

GULF 2011 SHORT COURSE CHAMPS I INVITATIONAL

February 18-20, 2011

Group B

A Short Course Yards Timed Finals Meet

SANCTION- this meet is not yet sanctioned, but will be sanctioned as soon as the pool is measured to be the correct length.

Time Trials on Saturday & Sunday following the meet for all ages

HOSTED BY

PACK

Premier Aquatics Club of Klein



- LOCATION:** Klein Forest High School Natatorium.
11400 Misty Valley Drive
Houston, TX 77066
Directions: See map attached to this announcement
- COACHES:** Mike McCauley Head Coach
Shane McCauley Head Age Group Coach
- POOL:** Eight lane, 25 yard indoor pool with non-turbulent lane lines with separate warm down area.
- TIME AND DATE:** **This is a timed-finals meet with an evening session on Friday, along with morning sessions on Saturday and Sunday.**
- Session 1:** Friday – February 18th, 2011 (TIMED FINAL EVENTS)
Age Groups: 10 & under, 11-12, 13-14
Warm-ups: 5:00 pm – 6:15 pm
Meet Starts: 6:30 pm
- Session 2:** Saturday Morning – February 19th, 2011 (TIMED FINAL EVENTS)
Age Groups: 8 & under, 9-10, 11-12, 13-14
Warm-ups*: 7:30 am – 8:45 am
Meet Starts: 9:00 am
- Session 3:** Sunday Morning – February 20th, 2011 (TIMED FINAL EVENTS)
Age Group: 8 & under, 9-10, 11-12, 13-14
Warm-ups* 7:30 am – 8:45 am
Meet Starts: 9:00 am

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.

MEET TYPE: This meet will be run utilizing the "Flyover Starts" procedures unless a waiver is received from the Technical Planning Committee Chair. 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: Ron Lusk premierreas@sbcglobal.net

MEET DIRECTORS: Lyne Martin packswimming@att.net
Andrew Lamb andrew.lamb1@gmail.com

SAFETY MARSHAL: Kym Hoffpauir

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

SEEDING: The meet will be a deck-seeded meet. All events will be seeded fastest to slowest including relays. Coaches please inform your swimmers of seeding on deck rules.

CHECK-IN: 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 are due by 10:00 AM each day 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, February 8, 2011** 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). Swimmers must have swum the events entered some time prior to entering this meet. Swimmers may not enter with no time (NT) – see exception regarding 8 & unders below.

8 & unders must have a previous time to enter any of the 50-yard events, the 500-yd freestyle, and the 100-yd IM; No Times ("NT") **are not allowed for these events.**

8 & unders must enter the 100-yd freestyle event with an available 100-yd freestyle time, but if unavailable, they may enter with a "NT" **if they have a previous 50-yd freestyle time.**

8 & unders may enter the 100-yd butterfly, backstroke or breaststroke events if they have a previous 50-yd butterfly, backstroke or breaststroke time, and will be entered in the meet as "NT".

8 & unders may enter the 200-yd freestyle or 200-yd IM events with a "NT" **if they have a previous 100-yd freestyle or 100-yd IM time**

Cut-off Times: 12 & Under have no cut-off times. 13-14 swimmers must not have equaled or bettered the cut-off times attached. Cut-off times are 2009-2012 Motivational "A" times and are included with this announcement.

Age: As of February 18, 2011

Number of Events: Swimmers may compete in up to three (3) individual events per day and up to one (1) relay event per day (**10 & Under 500 Free and the 400 IM do not count as one of the three events/day**).

Deadline: Entries must be in the hands of the Meet Entry Chair no later than **6:00p.m. on Tuesday, February 8, 2011**. 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 Chair at:

Todd Ber
8707 Cypress Square Ct.
Spring TX 77379
281.818.0387
toddbber@sbcglobal.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/HY-TEK 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 Announcement.

Eligible Teams: Gulf Group B only – PACK, AQUA, COOG, ESA, TYES, TTST, NCAT, NEHA, NOCH, SCAT, SSS, UH

Only swimmers attached to these Gulf Swimming Group B Teams, or swimmers in the documented process of transferring to one of these Group B Teams, may participate in this Invitational meet.

Fees: Five dollars and fifty cents (\$5.50) per individual event, nine dollars (\$9.00)

per relay event and a two dollar (\$2.00) per swimmer facility surcharge. Make checks payable to Premier Aquatics. Entry fees must accompany entries, if delivered by any method other than email.

AWARDS: Individual events: Gulf Custom Medals 1st – 3rd place, Gulf Custom Ribbons 4th – 8th place. Relay Events: Gulf Custom Medals 1st place, Gulf Custom Ribbons 2nd & 3rd place.
Individual high point awards will be given to each girl and boy in each age group earning the highest points. Combined team awards for 1st – 3rd place

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

All 10&U events will be swum combined but scored separately as 8&U and 9-10, except 10&U 500 free will be scored as 10&U ONLY.

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

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

All 14&U events will be swum combined but scored separately as 10&U, 11-12, 13-14, except 14&U

50 free and 14&U 100 free will be scored as 8&U, 9-10, 11-12, 13-14.

SCORE: 8 & Under events will be scored BB/B.

SCORE: 9/10, 10 & Under and 11/12 50 & 100 yard events will be scored A/BB/B

SCORE: 10 & Under and 11/12 200, 400 & 500 yard events will be scored A/BB

SCORE: 13/14 events will be scored BB

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 groups 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 12 feet measured from 1 meter to 5 meters on the starting end of the course, and 4 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.

Coaches must supervise their swimmers.

Wet swimmers are not allowed in the upstairs spectator area

Food is not allowed on deck and will be confiscated if found

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-Chair, Henry Clark. 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 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 Meet Director or the Referee. Swimmers shall be fined \$50.00 for each event in which they competed and are over qualified.

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:

Concessions will be available

HOSPITALITY:

A hospitality room will be available

MERCHANDISE:



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), within three days after the conclusion of the meet.

ATTACHMENTS:

Meet Format, Entry Verification Form, Gulf Safety Guidelines and Warm-up Procedures, Official Meet Entry Form, Klein Forest HS Map.

Type of Meet	Timed Finals
Maximum # individual events per day	Three(3) (10 & Under 500 Free does not count as one of the three events/day) (400 I.M. does not count as one of the three events/day)
Swimmer eligible	Gulf Only Group B
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times (12 & under)	None
Cut-off times (13-14)	USAS Motivational "A" time standard (see below)
Enter with no time?	No (see note about 8 & Unders)
Gulf "three event" rule applies?	Does not apply
Gulf "up/down" rule applies?	Does not apply
Fees	Individual \$5.50; Relays \$9.00; Swimmer Facility Surcharge \$2.00

Friday, February 18, 2011 (Warm-ups: 5:00 pm – 6:15 pm, Meet Starts: 6:30 pm)

Girls	(SCY)	(SCM)	(LCM)	Event	(SCY)	(SCM)	(LCM)	Boys
1	-	-	-	10 & under 200 I.M.	-	-	-	2
1	-	-	-	11-12 200 I.M.	-	-	-	2
1	2:30.49	2:46.29	2:51.49	13-14 200 I.M.	2:20.29	2:34.99	2:42.39	2
3	-	-	-	11-12 500 Free*	-	-	-	4
3	5:52.99	5:08.89	5:16.59	13-14 500 Free*	5:35.19	4:53.39	5:02.79	4

Saturday, February 19, 2011 (Warm-ups: 7:30 am – 8:45 am, Meet Starts: 9:00 am)

Girls	(SCY)	(SCM)	(LCM)	Event	(SCY)	(SCM)	(LCM)	Boys
5	-	-	-	11-12 50 Breast	-	-	-	6
7	-	-	-	8 & under 100 I.M.	-	-	-	8
9	-	-	-	10 & under 100 Fly	-	-	-	10
9	-	-	-	11-12 100 Fly	-	-	-	10
9	1:07.79	1:14.89	1:16.49	13-14 100 Fly	1:02.89	1:09.49	1:11.09	10
11	-	-	-	8 & under 50 Free	-	-	-	12
11	-	-	-	9-10 50 Free	-	-	-	12
11	-	-	-	11-12 50 Free	-	-	-	12
11	28.69	31.69	32.49	13-14 50 Free	26.29	29.09	30.29	12
13	-	-	-	10 & under 100 Back	-	-	-	14
13	-	-	-	11-12 100 Back	-	-	-	14
13	1:08.49	1:15.69	1:17.79	13-14 100 Back	1:04.19	1:10.99	1:14.49	14
15	-	-	-	8 & under 50 Breast	-	-	-	16
15	-	-	-	9-10 50 Breast	-	-	-	16
17	-	-	-	11-12 200 Breast	-	-	-	18
17	2:46.79	3:04.29	3:11.99	13-14 200 Breast	2:36.29	2:52.69	3:01.99	18
19	-	-	-	10 & under 200 Free	-	-	-	20
19	-	-	-	11-12 200 Free	-	-	-	20
19	2:13.79	2:27.89	2:31.79	13-14 200 Free	2:05.29	2:18.39	2:23.29	20
21	-	-	-	8 & under 200 Medley Relay	-	-	-	22
21	-	-	-	9-10 200 Medley Relay	-	-	-	22
23	-	-	-	11-12 400 Medley Relay	-	-	-	24
23	-	-	-	13-14 400 Medley Relay	-	-	-	24
25	-	-	-	11-12 400 I.M.	-	-	-	26
25	5:17.79	5:51.19	6:00.99	13-14 400 I.M.	5:00.49	5:31.99	5:44.49	26

Time Trials on Saturday & Sunday following the meet for all ages.

- All 10 & under events will be swum combined but scored separately as 8 & under and 9-10, except 10&U 500 free will be scored as 10&U ONLY.
- All 9-12 events will be swum combined but scored separately as 9-10 and 11-12.
- All 11-14 events will be swum combined but scored separately as 11-12 and 13-14.
- All 14&under events will be swum combined but scored separately as 10&under, 11-12, 13-14, except 14&under 50 free and 14&under 100 free will be scored as 8&under, 9-10, 11-12, 13-14
- 8 & unders must have a time in the 50 to enter the 100 of that stroke at NT and a time in the 100 to enter the 200 of that stroke at NT.
- Score: 8&U events BB/B. Score: 9-10, 10&U and 11-12 50 & 100 events A/BB/B.
- Score: 10&U and 11-12 200, 400 & 500 events A/BB.
- Score: 13-14 events BB.
- * The 400 I.M. and 500 Free will be swum fastest to slowest, alternating girls and boys heats.



Sunday, February 20, 2011 (Warm-ups: 7:30 am – 8:45 am, Meet Starts: 9:00 am)

Girls	(SCY)	(SCM)	(LCM)	Event	(SCY)	(SCM)	(LCM)	Boys
27	-	-	-	11-12 50 Fly	-	-	-	28
29	-	-	-	8 & under 100 Free	-	-	-	30
29	-	-	-	9-10 100 Free	-	-	-	30
29	-	-	-	11-12 100 Free	-	-	-	30
29	1:02.19	1:08.69	1:10.39	13-14 100 Free	57.39	1:03.49	1:05.99	30
31	-	-	-	11-12 200 Fly	-	-	-	32
31	2:28.59	2:44.19	2:48.29	13-14 200 Fly	2:20.29	2:34.99	2:38.79	32
33	-	-	-	8 & under 50 Fly	-	-	-	34
33	-	-	-	9-10 50 Fly	-	-	-	34
35	-	-	-	11-12 50 Back	-	-	-	36
37	-	-	-	10 & under 100 Breast	-	-	-	38
37	-	-	-	11-12 100 Breast	-	-	-	38
37	1:17.59	1:25.79	1:28.99	13-14 100 Breast	1:12.09	1:19.59	1:21.29	38
39	-	-	-	8 & under 50 Back	-	-	-	40
39	-	-	-	9-10 50 Back	-	-	-	40
41	-	-	-	11-12 200 Back	-	-	-	42
41	2:27.29	2:42.79	2:47.39	13-14 200 Back	2:18.19	2:32.79	2:40.69	42
43	-	-	-	9-10 100 I.M.	-	-	-	44
43	-	-	-	11-12 100 I.M.	-	-	-	44
45	-	-	-	8 & under 200 Free relay	-	-	-	46
45	-	-	-	9-10 200 Free relay	-	-	-	46
47	-	-	-	11-12 400 Free Relay	-	-	-	48
47	-	-	-	13-14 400 Free Relay	-	-	-	48
49	-	-	-	10 & under 500 Free*	-	-	-	50

Time Trials on Saturday & Sunday following the meet for all ages.

- All 10 & under events will be swum combined but scored separately as 8 & under and 9-10, except 10&U 500 free will be scored as 10&U ONLY.
- All 9-12 events will be swum combined but scored separately as 9-10 and 11-12.
- All 11-14 events will be swum combined but scored separately as 11-12 and 13-14.
- All 14&under events will be swum combined but scored separately as 10&under, 11-12, 13-14, except 14&under 50 free and 14&under 100 free will be scored as 8&under, 9-10, 11-12, 13-14
- 8 & unders must have a time in the 50 to enter the 100 of that stroke at NT and a time in the 100 to enter the 200 of that stroke at NT.
- Score: 8&U events BB/B. Score: 9-10, 10&U and 11-12 50 & 100 events A/BB/B.
- Score: 10&U and 11-12 200, 400 & 500 events A/BB.
- Score: 13-14 events BB.
- * The 400 I.M. and 500 Free will be swum fastest to slowest, alternating girls and boys heats



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

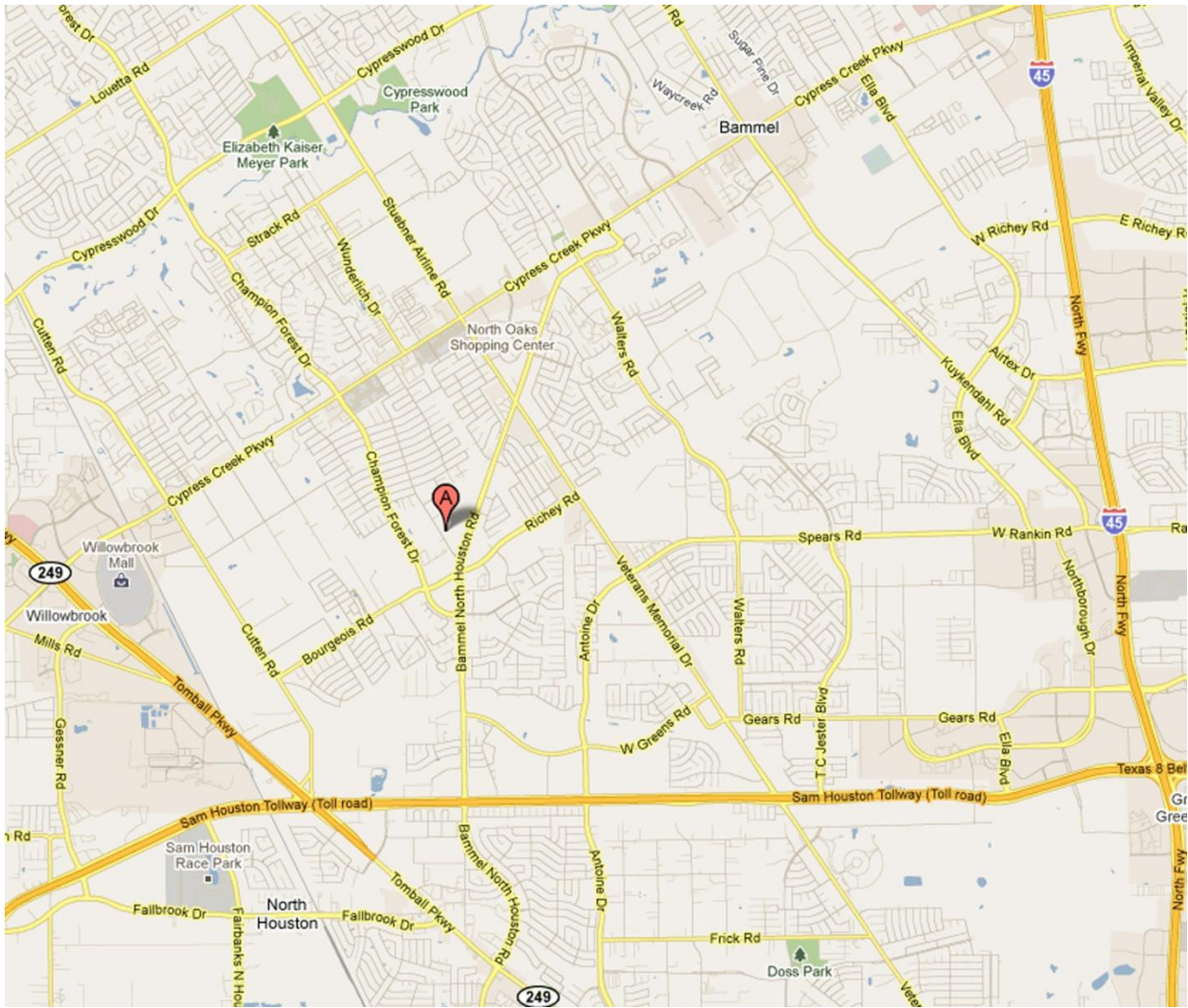
SAFETY GUIDELINES AND WARM-UP PROCEDURES

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 announcement.
 - 4. Food and smoothies not allowed on deck.



Klein Forest High School Natatorium.

**1140 Misty Valley Drive
Houston, TX 77066**