

Gulf Fall Champs
A Timed Final Meet
Group B
Will be hosted by
Magnolia Aquatic Club
December 5-7, 2008
GUSC 09-022

- LOCATION:** **Magnolia High School Natatorium**
14350 FM 1488
Magnolia, Texas 77354
Directions:
Traveling from I-45 just north of The Woodlands, take FM 1488 West Approx. 15 mile toward Magnolia. The pool is located on the Magnolia High School Campus (On the East Side of the High School). The School is located on the North side of FM 1488 at the corner of FM 1488 & FM 149.
Traveling from the West, take Beltway 8 North to Highway 249. Take 249 north approx. 25 miles to FM 149 (Approx. 3 miles north of Tomball). Turn right on FM 149 and go north to FM 1488. The pool is located on the Magnolia High School campus (On the East Side of the High School). The School is located on the North side of FM 1488 at the corner of FM 1488 & FM 149.
- COACHES:** Terry Jones Head Coach
Jeremy Wade Head Age Group Coach
David Gribble Age Group Coach
- POOL:** Eight lane, 25 yard indoor pool with 5 continuous warm up-down lanes at far end. Pool has competitor non-turbulent lane lines, an 8 line LED CTS Scoreboard and non-slip touch pads.
- TIME AND DATE:** This is a **Timed Final Meet**. Meet Starting at 6:30 pm Friday, 9:00 am Saturday and Sunday. *Split warm ups will be in effect with assignments for warm ups and timing designated in the psych sheet and posted on the website 3 days prior to the start of the meet.*
Friday, December 5, 2008
General Warm Up 5:00-6:00 pm
Lanes 2-7 One way Dive Sprints – Lanes 1 & 8 push pace 6:00-6:15 pm

Saturday & Sunday, December 6-7, 2008
Early Warm Up: 7:30 a.m. - 8:05 a.m. Late Warm Up: 8:10 a.m. - 8:45 a.m.
Meet Start 9:00 am
- Please check the Warm Up Schedule and timeline posted on the Gulf Website 3 days prior to meet at www.gulfswimming.org .**
This meet will be run using 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.
- ELIGIBLE TEAMS:** This meet is open to Gulf Swimming registered swimming teams and swimmers. Eligible Teams for this meet are:
AGS, BRAZ, CFSC, ETEX, FCST, MAC, NCAT, RICE, TAMU, TWST

REFEREE: David Howard awp@actionwearplus.com

MEET DIRECTOR: Eddie Adams eddiea4@comcast.net

SAFETY MARSHALL: Michael McCorvy

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: Swimmers are required to circle in at least 45 minutes before their event. "Relay cards must be returned to the Clerk of Course by 10:00 a.m. Relay Cards not received by deadline will be considered scratched. 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 fined \$5.00 for each event that he/she failed to show for. The fine is payable to: "Gulf Swimming" Administrative Vice Chairman Herb Schwab.

ON DECK ENTRIES: Late entries will be accepted up to 30 minutes before the start of the meet. Those who miss the 6:00 P.M. Friday, November 28, 2008 deadline, may enter the meet on deck in the following manner:

1. Swimmers must pay the entry fee at the time of entry. **(\$8.00)**
2. Swimmers must supply a completed entry form & enter with the swimmers' best times. The swimmers will be seeded into the events according to their entered times.
3. Swimmers must enter events for that 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* (*yard*) times to *yard* (*meter*) times. If entries are made by paper, not on Hy-Tek team manager, swimmers should indicate on their entry form the course in which the entry time was made, (i.e., Y, S, or L). If a swimmer has never competed in a USA Swimming meet before, put NT where a seed time is requested.

QUALIFYING TIMES: None

CUT OFF TIMES: Swimmers must not have equaled or bettered the 2008 Gulf Champs Times Standards. Cut off times are attached.

NUMBER OF EVENTS: Swimmers may compete in a maximum of 4 (four) individual events per day, "and up to 1 relay event per day."

- DEADLINE:** Entries must be in the hands of the Meet Entry Chairperson no later than 6:00 pm **Friday, November 28 , 2008**. Entries will not be accepted after this date except as On-Deck entries. (see above). Do not send entries via Fed Ex, etc. that require a signature.
All express mail must be signed for release. E-mail entries, (please zip file), should be sent to tjones@magnoliaisd.org. Entries sent by e-mail must have the check and hard copy of entries postmarked within 24 hours of the meet entry deadline. Make checks payable to Magnolia Aquatic Club. Mail, e-mail, or hand deliver entries to the;
Meet Entry Chairperson:
Terry Jones
12707 Marshall Court
Magnolia, Texas 77354
832-457-1111 Cell / 281-356-1106 Pool / tjones@magnoliaisd.org
- SWIMMERS AGE:** Age as of December 5, 2008.
- ENTRIES:** All teams entering 10 or more swimmers **MUST** submit their entries on a diskette, or by e-mail, using the Hy-Tek Team Manager computer software, along with a hard copy printout . 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 the paper entry form only. Any questions regarding the HY-TEK Team Manager program should be directed to: Terry Jones @ 281-356-1106.
- 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).
- AWARDS:** Individual Events: Gulf Custom Medals 1st – 3rd and custom ribbons for 4th – 8th places.
Relay Events: Gulf Custom Medals for 1st place and custom ribbons for 2nd – 3rd places.
Team High Point: Trophies for 1st – 3rd Places.
Individual High: Point high point awards for each age group and gender.
- SCORING:** Scoring will be for 1-8 places for Individual and 1-8 places for relays.
Individual 9, 7, 6, 5, 4, 3, 2, 1 **Relay** 18, 14, 12, 10, 8, 6, 4, 2
- ENTRY FEES:** Individual events \$4.00 per event. Relays will be \$7.50. "On Decks" will be \$8.00 per individual event. \$15.00 for relays
Make checks payable to; Magnolia Aquatic Club.

RULES AND SANCTIONS: The 2008-2009 USA and Gulf Swimming rules will apply. The meet will be Held under the sanction of USA and Gulf Swimming. The attached entry verification form shall be properly filled out, signed, and sent in with the entries. No entries will be accepted unless the entrant is either registered or certified by USA Swimming. Gulf groups A & C are not eligible to participate at this meet. **The 3 event and up/down rule do not apply** and 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 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 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 breast, back or fly let in a 200 yard/meter medley relay if they have equaled or bettered the cut off time in the 100 yard/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.

TIMING SYSTEM: A Colorado Electronic Timing System 5 with an 8-lane electronic scoreboard will be used. Two watches per lane will be used as back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be posted on line 3 days before the meet and published in the heat sheet. Timer sign up sheets will be posted near the circle-in area. Swimmers in the 1650 and 500 free must provide their own timers and lap counters.

POOL DECK RESTRICTIONS: 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 registration card; however due to limited deck space if you are not working at the meet, you will be asked to leave the deck area. 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, Herb Schwab. 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.

CONCESSIONS: Food will be available in the Natatorium. A hospitality room and complimentary heat 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.

ATTACHMENTS: Meet Format
 Entry verification form
 Gulf Safety Guidelines and Warm up Procedures
 Official Meet Entry Form
 Map to Pool

Magnolia Aquatic Club (Group B) Fall Champs

Entry rules	
Type of Meet	Timed Finals
Max # individual events per day	Four (4)
Swimmers eligible	Group B
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times are GULF CHAMP TIME Standards	Gulf Champs Times
Enter with no time?	Yes
Gulf "three event" rule applies?	Does not apply
Gulf "up/down" rule applies?	Does not apply
Fees	Individual Events \$4.00 Relay Events \$7.50
<ul style="list-style-type: none"> • The 400 IM, 500, 1650 Free will be swum fastest to slowest, alternating girls and boys heats. • Those swimming the 500 Free & 1650 Free must provide their own timer and counter 	

Friday Night Session #1 Warm Up 5:00-6:15 p.m. / Meet Starts 6:30 PM

Girls				Boys				
Event #	LC Meter Time	SC Meter Time	Yard Time	Event	LC Meter Time	Sc Meter Time	Yard Time	Event #
1	5:43.59	5:33.09	4:57.19	13-14 400 IM *	5:54.79	5:20.29	4:47.39	2
3	2:45.79	2:47.19	2:31.49	11-12 200 IM	2:56.39	2:53.49	2:37.99	4
5	3:25.59	3:15.89	2:57.49	9-10 200 IM	3:25.99	3:20.09	3:01.19	6
7	5:16.59	5:05.59	5:53.89	11-12 500 Free *	5:25.79	5:10.09	5:58.29	8
9	4:57.39	4:49.09	5:29.69	13-14 500 Free *	4:53.29	4:38.99	5:26.89	10

Magnolia Aquatic Club (Group B) Fall Champs

Saturday Morning Session #2 Warm Up 7:30 a.m. / Meet Starts 9:00 a.m.

Girls				Boys				
Event #	LC Meter Time	SC Meter Time	Yard Time	Event	LC Meter Time	Sc Meter Time	Yard Time	Event #
11	3:03.49	2:57.09	2:40.29	9-10 200 Free	3:00.69	2:56.29	2:39.29	12
13	2:29.49	2:27.99	2:14.29	11-12 200 Free	2:37.49	2:28.29	2:18.09	14
15	2:21.49	2:17.29	2:04.59	13-14 200 Free	2:17.49	2:13.09	2:01.79	16
17	1:50.29	1:47.99	1:36.79	9-10 100 Breast	1:52.99	1:48.59	1:37.99	18
19	1:31.99	1:30.89	1:21.69	11-12 100 Breast	1:38.99	1:31.29	1:22.99	20
21	1:27.19	1:25.19	1:16.29	13-14 100 Breast	1:24.49	1:21.19	1:14.19	22
23	:36.09	:37.09	:33.19	9-10 50 Free	:38.69	:36.69	:33.09	24
25	:31.69	:31.09	:28.09	11-12 50 Free	:33.79	:31.99	:28.79	26
27	:30.19	:29.59	:26.69	13-14 50 Free	:29.09	:27.09	:25.49	28
29	:46.09	:43.59	:39.19	9-10 50 Back	:45.39	:42.59	:38.69	30
31	:38.19	:37.09	:33.29	11-12 50 Back	:40.29	:37.99	:34.29	32
33	2:45.09	2:37.09	2:21.29	13-14 200 Back	2:42.19	2:34.49	2:19.09	34
35	1:42.39	1:38.99	1:29.89	9-10 100 Fly	1:45.99	1:39.09	1:31.29	36
37	1:18.19	1:18.39	1:11.29	11-12 100 Fly	1:25.99	1:20.69	1:13.99	38
39	1:13.29	1:12.09	1:04.99	13-14 100 Fly	1:11.99	1:08.29	1:02.29	40
41	XXX	XXX	XXX	9-10 200 M.R.	XXX	XXX	XXX	42
43	XXX	XXX	XXX	11-12 200 M.R.	XXX	XXX	XXX	44
45	XXX	XXX	XXX	13-14 200 M.R.	XXX	XXX	XXX	46

- The 400 IM, 500, 1650 Free will be swum fastest to slowest, alternating girls and boys heats.
- Those swimming the 500 Free and 1650 Free must provide their own timer and counter.

Magnolia Aquatic Club (Group B) Fall Champs

Sunday Morning Session #3 Warm Up 7:30 a.m. / Meet Starts 9:00 a.m.

Girls

Boys

Event #	LC Meter Time	SC Meter Time	Yard Time	Event	LC Meter Time	Sc Meter Time	Yard Time	Event #
47	2:40.79	2:35.19	2:20.69	13-14 200 IM	2:37.89	2:30.09	2:15.49	48
49	XXXX	1:18.79	1:11.59	11-12 100 IM	XXXX	1:21.69	1:13.19	50
51	XXXX	1:32.29	1:23.99	9-10 100 IM	XXXX	1:31.69	1:22.99	52
53	3:04.79	3:04.49	2:44.99	13-14 200 Breast	3:07.39	3:03.09	2:40.29	54
55	:42.89	:41.59	:37.39	11-12 50 Breast	:44.99	:42.99	:38.79	56
57	:49.79	:48.59	:43.79	9-10 50 Breast	:51.39	:49.29	:44.19	58
59	1:04.99	1:03.99	:58.19	13-14 100 Free	1:02.39	1:00.99	:55.49	60
61	1:07.99	1:07.59	1:01.89	11-12 100 Free	1:12.59	1:10.29	1:04.99	62
63	1:19.99	1:17.29	1:10.29	9-10 100 Free	1:23.89	1:20.39	1:12.19	64
65	1:16.69	1:12.69	1:06.29	13-14 100 Back	1:13.29	1:10.29	1:04.09	66
67	1:21.29	1:18.49	1:11.39	11-12 100 Back	1:24.79	1:21.99	1:13.99	68
69	1:34.49	1:32.29	1:23.79	9-10 100 Back	1:39.99	1:35.69	1:28.79	70
71	2:52.59	2:40.79	2:26.29	13-14 200 Fly	2:46.59	2:34.89	2:21.59	72
73	:35.19	:35.09	:31.79	11-12 50 Fly	:37.59	:37.09	:33.59	74
75	:43.49	:41.99	:37.69	9-10 50 Fly	:44.99	:42.69	:38.59	76
77	XXXX	XXXX	XXXX	13-14 200 F.R.	XXXX	XXXX	XXXX	78
79	XXXX	XXXX	XXXX	11-12 200 F.R.	XXXX	XXXX	XXXX	80
81	XXXX	XXXX	XXXX	9-10 200 F. R.	XXXX	XXXX	XXXX	82
83	20:39.79	19:16.69	19:29.19	13-14 1650 Free	20:14.39	18:44.79	19:05.79	84

- The 400 IM, 500, 1650 Free will be swum fastest to slowest, alternating girls and boys heats.
- Those swimming the 500 Free and 1650 Free must provide their own timer and counter.

Magnolia Aquatic Club "Gulf Fall Champs"

ENTRY VERIFICATION FORM

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms and 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

Team Name

Date

SAFETY GUIDELINES AND WARM-UP PROCEDURES
APPENDIX G

WARM-UP PROCEDURES

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

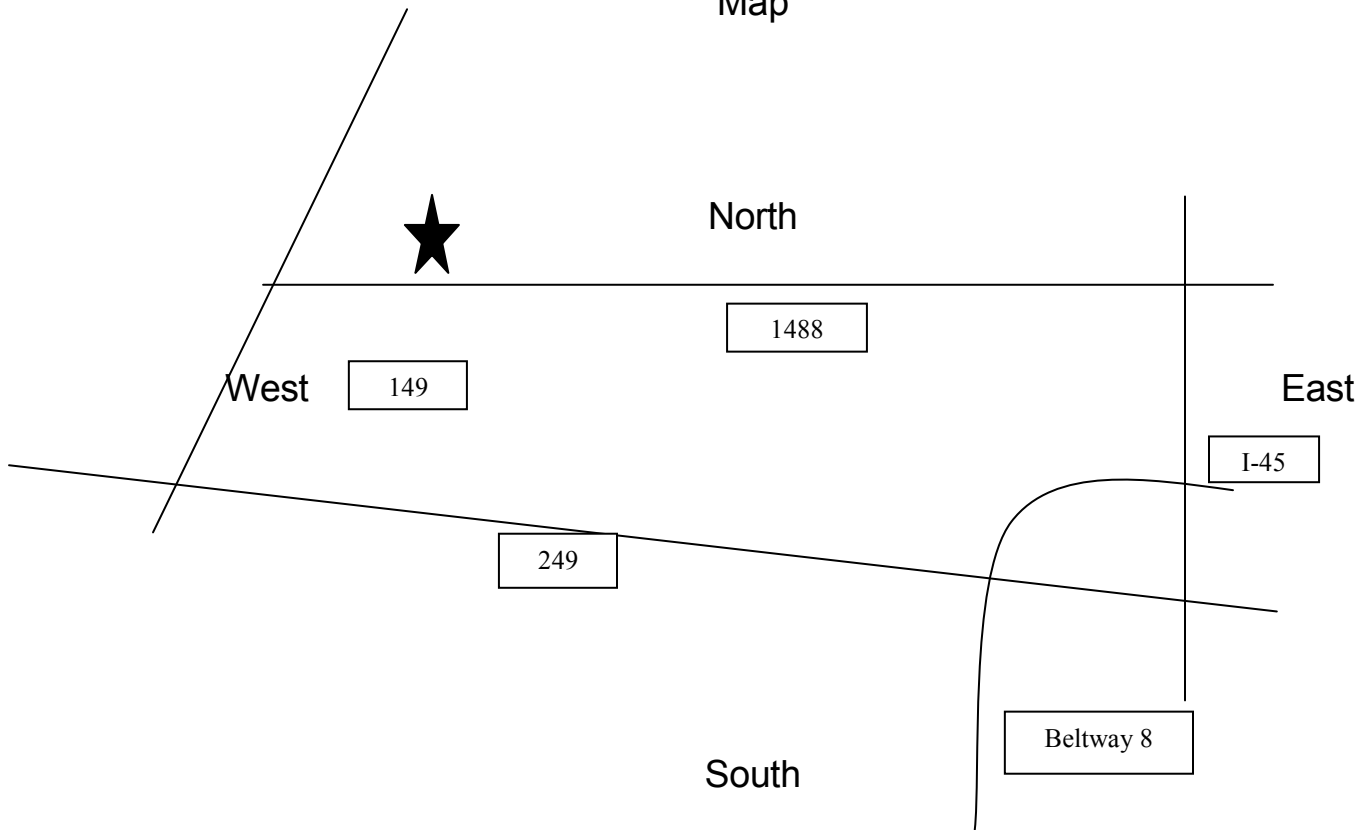
SAFETY GUIDELINES

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

F. POOL RULES

1. The Magnolia I.S.D. Natatorium and school grounds is a No Smoking Facility. Smoking, or use of other tobacco products, is not allowed on the grounds of USA Swimming Meets.
2. No glass containers are allowed anywhere in the Natatorium.
3. It is expected that all persons attending the meet respect the facilities and remember that they represent themselves and their respective clubs. Damage to the facility, when proved, will cause the offending swimmer if unattached, or the offending swimmers club, if attached, to be held accountable for repairs and may result in expulsion from the meet. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.
4. Only swimmers, coaches, officials, and timers are allowed on deck or in the locker rooms. All others must sit in the bleachers.
5. Do **NOT** park along the red fire curb in front of the Natatorium. This is a designated fire lane and **cars parking there will be ticketed and or towed** by the Magnolia Police Department.
6. Lap warm-up only is allowed at any time in the shallow pool, but swimmers must follow the general warm-up procedures. No diving, enter feet first only.
7. Parents and Swimmers please help keep the Natatorium clean. As you leave please pick up the trash around you. **Thank you!!**

Map



MAGNOLIA I.S.D. NATATORIUM

Location: Magnolia High School is located on FM 1488 just east of Hwy. 149. Magnolia Natatorium is on the east side of the high school.
Magnolia High School, 14350 FM 1488, Magnolia, Tx 77354
Pool Phone: **281-356-1106**

Pool: The competition pool consist of eight 9' lanes for competition and 5 lanes for continuous warm up and warm down on the other side of the bulkhead. The starting end of the pool is 13' deep and the turning end is 5'. The pool has an eight line LED Colorado scoreboard with a full automatic Colorado Timing System.