych sheet. Swimmers in the 500/1650 Free and 400 IM must provide 2 timers and a lap counter where applicable.

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. Per the SBISD Fire Marshal no chairs may be placed in front of the bleachers.

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. Swimmers are not eligible to swim an event if they have times faster than the cut-off. Once swimmers have qualified for a particular division in a particular event, PRIOR to the entry deadline stated in the meet invitation, they MAY NOT swim that event in a slower division. Swimmers entering events in a slower division are subject to disqualification from the meet by the Meet Director or the Referee. Swimmers shall be fined \$50.00 for each event in which they competed and are over qualified. The fine or proof of time is sent to the Administrative Vice-Chairman, Henry Clark.

UNACCOMPANIED SWIMMERS: Any swimmers entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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: Lenny's Sub Shop will have a full line of breakfast and lunch items available for purchase at the meet. Menu items include breakfast burritos, pancakes, Philly cheesesteak, either beef or chicken, Cheeseburger, Fajita Taco, either beef or chicken, cold Subs and all beef hotdogs.



HOSPITALITY: A hospitality room will be available for Coaches and Officials.

MERCHANDISE: D&J Sports will be at the meet selling a complete line of swim gear and apparel.



MEET RESULTS: Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org) and www.fleetswimming.com, within three days after the conclusion of the meet.



ENTRY RULES

Type of Meet	Timed Finals
Max # Ind Events per day	four (4)
Swimmers Eligible	Gulf Group B
Entry Times In	SCY, SCM, LCM
Qualifying Times	None
Cut Off Times	Gulf Champs Times
Enter with No Time (NT)	Yes
Gulf "three event rule" applies	Does not apply
Gulf up/down rule applies?	Does not apply
Fees:	Individual \$5.50, Relay \$9 \$2.00 per Swimmer Surcharge

FALL CHAMPS by CFSC - 12/3 to 12/5/2010 @ WW Emmons Nat - 10404 Tiger Trail, Houston, TX 77043

TEAMS GULF GROUP B: CFSC, COOG, FCST, GIST, KATY, LSST, NCAT, SCAT, TAMU, HU

SCM CUT OFF	LCM CUT OFF	YARD CUT OFF	GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #	YARD CUT OFF	LCM CUT OFF	SCM CUT OFF
Friday December 3rd, Warm Ups at 5:45 PM, Meet Starts 7:15 PM								
3:15.89	3:25.59	2:57.49	1	9-10 200 IM	2	3:01.19	3:25.99	3:20.09
2:47.19	2:45.79	2:31.49	1	11-12 200 IM	2	2:37.99	2:56.39	2:53.49
5:05.59	5:16.59	5:53.89	3	*11-12 500 Free	4	5:58.29	5:25.79	5:10.09
4:49.09	4:57.39	5:29.69	3	*13-14 500 Free	4	5:26.89	4:53.29	4:38.99
Saturday December 4th, Warm Ups at 11:45 AM, Meet Starts 1:15 PM								
2:57.09	3:03.49	2:40.29	5	9-10 200 Free	6	2:39.29	3:00.69	2:56.29
2:27.99	2:29.49	2:14.29	5	11-12 200 Free	6	2:18.09	2:37.49	2:28.29
2:17.29	2:21.49	2:04.59	5	13-14 200 Free	6	2:01.79	2:17.49	2:13.09
1:47.99	1:50.29	1:36.79	7	9-10 100 Breast	8	1:37.99	1:52.99	1:48.59
1:30.89	1:31.99	1:21.69	7	11-12 100 Breast	8	1:22.99	1:38.99	1:31.29
1:25.19	1:27.19	1:16.29	7	13-14 100 Breast	8	1:14.19	1:24.49	1:21.19
37.09	36.09	33.19	9	9-10 50 Free	10	33.09	38.69	36.69
31.09	31.69	28.09	9	11-12 50 Free	10	28.79	33.79	31.99
29.59	30.19	26.69	9	13-14 50 Free	10	25.49	29.09	27.09
43.59	46.09	39.19	11	9-10 50 Back	12	38.69	45.39	42.59
37.09	38.19	33.29	11	11-12 50 Back	12	34.29	40.29	37.99
2:37.09	2:45.09	2:21.29	13	13-14 200 Back	14	2:19.09	2:42.19	2:34.49
1:38.99	1:42.39	1:29.89	15	9-10 100 Fly	16	1:31.29	1:45.99	1:39.09
1:18.39	1:18.19	1:11.29	15	11-12 100 Fly	16	1:13.99	1:25.99	1:20.69
1:12.09	1:13.29	1:04.99	15	13-14 100 Fly	16	1:02.29	1:11.99	1:08.29
			17	9-10 200 Medley Relay	18			
			17	11-12 200 Medley Relay	18			
			17	13-14 200 Medley Relay	18			
5:33.09	5:43.59	4:57.19	19	*13-14 400 IM	20	4:47.39	5:54.79	5:20.29
Sunday December 5th, Warm Ups at 7:30 AM, Meet Starts 9 AM								
2:35.19	2:40.79	2:20.69	21	13-14 200 IM	22	2:15.49	2:37.89	2:30.09
1:32.29		1:23.99	23	9-10 100 IM	24	1:22.99		1:31.69
1:18.79		1:11.59	23	11-12 100 IM	24	1:13.19		1:21.69
3:04.49	3:04.79	2:44.99	25	13-14 200 Breast	26	2:40.29	3:07.39	3:03.09
48.59	49.79	43.79	27	9-10 50 Breast	28	44.19	51.39	49.29
41.59	42.89	37.39	27	11-12 50 Breast	28	38.79	44.99	42.99
1:17.29	1:19.99	1:10.29	29	9-10 100 Free	30	1:12.19	1:23.89	1:20.39
1:07.59	1:07.99	1:01.89	29	11-12 100 Free	30	1:04.99	1:12.59	1:10.29
1:03.99	1:04.99	58.19	29	13-14 100 Free	30	55.49	1:02.39	1:00.99
1:32.29	1:34.49	1:23.79	31	9-10 100 Back	32	1:28.79	1:39.99	1:35.69
1:18.49	1:21.29	1:11.39	31	11-12 100 Back	32	1:13.99	1:24.79	1:21.99
1:12.69	1:16.69	1:06.29	31	13-14 100 Back	32	1:04.09	1:13.29	1:10.29
2:40.79	2:52.59	2:26.29	33	13-14 200 Fly	34	2:21.59	2:46.59	2:34.89
41.99	43.49	37.69	35	9-10 50 Fly	36	38.59	44.99	42.69
35.09	35.19	31.79	35	11-12 50 Fly	36	33.59	37.59	37.09
			37	9-10 200 Free Relay	38			
			37	11-12 200 Free Relay	38			
			37	13-14 200 Free Relay	38			
19:16.69	20:39.79	19:29.19	39	*13-14 1650 Free	40	19:05.79	20:14.39	18:44.79

* The 400 I.M., 500 & 1650 Freestyle will be swum fastest to slowest, alternating girls and boys heats.

Swimmers in the 400 IM & 500/1650 Free must provide 2 timers and a lap counter where applicable.

All 9-12 events will be swum combined but scored separately as 9-10 and 11-12.

All 9-14 events will be swum combined but scored separately as 9-10, 11-12, and 13-14.

All 11-14 events will be swum combined but scored separately for 11-12 and 13-14.

All events will be seeded fastest to slowest.

All relays will be entered in the meet as 9-10, 11-12 and 13-14 age groups. Once entered, relays will be seeded combined but scored separately.

SAFETY GUIDELINES AND WARM-UP PROCEDURES
APPENDIX G

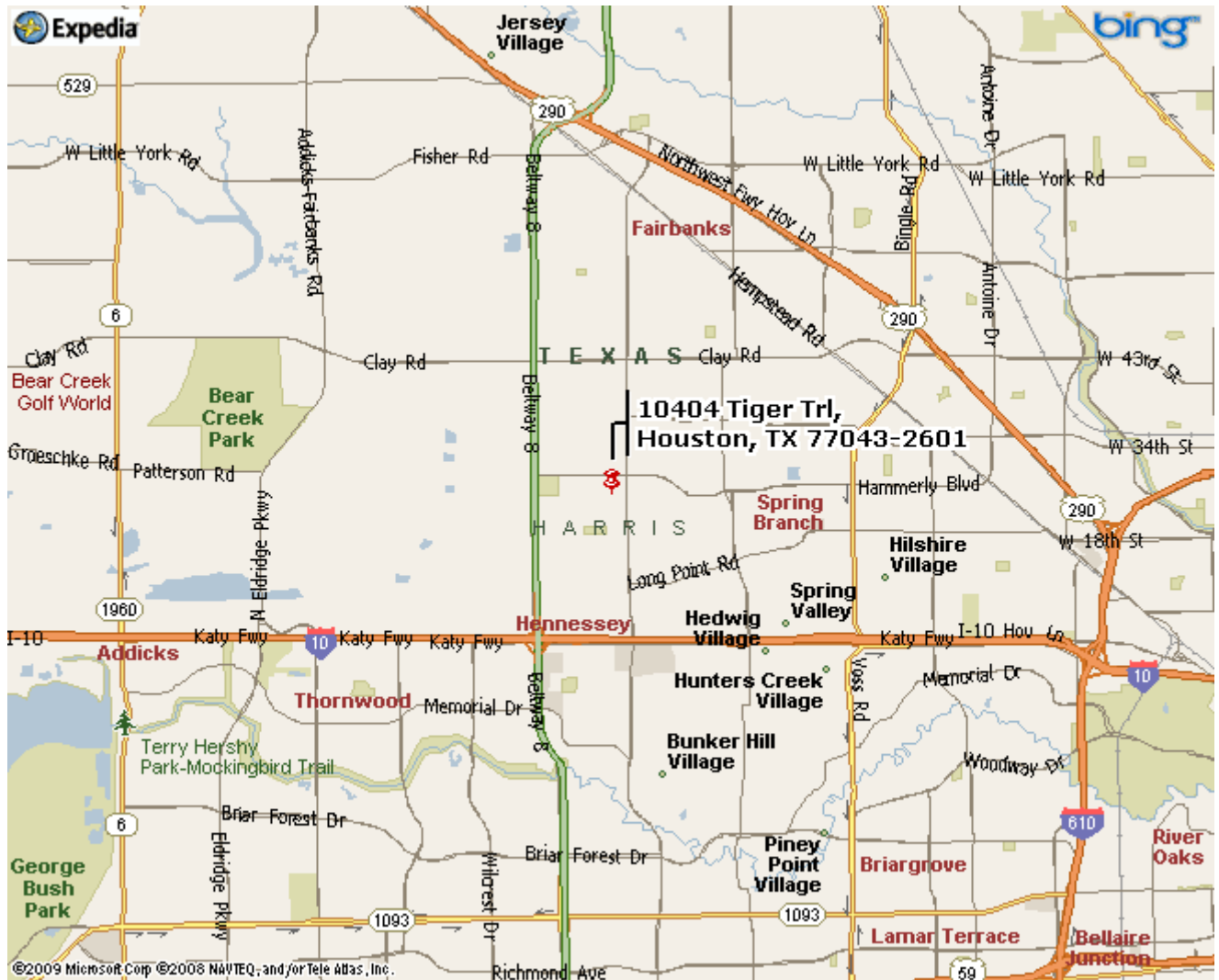
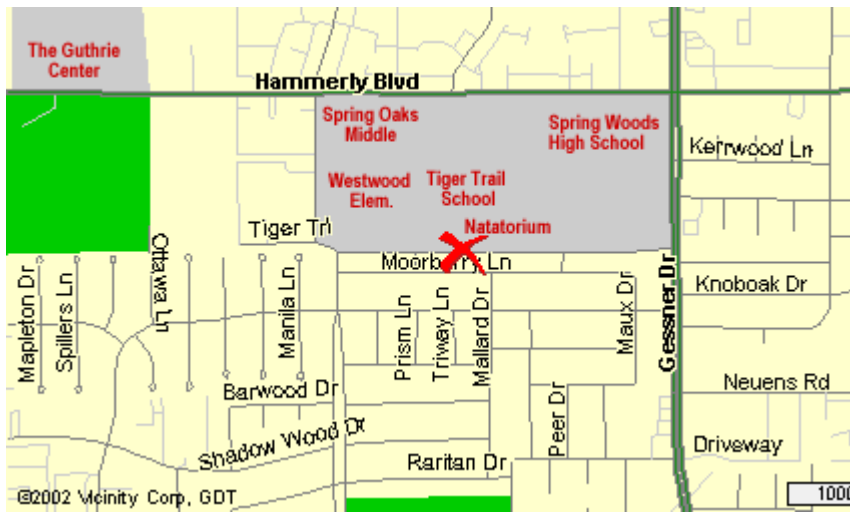
WARM-UP PROCEDURES

- 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 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 announcement.

**W. W. Emmons Natatorium
at Spring Woods High School**
10404 Tiger Trail
Houston, Texas 77043



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.

Signature

Title

Date

