



UNIVERSITY OF HOUSTON
2009 SPEEDO CHAMPIONSHIP SERIES
SECTIONAL CHAMPIONSHIP

Open to USA Swimming Clubs in Texas and Louisiana

Limited out of Sectional area swimmers allowed. See eligible swimmers section.

July 16-19, 2009

HOSTED BY

University of Houston Women's Swimming

Sanction # **GULC 09-022** Speedo Championship Series Sectionals Meet

Sanction # **GULC 09-023** Speedo Championship Series Sectionals **Time Trials** Meet

** Revised 7-3-2009

LOCATION:

University of Houston Campus Recreation and Wellness Center



4500 University Drive Map attached
Campus Recreation and Wellness Center is circled
Houston, TX. 77204

DIRECTIONS AND PARKING:

The University of Houston is located in Southeast Houston adjacent to Interstate 45 just south of downtown Houston.

I-45 Southbound Exit on Texas Spur 5 follow road to stop light at U.H. University Dr. Turn right. Turn right into parking lots 20 A and 20 C. Parking lots are across the street from the Campus Recreation and Wellness Center.

I-45 Northbound Exit Cullen. U Turn under I-45 at Cullen. Stay on the feeder road, follow road, continuing past stop light at Elgin to U.H. University Dr. Turn right. Turn right into parking lots 20 A and 20 C. Parking lots are across the street from the Campus Recreation and Wellness Center.



Parking fee Wednesday through Friday \$3.00 daily.

Parking is free on Saturday and Sunday

Complete parking details will be posted on

<http://sites.google.com/site/swimcoogs/Home> website closer to the meet.

FACILITY: University of Houston Campus Recreation and Wellness Center, indoor 8 lane 50 meter pool with non-turbulent lane lines. 5 lane 25 yard warm up/warm down pool. Daktronics timing system and scoreboard

TIME AND DATE: **Thursday July 16 - Sunday July 19, 2009**

*The swimmer entrance will open at 6:45 AM daily for morning sessions and 4:15 PM Thursday –Saturday and 3:15 PM Sunday for the afternoon sessions.

Prelim warm ups start at 7:00 AM daily. Prelim meet starts at 9:00 AM daily.

Finals warm up start at 4:30 PM Thursday thru Saturday. Meet starts at 6:00 PM daily.

Sunday finals warm up start at 3:30 PM and Finals start at 5:00 PM

GENERAL MEETING: All swimmers must be represented at the General Meeting to be held **Wednesday July 15, 6:00 PM** in the wet/dry classroom located on deck. Any change in the format of the meet will be decided at this meeting. It is each swimmer and coach's responsibility to be aware of any changes made during this meeting. Information will be distributed to the coaches on ordering discounted box lunches from McAlister's Deli.

The pool will be open for general warm ups Wednesday evening from 6:30 to 9:00 PM.

CREDENTIAL TAGS: Credential tags must be picked up at the swimmer entrance. The swimmer entrance will be open from 5:30-8:15 PM on Wednesday July 15 and from 6:45 AM daily during the duration of the meet. **Replacement credential tags will be \$15.00.**

Credential tags must be presented to enter the pool deck area. All meet personnel and USA Swimming registered coaches, officials and participating swimmers will be issued credential tags. Coaches and officials will be required to show their current USA Swimming registration card at the credentials check in area. Coaches attending the meet without a team may purchase credential tags for \$50 payable to Houston Cougars. No team photographers will receive credential tags. Credential tags for media personnel must be arranged for at least one week in advance with the meet director.

All meet personnel are to enter and exit the pool deck through the swimmer entrance only.

MEET REFEREE: Rick Tobin tobinrc@comcast.net 281.550.7275

MEET DIRECTOR: Linda Brenneke entries4meets@yahoo.com 281.589.8913

HEAD COACH: Mark Taylor

SAFETY MARSHAL: Jim Rockwell

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



SCHEDULE:	Wednesday	General Meeting 6:00 PM in the wet/dry classroom on deck Warm ups following meeting 6:30 -9:00 PM		
	Thursday	Prelims	Warm-up 7:00 -- 8:45 AM	Start 9:00 AM
		Finals	Warm-up 4:30 -- 5:45 PM	Start 6:00 PM
	Friday	Prelims	Warm-up 7:00 -- 8:45 AM	Start 9:00 AM
		Finals	Warm-up 4:30 -- 5:45 PM	Start 6:00 PM
	Saturday	Prelims	Warm-up 7:00 -- 8:45 AM	Start 9:00 AM
		Finals	Warm-up 4:30 -- 5:45 PM	Start 6:00 PM
	Sunday	Prelims	Warm-up 7:00 -- 8:45 AM	Start 9:00 AM
		Finals	Warm-up 3:30 -- 4:45 PM	Start 5:00 PM

MEET FORMAT: This is a prelim finals meet with A B C & D finals for events of 200 meters or less. The 400 Free and 400 IM are prelim/finals with A B & C finals. The 800 free, 1500 free and all relays are timed finals.

Preliminary events will swim slowest to fastest with the exception of the 400 Free and 400 IM. Finals will swim slowest to fastest. The 800/1500 Free and all relays will swim fastest to slowest. There will be a 10 minute break before the relay events.

The meet referee reserves the right to run this meet utilizing chase starts and or fly over starts dependent upon the number of participants and officials. If chase starts are utilized women and men will swim alternating heats with the women starting from one end and the men starting from the opposite end. In addition, if there are a large number of heats of the 800 and or 1500 freestyle, the meet referee reserves the right to split these distance events over more than one session.

Preliminaries will be run with swimmers starting from both ends of the pool if chase starts are utilized. Finals will start from one end only (Lobby end). Eight (8) lanes will be used for both prelims and finals. Men and women will alternate starting ends each day. Additional information will be available at the 6:00 PM Wednesday General Meeting.

SEEDING: Non-conforming times will be seeded last. LCM times are the conforming times followed by SCM times followed by SCY times, then bonus events. The fastest 3 heats in prelims will be circle seeded.

SCRATCH RULE: **USA Swimming national scratch procedures (USA Swimming Rule 207.12.6 A, D, and E), except as modified herein, shall be in effect.**
There are penalties if you qualify, fail to scratch and fail to swim in finals. On Thursday, Friday, Saturday and Sunday there are penalties if you fail to scratch and fail to swim in prelims.
The scratch box will be located at the clerk of course table.

PRELIMS: Prelim sessions will be seeded the evening before. Swimmers must scratch by 6:30 PM any event that they will not swim the next day. If swimmers do not scratch and do not swim in a prelim event there is a fine of \$50. Swimmers will be barred from all competition (individual and relay, at this meet or any future meets at the UH Campus Rec Center) until all fines are paid. Fines are payable to **HOUSTON COUGARS.**



FINALS: The finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to either scratch or declare their intent to scratch from finals from finals. Any qualified swimmer in the event (a swimmer is qualified for finals or consolation finals if he has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet.

SCRATCH RULE: Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists (including the "A", "B", "C", and "D" Finalists) set at this point, after the scratches, may be subject to the \$50 fine, even though any qualified swimmer may be moved into finals.

Any finalist, this does not include alternates, who fails to scratch and fails to compete is subject to a \$50 fine and banishment from the meet. Swimmers will be barred from all competition (individual and relay, at this meet or any future meets at the UH Campus Rec Center) until all fines are paid. Fines are payable to **HOUSTON COUGARS**.

Failure to compete in finals on Sunday will result in a \$100 fine to the Team (or swimmer, if unattached) for each empty lane. Fines are payable to **HOUSTON COUGARS**.

SCRATCH DEADLINES: Thursday Prelims scratch/"early on-deck" deadline
15 minutes after the Close of the General Meeting, Wednesday July 15.

Friday Prelims scratch/"early on-deck" deadline	Thursday, July 16, 6:30 pm
Saturday Prelims scratch/"early on-deck" deadline	Friday, July 17, 6:30 pm
Sunday Prelims scratch/"early on-deck" deadline	Saturday, July 18, 6:30 pm

800/1500 FREE: The 800 Freestyle will be deck seeded and requires positive check in 90 minutes prior to the scheduled start of the event. **The 1500 Free will be deck seeded and requires positive check by 7:00 PM Saturday.** Swimmers must also indicate if they intend to swim in prelims or finals. The check in sheets will be located at the clerk of course table. The fastest heats of the 800 and 1500 free, both women and men, electing to swim in finals, will swim at night during finals. All other heats of the 800 and 1500 free will swim fastest to slowest, alternating heats of women and men at the conclusion of prelims on Thursday and Sunday.

RELAYS: Relay events are timed final events. Teams are not limited on the number of relay entries. Relay swimmers must be qualified to swim and entered in an individual event. Relays will be deck seeded. The fastest two heats of women and men in each relay will swim at night during finals, fastest to slowest. All other heats will swim during prelims, fastest to slowest. Relay cards are due by 11 AM for morning swims and 6:00 PM for evening swims. Relay cards not received on time will be considered scratches.
Any relay that is entered on-deck at a Prelim/Finals meet, where the relays are divided between swimming in the morning/prelim session and the evening/final session, shall be limited to swimming with the morning session, unless there are open lanes in the evening session.



PROOF OF TIME:

Times submitted to qualify for this meet must be pre-proved. Times achieved at the meet cannot be used to prove entry times. Proof must be submitted with your entries. The Team Manager "Proof-of-Times Report" is sufficient for proving entry times achieved at meets listed in the USA Swimming database. To prove all other times, fill out the attached Proof-of-Time information form and return the form along with official printed results from high school, NCAA, or YMCA meets or printouts from the respective web pages. Swimmers will be fined \$100.00 for each unproven qualifying time and will be banned from competition until all fines have been paid. Fines are payable to **HOUSTON COUGARS**.

ON-DECK ENTRIES:

Late entries will be accepted each day up to 45 minutes before the start of the meet. Those swimmers missing the 6:00 PM. Monday July 6, 2009 deadline may enter the meet on deck in the following manner:

1. Swimmers must meet the qualifying times and entry rules.
2. The swimmers entering on the day **BEFORE** the session by the scratch deadline will be seeded into the events according to their best times. Swimmers entering on the **SAME DAY** of the session will be allowed to swim in open lanes in the first heat. Additional heats may be added at the discretion of the Meet Referee, depending upon the timeline each day.
3. Deck entries will be accepted on deck at \$20.00 per individual event, \$30 per relay.
4. Swimmers must supply completed entry forms entered at the swimmers' best times. Swimmers must provide a hard copy of proof of time for each event entered.
5. Swimmers must enter all events for the day forty-five (45) minutes prior to the start of the day's first event.
6. Swimmers must not exceed the allotted number of events allowed each day.
7. Swimmers who on-deck to change an entry time in an event already entered must still pay the on-deck entry fees. If entered by the scratch deadline, the new time will be used for seeding. Hard copy proof of new time must be provided.
8. Any relay that is entered on-deck at a Prelim/Finals meet, where the relays are divided between swimming in the morning/prelim session and the evening/final session, shall be limited to swimming with the morning session, unless there are open lanes in the evening session.

NOTE: Swimmers who on-deck by the "scratch box" deadline, will be seeded into the events according to their entry time. Swimmers who on-deck on the morning of the scheduled events, will be placed in open lanes in the first heat. Additional heats may be added at the discretion of the Meet Referee, depending upon the timeline each day.

Qualifying Times: Qualifying times are 2009 Texas Sr. Circuit B standards. See attached. Swimmers must be qualified to swim the events entered. Events may be qualified for by meeting yards or meters qualifying times. Qualifying times must have been achieved within two (2) years of the first day of the meet (July 16, 2007).

Swimmers that have one Texas Senior Circuit Automatic time qualify to swim all events except the 800 and 1500 free. If the automatic time was earned in yards, then the swimmers must enter with the yard time. Swimmers must enter an event that qualifies them for the automatic status. Even swimmers with an automatic time must qualify with the B time to swim in the 800 and 1500 free

Swimmers without an automatic time must meet the Texas Senior Circuit B qualifying standard for all events entered except for the bonus entries.



A swimmer with a B time in the 800 (and no qualifying time in the 1500) may enter the 1500 at the LCM B time. This entry into the 1500 free is NOT a bonus event. A swimmer with the B time in the 1500 free (and no qualifying time in the 800 free) may enter the 800 at the LCM time. This entry into the 800 is not a bonus event. A swimmer that enters either the 800 or 1500 at the LCM B time under these rules, must provide proof of time for the qualifying event with their original entries.

Swimmers that qualified and entered in 1, 2 or 3 events with a B qualifying time may also swim 1 "bonus" event. Swimmers entered in 4, 5 or 6 events with a B qualifying time may swim 2 "bonus" events. A "bonus" event is any individual event 200 meters or less. Only swimmers that have qualified and entered either the 800 or 1500 free may enter the 400 free as one of their bonus events. Swimmers may not enter the 800 or 1500 free as bonus events. Swimmers may not enter bonus events with a "No Time" (NT).

Cut-off Times: None

Age: As of July 16, 2009

Number of Events: Swimmers may compete in up to 3 individual events and up to 1 relay event per day. Relay swimmers must be qualified and entered in an individual event.

Fees: \$10.00 per Individual Event \$20.00 per Relay Event.

Make checks payable to **Houston Cougars**. Entry fees must accompany entries, if delivered by any method other than email.

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than **6:00 PM. on Monday July 6, 2009.** No late entries will be accepted. No phone or fax entries will be accepted. Entries received without accurate USA Swimming registration numbers will NOT be accepted or processed.

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 Chairperson:

Linda Brenneke
527 Nottingham Oaks Trail
Houston, TX, 77079-6331
281.589.8913

Email: entries4meets@yahoo.com

ENTRIES:

Entries must be received by **6:00 PM Monday July 6, 2009.** If you email entries, your entry fees hard copy proof of times and Team Information Form must be received by **6 PM on Wednesday, July 8, 2009.**

Swimmers that make a cut for the first time between the entry deadline and Sunday July 12, 2009 may email their entry to entries4meets@yahoo.com by midnight Sunday July 12, 2009. Include the team, team abbreviation, LSC the swimmers' legal name (as registered with USAS) USA ID #, event number and description, entry time and a hard copy attachment of the proof of times. The on deck fees apply to these entries and must be paid by the end of the General Meeting on Wednesday July 15.

Enter all events in the qualifying course -- if your qualifying time is in yards, enter in yards. If your qualifying time is in meters, enter in meters. **DO NOT CONVERT TIMES.** LCM times will be seeded first, then short course meters, then yard times.



All teams with five or more swimmers entered in this meet must submit their entries using Hy-Tek Team Manager software. Teams with fewer than five swimmers may use the attached meet entry form. Email the Hy-Tek file with the Proof of Time report, a pdf document of the entries, by swimmer, to Linda Brenneke at entries4meets@yahoo.com. Each team must also complete the attached Team Information Form. This form may be mailed with your entry fees.

TIME TRIALS

Time trials will be conducted between the prelim and final sessions Thursday through Sunday time permitting. Time trials will begin 15 minutes after the conclusion of prelims. Swimmers must be entered in the meet to time trial. **Time trial events do count toward the daily limit of 3 individual events.** Time trials will be held under sanction number GULC 09-023. Time trial entries will be accepted at the Clerk of Course table until 11 AM each day. A swimmer is limited to a maximum of two (2) time trial events during the meet. The order of events will be up to the discretion of the Time Trials Referee. Time trial entry fees are \$20 per individual and \$30 per relay payable at time of entry. Swimmers must provide their own timers and lap counters, where applicable, for all time trial events entered.

ELIGIBLE TEAMS

Open to USA Swimming Registered teams and swimmers in Texas and Louisiana. Limited entries from out of Texas and Louisiana allowed. The number of out-of-section swimmers is limited to 100 swimmers (the team that puts the number of out-of-section swimmers at 100 swimmers or more will be the last out-of-section team allowed to enter. Entries will be processed in the order received.

RULES AND SANCTIONS: The 2008-2009 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 registered with USA Swimming and the LSC they represent. The complete USA Swimming registration number for each swimmer must accompany their entry.

In granting this sanction, it is understood and agreed that USA Swimming, Inc., Gulf Swimming, Inc., the University of Houston The University of Houston Women's Swimming Team and The University of Houston Campus Recreation and Wellness Center staff, and all meet volunteers and officials shall be free from any liabilities or claims for damage sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. Damage to the facility, when proven, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

POOL MEASUREMENT: The competition course is compliant, but not certified, in accordance with USA Swimming Rule 104.2.2(C). Course measurements will be verified each session in accordance with Gulf Swimming Rules.

VISITING OFFICIALS: Applications to work as an assigned official are to be sent to the meet referee, Rick Tobin. Applications are available on the Southern Zone website at www.szoneswim.com. This meet will provide opportunities for evaluation of USAS officials for N2 and N3 national certification or re-certification. Evaluation request forms will be provided at the meet. Visiting officials are asked to indicate their availability by emailing the meet referee, Rick Tobin. All officials must attend a mandatory meeting one hour before each session. The uniform for all preliminary sessions will be white shirt over khaki shorts/pants/skirt as appropriate. Finals uniform will be **blue shirt over khaki pants/skirt (NO shorts) as appropriate.**



TIMING SYSTEM

TIMERS:

A Daktronics electronic timing system with an electronic scoreboard will be used. Two watches per lane, on each end (Chase starts) will be used as a backup. Teams with 5 or more swimmers will be assigned timing lanes. If you are traveling with a limited number of volunteers, please contact the meet director. Timing assignments will be published in the psych sheet.

Swimmers in the preliminary heats of the 800 free on Thursday and the 1500 free on Sunday must provide their own timers and counters.

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. Those wishing to volunteer as a timer will be given a pass to access the deck and help for that specific purpose.

Any non-registered individuals not respecting these rules will be removed from the deck and or facility at the discretion of the meet director or the Aquatics Director. As guests of The University of Houston all must adhere to the UH Campus Rec and Wellness Center Rules (attached).

Teams may put pop ups/tenting in the yard area outside the swimmer entrance
Swimmers are required to remain with their team on pool deck during each session.

Coaches must supervise their swimmers. **Wet swimmers are not allowed in the rotunda or the spectator seating area.**

Smoothies and food may not be consumed on deck. All food is to be consumed either in the rotunda or outside.

See complete facility rules attached to this invitation.

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).

In any meet sanctioned or approved by this LSC that may include one or more swimmers with visual, hearing, mental, or physical disabilities, the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.

AWARDS:

Individual events 1st-8th Medals

Relays 1st-3rd Medals

Combined team banners 1st-10th place

Individual high point 1st women and 1st men

A meet t shirt will be awarded to each swimmer achieving a national cut at this meet. Athletes may only receive one t-shirt. A meet cap will be awarded to each swimmer achieving an automatic cut at this meet. Athletes may only receive one cap.

There will not be an awards ceremony. Awards may be picked up at the Clerk of Course table following finals on Sunday. Awards will not be mailed, so please pick up Sunday evening.



SCORING Individual events 1-16 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events 1-16 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

SPECTATOR SEATING: The spectator seating area (cement bench style) will accommodate 600 occupants. No reserve seating is allowed. Seating will be on a first come first served basis. Swimmers are required to remain with their team on pool deck during each session. Wet swimmers are not allowed in the rotunda or the spectator seating area. Children of spectators must be supervised at all times.

SPECTATOR TICKETS: Spectators should enter through the main Campus Recreational and Wellness Center entrance
Admission Tickets **may be purchased at the Ticket Table** one hour prior to the scheduled start of the session. **Prelim sales start at 8:00 AM daily Thursday thru Sunday. Final ticket sales start 5:00 PM Thursday thru Saturday and 4:00 PM Sunday.** Ticket sales are on a first come first served basis.

All ticket and heat sheet sales will be **CASH ONLY**.

All Session Pass - \$20 (students with ID/children 3 to 10 - \$10)

One Day Pass - \$8 (students with ID/children 3 to 10 - \$5)

Only swimmers, coaches, officials, and volunteers may enter through the swimmer entrance

CONCESSIONS: Smoothie King and C-Store (may have limited hours) are located in the rotunda of the Rec Center. McAlister's Deli is located in the parking garage across from the Rec Center. Pizza Hut, Subway and Maui Wowi are located across the street adjacent to parking lot 20A.

HOSPITALITY: A hospitality room will be available. A hospitality room and complimentary psych sheets will be provided for Coaches and Officials who have, in their immediate possession, current USA registration cards.

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.
Real time results will be hosted on (www.gulfswimming.org), providing no network or internet problems prevent the loading of results.

Attachments:
Meet Format
Time Standards
Entry Verification Form
Gulf Safety Guidelines and Warm-up Procedures
Official Meet Entry Form.
UH Pool Rules
Maps



SAFETY GUIDELINES AND WARM-UP PROCEDURES

APPENDIX G

WARM-UP PROCEDURES

7:00 am - 8:00 am (4:30 pm – 5:00 pm)	General Warm-up
8:00 am - 8:45 am (4:30 pm – 5:45 pm)	Lanes 1/8 Push/Pace
	Lanes 2/7 Dives/Sprints
	Lanes 3/4/5/6 General Warm-up

Additional pace or sprint lanes may be opened as needed by the Meet Referee.

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 backstroke 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.
4. See complete UH Campus Recreation and Wellness Center Pool rules attached.





**2009 Speedo Champions Series
Sectional Championship
ORDER OF EVENTS**

Thursday, July 16, 2009

Preliminaries

Warm ups 7:00 AM to 8:45 AM

Meet starts 9:00 AM

Women's#		Men's #
1	100 Freestyle	2
3	100 Breaststroke	4
5	200 Backstroke	6
7	800 Freestyle**	8

Thursday, July 16, 2009

Finals

Warm ups 4:30 PM to 5:45 PM

Meet starts 6:00 PM

Women's#		Men's #
1	100 Freestyle	2
3	100 Breaststroke	4
5	200 Backstroke	6
7	800 Freestyle	8

Friday, July 17, 2009

Preliminaries

Warm ups 7:00 AM to 8:45 AM

Meet starts 9:00 AM

9	200 Freestyle	10
11	400 Ind Medley*	12
	[15 Minute Break]	
13	800 Free Relay	14

Friday, July 17, 2009

Finals

Warm ups 4:30 PM to 5:45 PM

Meet starts 6:00 PM

9	200 Freestyle	10
11	400 Ind Medley	12
	[15 Minute Break]	
13	800 Free Relay	14

* The 400 IM will be swum alternating women's and men's heats

Relay take off pads will be used for all relay events

Swimmers in the **preliminary heats of the 800 must provide their own timers and counters. The event will be deck seeded and swum fastest to slowest, alternating heats of women and men.





Saturday, July 18, 2009

Preliminaries

Warm ups 7:00 AM to 8:45 AM Meet starts 9:00 AM

15	100 Backstroke	16
17	200 Breaststroke	18
21	100 Butterfly	22
19	400 Freestyle*	20
[15 Minute Break]		
23	400 Free Relay	24

Saturday, July 18, 2009

Finals

Warm ups 4:30 PM to 5:45 PM Meet starts 6:00 PM

15	100 Backstroke	16
17	200 Breaststroke	18
19	400 Freestyle	20
21	100 Butterfly	22
[15 Minute Break]		
23	400 Free Relay	24

Sunday, July 19, 2009

Preliminaries

Warm ups 7:00 AM to 8:45 AM Meet starts 9:00 AM

25	200 Ind Medley	26
28	200 Butterfly	29
30	50 Freestyle	31
[15 Minute Break]		
33	400 Medley Relay	34
27	1500 Freestyle**	32

Sunday, July 19, 2009

Finals

****Warm ups 3:30 PM to 4:45 PM Meet starts 5:00 PM****

25	200 Ind Medley	26
27	1500 Freestyle	
28	200 Butterfly	29
30	50 Freestyle	31
	1500 Freestyle	32
[15 Minute Break]		
33	400 Medley Relay	34

* The 400 free will be swum alternating women's and men's heats

**Swimmers in the preliminary heats of the 1500 must provide their own timers and counters. The event will be deck seeded and swum fastest to slowest, alternating heats of women and men. Relay take off pads will be used for all relay events



ENTRY VERIFICATION FORM
UH LC Sectionals 2009
To be submitted with team entries

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 coaches listed below have met the current certification requirements.

Signature

Title

Team/LSC

Date

Head Coach: _____
USA Number

Phone: _____ E-Mail: _____

Please list below the information for each attending coach.

1. _____
Name USA Number

2. _____
Name USA Number

3. _____
Name USA Number

4. _____
Name USA Number

Volunteers to help with timing
Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Relay Entry Form

Team:		Address:	
Team Initials:			
Head Coach:		Email:	
Phone:			
Event #	Event Description	Relay (A,B,C...)	Entry Time
Swimmer	Last Name	First Name, MI	USA Number
1			
2			
3			
4			
Event #	Event Description	Relay (A,B,C...)	Entry Time
Swimmer	Last Name	First Name, MI	USA Number
1			
2			
3			
4			
Event #	Event Description	Relay (A,B,C...)	Entry Time
Swimmer	Last Name	First Name, MI	USA Number
1			
2			
3			
4			
Event #	Event Description	Relay (A,B,C...)	Entry Time
Swimmer	Last Name	First Name, MI	USA Number
1			
2			
3			
4			
Event #	Event Description	Relay (A,B,C...)	Entry Time
Swimmer	Last Name	First Name, MI	USA Number
1			
2			
3			
4			

2009 TSC Women	Sectional standards B			Senior Circuit standards A			TSC Automatic times		
	SCY	SCM	LCM	SCY	SCM	LC	SCY	SCM	LC
50 FREE	25.19	:28.39	28.69	24.59	:27.69	:28.19	24.59	:27.29	27.79
100 FREE	54.09	1:00.59	1:01.69	52.89	:59.69	1:00.69	52.89	:59.19	1:00.19
200 FREE	1:56.49	2:11.99	2:13.39	1:54.19	2:08.59	2:10.09	1:54.19	2:07.59	2:09.09
400/500 FREE	5:13.59	4:37.59	4:42.69	5:03.29	4:32.89	4:37.99	5:03.29	4:25.29	4:30.69
800/1000 FREE	10:48.19	9:19.09	9:30.49	10:21.29	9:19.09	9:30.49	10:21.29	9:07.89	9:15.99
1500/1650 FREE	18:21.59	18:01.49	18:23.29	17:24.29	18:01.49	18:23.29	17:24.29	17:22.69	17:46.69
100 BACK	1:01.29	1:11.09	1:11.69	59.09	1:09.49	1:10.29	59.09	1:07.09	1:07.89
200 BACK	2:11.19	2:32.69	2:33.19	2:06.99	2:30.29	2:32.09	2:06.99	2:24.19	2:25.99
100 BREAST	1:09.99	1:18.99	1:20.89	1:06.89	1:18.69	1:20.99	1:06.89	1:14.59	1:16.79
200 BREAST	2:29.99	2:51.69	2:54.79	2:30.79	2:51.69	2:54.79	2:24.29	2:42.09	2:44.99
100 FLY	59.59	1:07.99	1:08.09	58.49	1:06.59	1:06.99	58.49	1:05.39	1:05.79
200 FLY	2:11.99	2:34.19	2:35.19	2:07.39	2:29.89	2:30.89	2:07.39	2:23.19	2:24.19
200 I.M.	2:12.09	2:31.49	2:32.89	2:09.49	2:28.79	2:31.49	2:09.49	2:24.99	2:27.59
400 I.M.	4:40.79	5:23.39	5:25.69	4:33.09	5:14.99	5:18.79	4:33.09	5:05.99	5:09.69

2009 TSC Men	Sectional standards			Senior Circuit standards			TSC Automatic times		
Event	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM
50 FREE	22.49	25.09	25.59	:21.69	24.69	25.39	:21.69	24.09	24.79
100 FREE	48.99	55.19	55:69	:47.09	53.79	55.29	:47.09	52.49	53.99
200 FREE	1:47.49	2:01.89	2:02.89	1:43.09	1:58.79	2:01.59	1:43.09	1:55.39	1:58.09
400/500 FREE	4:54.39	4:17.29	4:25.49	4:39.59	4:12.19	4:20.79	4:39.59	4:01.59	4:09.79
800/1000 FREE	10:09.09	8:43.19	9:00.99	9:39.29	8:43.19	9:00.99	9:39.29	8:23.69	8:40.79
1500/1650 FREE	17:13.59	16:32.19	17:05.59	16:13.69	16:32.19	17:05.59	16:13.69	16:17.79	16:41.79
100 BACK	56.39	1:04.59	1:05.29	:53.09	1:02.59	1:04.39	:53.09	59.69	1:01.39
200 BACK	2:02.39	2:19.79	2:21.59	1:54.79	2:14.89	2:18.89	1:54.79	2:08.59	2:12.39
100 BREAST	1:03.79	1:11.39	1:12.69	:59.49	1:10.19	1:12.69	:59.49	1:05.99	1:08.29
200 BREAST	2:20.89	2:35.09	2:40.59	2:09.79	2:34.59	2:40.59	2:09.79	2:24.59	2:29.79
100 FLY	54.19	1:01.09	1:01.09	51.89	59.29	59.99	51.89	58.19	58.89
200 FLY	2:02.79	2:20.59	2:21.19	1:54.89	2:14.79	2:17.19	1:54.89	2:08.29	2:10.59
200 I.M.	2:02.29	2:17.99	2:21.19	1:56.29	2:15.29	2:20.19	1:56.29	2:08.99	2:13.59
400 I.M.	4:24.19	4:53.79	5:01.69	4:08.09	4:49.79	4:58.39	4:08.09	4:35.99	4:43.89

last updated on December 19, 2007

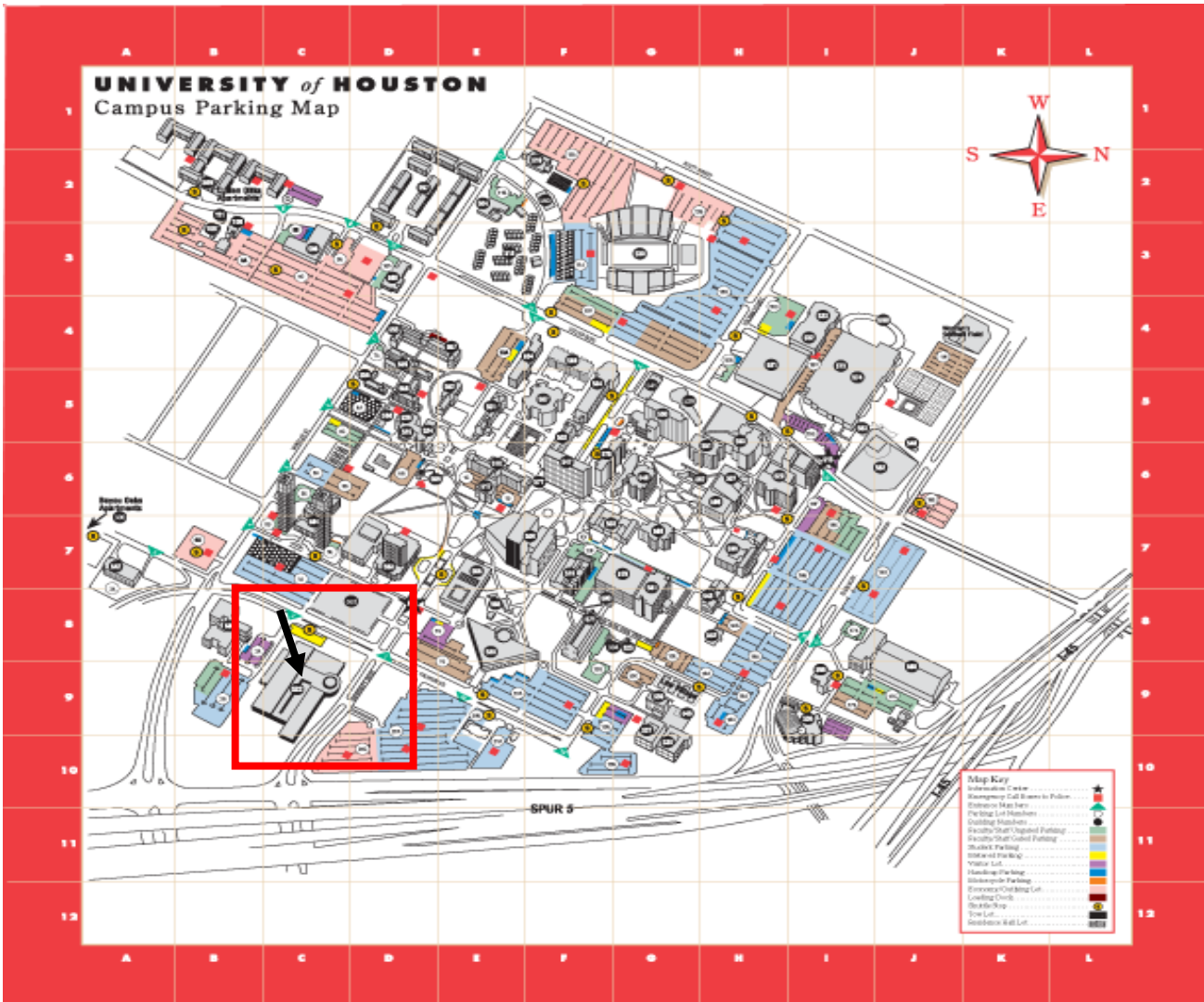


Maps

This map and others can be located at: http://www.uh.edu/campus_map/uh_map_and_index.pdf
(The map is much easier to interpret at the website where there are several versions of maps)

Also: Try the Google maps link below. You can zoom in on the building that looks like it has a donut on it on it, or zoom out to see roads and freeways.

<http://maps.google.com/maps?f=l&hl=en&q=&near=4500+University+Dr,+Houston,+TX&btnG=Search&ll=29.718312,-95.337821&spn=0.004435,0.00942&t=h>



THE UNIVERSITY OF HOUSTON CAMPUS RECREATION AND WELLNESS CENTER (CRWC) NATATORIUM RULES

1. Seating is limited to 600 occupants in the spectator area of the facility. **No RESERVING OF SEATS IS PERMITTED.** Seats will be on a first come basis only. Children of spectators must be supervised at all times. Swimmers are required to remain with their team on the pool deck during each session. Wet swimmers are not permitted to leave the pool deck.
2. **No Lawn chairs or portable seating** are allowed in the facility.
3. Participants and spectators are not allowed to use other areas of complex during this event, may be in area designated for meet only.
4. Flash photography will **not** be permitted at the start of each race. **Chase starts will be in effect.**
5. **NO COOLERS, No glass containers, breakable containers, hard plastic toys, tobacco, alcoholic beverages or gum** are allowed within the Campus Recreation and Wellness Center Please be considerate. Throw your trash in the trash containers.
6. Only participants, coaches, event administrators and event volunteers are allowed on the pool deck. All spectators and parents must remain in the upstairs seating area.
7. Participants are not allowed to climb over the grandstand railings or pass any posted barriers.
8. There will be no shaving within the CRWC. All shaving should be completed prior to arrival at the Natatorium. Safety marshals will be monitoring the locker rooms and restrooms to enforce this policy.
9. Swimming is allowed only when the area is supervised.
10. No swimming under the bulkheads will be permitted
11. **No hanging or sitting on the Lane Lines**
12. Diving boards and platforms will be closed and off limits at all times.
13. The sauna, spa and outdoor pool areas are off limits to all competitors and spectators.
14. The University of Houston Campus Recreation and Wellness Center Natatorium staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
15. Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited.
16. **Team Banners must not exceed 5' x 8' and will be hung by event staff. No handmade signs.**
17. No balloons will be permitted in the facility.
18. No pets allowed in the center or on the pool deck.
19. Please respect the facility and clean up after your team at the conclusion of each session.
20. No smoothies or food of any kind allowed on deck or in spectator seating area. All food must be consumed in the rotunda or outside.
21. No Heelys (or any style) of skate shoes allowed on deck.