

Gulf Swimming 9-14 Junior Meet - Group "E"

Hosted By Magnolia Aquatic Club

Timed-Finals Meet

January 22-24, 2010

GUSC 10-047

"Deadline to Enter is No Later Than 6:00 p.m. Monday, January 11th"

LOCATION: Michael D. Holland, Magnolia Aquatic Center

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 Age Group Coach
David Gribble Age Group Coach
Michael McCorvy 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**. Split warm-ups will be in effect, lane assignments for warm-ups and timing will be designated in the psych sheet and posted on Gulf Swimming website at www.gulfswimming.org at least three (3) days prior to the start of the meet.

Friday, January 22nd

Open Warm Up: 5:00-6:15 p.m. Meet Start 6:30 p.m.

Saturday, January 23rd and Sunday, January 24th, 2010

1st Warm Up: 7:30 - 8:05 a.m. Meet Start 9:00 a.m.

2nd Warm Up: 8:10 - 8:45 a.m. Meet Start 9:00 a.m.

Please check the timeline posted on the Gulf Website 3 days prior to 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.

ELIGIBLE TEAMS: This meet is open to USA registered swimming teams and swimmers. Eligible Gulf Teams for this meet are (Group E) **MAC, AGS, BRAZ, ETEX, NCAT, SCAT, SSAN, TAMU, TWST, and TYES**

MEET OFFICIALS: REFEREE: Dave Howard, awp@actionwearplus.com

MEET DIRECTORS: Beth Bell, tervenfamilytree@yahoo.com

Terry Jones, tjones@magnoliaisd.org

Jeremy Wade, jwade@magnoliaisd.org

SAFETY MARSHAL: Michael McCorvy, mmccorvy@magnoliaisd.org

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

procedures.

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

CHECK IN: All swimmers must check in with the Clerk of 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 fined \$5.00 for each event that he/she failed to show for. The fine is payable to: "Gulf Swimming" and to Henry Clark, Gulf Swimming's Administrative Vice Chairman. Relay cards are due by 9:00 a.m. each day. Relay cards not received by the deadline will be considered scratched.

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. Monday, January 11th, 2010 deadline, may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry. **(\$10.50)**
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 all 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 have fewer than three (3) "A" time to enter this meet and may swim any event. The 2009-2012 National Motivational A times are included in this invitation.

NUMBER OF EVENTS: Swimmers may compete in up to 5 (five) 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 p.m. **Monday, January 11, 2010.** 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 I.S.D.**

Mail, e-mail, or hand deliver entries to;

Meet Entry Chairperson:

Terry Jones

12707 Marshall Court

Magnolia, Texas 77354

281-356-1106 (Pool) / tjones@magnoliaisd.org

SWIMMERS AGE: As of January 22, 2010.

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

of 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 the paper entry form only. Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission. 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: Ribbons 1-8 for Individual and 1-3 Relays will be awarded.

SCORING: Scoring will be for 1-8 places for Individual and Relay Events.
Individual Events: 9,7,6,5,4,3,2,1 Relays: 18,14,12,10,8,6,4,2
The 11-14 events will be swum combined and scored separately for 11-12 and 13-14 age groups.

ENTRY FEES: Individual events \$5.25 per event and relay's \$9.00 per relay event plus a two dollar (\$2.00) per swimmer Surcharge fee.
On Decks entries will be \$10.50 per individual event and \$18.00 per relay.
Make checks payable to: Magnolia I.S.D.

RULES AND SANCTIONS: The 2009-2010 USA and Gulf Swimming rules will apply. Swimmers must have fewer than three (3) A time to enter this meet and may swim any event. The 2009-2012 National Motivational A times are included in this invitation. The meet will be held under the sanction of USA and Gulf Swimming and Gulf Groups A, B, C & D are not eligible to swim at this meet. 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.
The three event rule and up/down rule do not apply to this meet.

POOL MEASUREMENT: 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: Colorado electronic timing 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 400 I.M., 500 & 1000 Free must provide two 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: Swimmers are not eligible to swim in this meet if they have 3 or more A times. Swimmers with 3 or more A times that enter this meet are subject to disqualification from the meet by the Meet 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, Officials and meet working staff.

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.

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

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

Gulf Swimming 9-14 MAC Junior Meet (Group E)

Entry rules	
Type of Meet	Timed Finals
Max # individual events per day and up to 1 relay event per day	Five (5)
Swimmers eligible	Group E
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times	9-10, 11-12 & 13-14 USAS Motivational "A" time standard
Enter with no time?	Yes
Does three event rule apply?	No
Does the up/down rule apply?	No Swimmers must have fewer than three (3) A time to enter this meet and may swim any event. The 2009-2012 National Motivational "A" Times are included in this invitation.
Special Rule Applies	Individual - \$5.25 Relays - \$9.00
Fees	\$2 per swimmer surcharge

Friday, January 22, 2010

Girls Event #	Short Course Yard	Short Course Meter	Long Course Meter	Event Description	Short Course Yard	Short Course Meter	Long Course Meter	Boys Event #
1	6:09.29	5:23.19	5:32.39	11-12 500 Free	6:04.69	5:19.19	5:27.09	2
1	5:52.99	5:08.89	5:16.59	13-14 500 Free	5:35.19	4:53.39	5:02.79	2
3	2:55.99	3:14.49	3:19.89	9-10 200 I.M.	2:55.29	3:13.69	3:18.89	4
5	5:36.09	6:11.39	6:23.99	11-12 400 I.M.	5:28.89	6:03.39	6:20.19	6
5	5:17.79	5:51.19	6:00.99	13-14 400 IM	5:00.49	5:31.99	5:44.49	6

Footnotes	<p>*The 11-14 events will be swum combined but scored separately for 13-14 and 11-12 *The 11-14 400 I.M. & 500 Free will be swam fastest to slowest alternating girls and boys heats *The 9-10 500 Free will be swam fastest to slowest. Boys 500 free swims Saturday and girls 500 free swims Sunday. Girls 1000 free swims Saturday and Boys 1000 free swims Sunday and swam fastest to slowest. *The 400 I.M., 500 & 1000 Free swimmers must provide their own timer and counter</p>
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Saturday, January 23, 2010

Girls Event #	Short Course Yard	Short Course Meter	Long Course Meter	Event Description	Short Course Yard	Short Course Meter	Long Course Meter	Boys Event #
7	41.99	46.49	48.29	9-10 50 Breast	42.19	46.69	48.49	8
9	37.79	41.69	42.09	11-12 50 Breast	37.29	41.19	43.09	10
11	1:22.59	1:31.29	NA	9-10 100 I.M.	1:21.09	1:29.59	NA	12
13	1:13.99	1:21.69	NA	11-12 100 IM	1:11.49	1:18.99	NA	14
15	2:30.49	2:46.29	2:51.49	13-14 200 IM	2:20.29	2:34.99	2:42.39	16
17	1:22.19	1:30.89	1:35.29	9-10 100 Back	1:21.29	1:29.79	1:33.29	18
19	1:14.19	1:21.99	1:23.29	11-12 100 Back	1:12.29	1:19.89	1:23.59	20
21	1:08.49	1:15.69	1:17.79	13-14 100 Back	1:04.19	1:10.99	1:14.49	22
23	NA	NA	NA	9-10 200 F.R.	NA	NA	NA	24
25	NA	NA	NA	11-12 200 F.R.	NA	NA	NA	26
27	NA	NA	NA	13-14 200 F.R.	NA	NA	NA	28
29	1:11.89	1:19.49	1:21.89	9-10 100 Free	1:10.79	1:18.19	1:20.59	30
31	1:03.09	1:09.69	1:13.49	11-12 100 Free	1:02.69	1:09.19	1:11.39	32
33	1:02.19	1:08.69	1:10.39	13-14 100 Free	:57.39	1:03.49	1:05.99	34
35	1:26.69	1:35.79	1:37.89	9-10 100 Fly	1:25.59	1:34.59	1:36.49	36
37	1:13.19	1:20.89	1:22.89	11-12 100 Fly	1:11.69	1:19.19	1:21.49	38
39	1:07.79	1:14.89	1:16.49	13-14 100 Fly	1:02.89	1:09.49	1:11.09	40
41	2:56.89	3:15.49	3:23.69	11-12 200 Breast	2:52.89	3:10.99	3:20.79	42
41	2:46.79	3:04.29	3:11.99	13-14 200 Breast	2:36.29	2:52.69	3:01.99	42
				9-10 Boys 500 Free	6:44.59	5:54.09	6:06.79	44
45	12:51.69	11:15.39	11:35.69	11-12 Girls 1000 Free				
45	12:07.59	10:36.79	10:47.99	13-14 Girls 1000 Free				

Footnotes

- *The 11-14 events will be swum combined but scored separately for 13-14 and 11-12
- *The 11-14 400 I.M. & 500 Free will be swam fastest to slowest alternating girls and boys heats
- *The 9-10 500 Free will be swam fastest to slowest. Boys 500 free swims Saturday and girls 500 free swims Sunday.
- Girls 1000 free swims Saturday and boys 1000 free swims Sunday and swam fastest to slowest
- *The 400 I.M., 500 & 1000 Free swimmers must provide their own timer and counter

Sunday, January 24, 2010

Girls Event #	Short Course Yard	Short Course Meter	Long Course Meter	Event Description	Short Course Yard	Short Course Meter	Long Course Meter	Boys Event #
47	2:37.59	2:54.09	2:59.79	11-12 200 IM	2:35.59	2:51.89	2:58.09	48
49	38.09	42.09	43.69	9-10 50 Back	38.29	42.29	43.89	50
51	33.89	37.49	38.99	11-12 50 Back	33.49	36.99	38.69	52
53	2:38.59	2:55.19	2:59.29	11-12 200 Fly	2:35.29	2:51.59	2:58.49	54
53	2:28.59	2:44.19	2:48.29	13-14 200 Fly	2:20.29	2:34.99	2:38.79	54
55	32.19	35.49	36.39	9-10 50 Free	31.59	34.89	36.09	56
57	29.49	32.59	33.69	11-12 50 Free	28.59	31.59	32.59	58
59	28.69	31.69	32.49	13-14 50 Free	26.29	29.09	30.29	60
61	1:33.39	1:43.19	1:46.99	9-10 100 Breast	1:31.79	1:41.39	1:45.99	62
63	1:22.19	1:30.79	1:33.79	11-12 100 Breast	1:20.49	1:28.99	1:32.49	64
65	1:17.59	1:25.79	1:28.99	13-14 100 Breast	1:12.09	1:19.59	1:21.29	66
67	NA	NA	NA	9-10 200 M.R.	NA	NA	NA	68
69	NA	NA	NA	11-12 200 M.R.	NA	NA	NA	70
71	NA	NA	NA	13-14 200 M.R.	NA	NA	NA	72
73	37.29	41.19	42.09	9-10 50 Fly	36.69	40.49	40.99	74
75	32.39	35.79	36.29	11-12 50 Fly	32.09	35.49	36.19	76
77	2:35.89	2:52.29	3:00.19	11-12 200 Back	2:32.89	2:48.89	2:56.39	78
77	2:27.29	2:42.79	2:47.39	13-14 200 Back	2:18.19	2:32.79	2:40.69	78
79	2:36.39	2:52.79	2:58.49	9-10 200 Free	2:31.89	2:47.89	2:52.39	80
81	2:19.89	2:34.59	2:37.69	11-12 200 Free	2:16.19	2:30.49	2:34.89	82
83	2:13.79	2:27.89	2:31.79	13-14 200 Free	2:05.29	2:18.39	2:23.29	84
85	6:48.39	5:57.39	6:05.89	9-10 Girls 500 Free				
				11-12 Boys 1000 Free	12:42.89	11:07.69	11:30.99	88
				13-14 Boys 1000 Free	11:36.39	10:09.49	10:29.39	88

Footnotes

- *The 11-14 events will be swum combined but scored separately for 13-14 and 11-12
- *The 11-14 400 I.M. & 500 Free will be swam fastest to slowest alternating girls and boys heats
- *The 9-10 500 Free will be swam fastest to slowest. Boys 500 free swims Saturday and girls 500 free swims Sunday.
- Girls 1000 free swims Saturday and boys 1000 free swims Sunday and swam fastest to slowest
- *The 500 & 1000 Free swimmers must provide their own timer and counter

Gulf Swimming 9-14 MAC Junior Meet

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 breaststrokers need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.

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 to Pool

