



2010 Spring Champs Meet Group C

Hosted By

Premier Aquatics Club of Klein
Timed Finals-Short Course Yards
February 26th-28th, 2010
SANCTION #GU 10-056

LOCATION:

Klein Oak High School.
22603 Northcrest Drive.
Spring, TX 77389

Directions: From I-45 take F.M 2920/Spring Cypress exit and go 4.8 miles west And turn right on Kuykendahl Rd. Go 1.1 miles north to Spring Stuebner and turn Right. Go .6 miles on Spring Stuebner and then turn left on Northcrest Dr. Klein Oak High School is at the corner of Northcrest Drive and Klein Oak dr. (map included With invitation)

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.

Friday: warm-up at 5:00 p.m-6:15 p.m. Meet starts at 6:30 p.m. (TIMED FINAL EVENTS)

Saturday and Sunday: warm-up at 7:30 a.m-8:45 p.m. Meet starts at 9:00 a.m. (TIMED FINAL EVENTS)

Split warm-ups will be in effect, with assignments posted on the Gulf Swimming web site. Lane assignments for warm-ups and timing will be designated in the psych sheet, and posted on the Gulf Swimming website at least three days prior to the start of the meet.

MEET TYPE:

This meet will be run utilizing the "Flyover Starts" procedures unless a waiver is received from the Technical Planning Committee Chairman. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the "Flyover Start" procedures.

MEET REFEREE:

Andy Kushner, E-mail: akushner@texas.net

MEET DIRECTOR:

Russell Crawford, Phone: 832-865-0889, E-mail: larkcrawford@yahoo.com
Sandi Genrich, E-mail: sandigenrich@sbcglobal.net
Kevin Little, E-mail: kplittle1@me.com
Kevin Pringle, E-mail: kevinp2865@msn.com
Todd Ber, E-mail: toddber@sbcglobal.net

SAFETY MARSHAL:

Darian Horn

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 the Course for all events. Swimmers are required to circle-in at least 45 minutes before their event. After the events are officially closed, no one may check in or scratch. After circling in, failure to appear at the starting blocks will result in the swimmer being assessed a \$5.00 fine, payable to Gulf Swimming Administrative Vice-Chairman, Henry Clark, for each event in which he/she fails to appear. Relay cards must be turned in to the Clerk of Course by 10:00 a.m. 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. Friday, February 19, 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.
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 (yard)* times to *yard (meter)* 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 each event entered at some time previous to this meet. Swimmers may not enter with NT (no time).

Special note for 8 & under swimmers:

8 & unders must have a previous time to enter any of the 50-yd 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: None

Qualifying Times: None

Age: As of February 26th, 2010

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

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Friday, Feb 19. 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 delivers entries to the Meet Entry Chairman at:

Todd Ber
8707 Cypress Square Ct
Spring, Tx 77379
281-818-0387
toddber@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/Team Manager computer software, along with a hard copy printout of the entries. Teams without Hy-Tek should submit their entries on the enclosed Entry Form. A \$25.00 fee must be included with the entry fees for teams that enter 10 or more swimmers using an entry form only (without sending Hy-Tek files). Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission.

Teams may electronically mail their Meet Manager files. Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Invitation.

Eligible Teams: GROUP C: AQUA,COOG,ESA,BTA,NCAT,NEHA,NOCH,SCAT,SSS,UH,PACK

Fees: **SIX DOLLARS** (\$6.00) per Individual Event and **NINE DOLLARS AND FIFTY CENTS** (\$9.50) for each relay event and a \$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: Medals 1st – 3rd place. Ribbons for 4th – 8th place. Relays: Medals: 1st place. Ribbons for 2nd and 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
Scoring - 8 & Unders events will be scored BB/B based upon entry times. 9-10, 10 & under, and 11-12, 50 and 100 events will be scored A/BB/B based upon entry times. 9-10, 10 & under and 11-12 200, 400 and 500 events will be scored A/BB based upon entry times.

RULES AND SANCTIONS: The 2009-10 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 Group A, B& D are not eligible... The Up/down and 3 event rules do NOT apply.*

Pool Measurement: The pool has been measured in accordance with USA Swimming Rule 104.2.2C (4). An application for certification by USA Swimming is pending. 202.3.6 “The water depth of the competition course is 12’1” feet measured from 1 meter to 5 meters on the starting end of the course, and 4’4” feet measured from 1 meter to 5 meters on the turning end of the course and 12’1” at the center.”

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/ 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 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-Chairman, Henry Clark.

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: D&J Sports

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.

Attach Meet Format, Entry Verification Form, Gulf Safety Guidelines and Warm-up Procedures, and Official Meet Entry Form.



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Timed Finals Short Course Yards

Entry rules	
Type of Meet	Timed Finals
Max # individual events per day “The 10 & Under 500 Free and the 400 IM do NOT count as one of the three events per day.”	Three (3)
Swimmers eligible	Gulf Only Group C
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times	NONE
Enter with no times?	No (see note about 8 & unders)
Gulf “three event” rule applies?	Does not apply
Gulf “up/down” rule applies?	Does not apply
Fees	Individual - \$6.00; Relays \$9.50; \$2.00 per swimmer facility surcharge

Friday February 26th, 2010
Warm-ups Starts @ 5:00 pm
Meet Starts @ 6:30 pm

Session 1 – Friday Evening – February 26th, 2010			
Girls		BOYS	
Event #	Age	Event	Event #
1	11-12	200 I.M.	2
3	10&under	200 I.M.	4
5	11-12	500 Free*	6
<p>* The 500 Freestyle will be swum fastest to slowest, alternating girls and boys heats. Swimmers in the 500 free must provide 2 timers and a lap counter 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</p>			



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Timed Finals Short Course Yards

Saturday February 27th, 2010

Warm-ups Starts @ 7:30 am

Meet Starts @ 9:00 am

Session 2 – Saturday Morning – February 27th, 2010			
GIRLS		BOYS	
Event #	Age	Event	Event #
7	11-12	50 Breast	8
9	8&under	100 I.M.	10
11	10&under	100 Fly	12
13	11-12	100 Fly	14
15	8&under	50 Free	16
17	9-10	50 Free	18
19	11-12	50 Free	20
21	10&under	100 Back	22
23	11-12	100 Back	24
25	8&under	50 Breast	26
27	9-10	50 Breast	28
29	11-12	200 Breast	30
31	10&under	200 Free	32
33	11-12	200 Free	34
35	8&under	200 Medley Relay	36
37	9-10	200 Medley Relay	38
39	11-12	400 Medley Relay	40
41	11-12	400 I.M.*	42

* The 400 I.M. will be swum fastest to slowest, alternating girls and boys heats. Swimmers in the 400 I.M. must provide 2 timers

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

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



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Timed Finals Short Course Yards

Sunday February 28th, 2010

Warm-ups Starts @ 7:30 am

Meet Starts @ 9:00 am

Session 3 – Sunday Morning – February 28th, 2010			
GIRLS			BOYS
Event #	Age	Event	Event #
43	11-12	50 Fly	44
45	8&under	100 Free**	46
47	9-10	100 Free	48
49	11-12	100 Free	50
51	11-12	200 Fly	52
53	8&under	50 Fly	54
55	9-10	50 Fly	56
57	11-12	50 Back	58
59	10&under	100 Breast	60
61	11-12	100 Breast	62
63	8&under	50 Back	64
65	9-10	50 Back	66
67	11-12	200 Back	68
69	9-10	100 I.M.	70
71	11-12	100 I.M.	72
73	8&under	200 Free Relay	74
75	9-10	200 Free Relay	76
77	11-12	400 Free Relay	78
79	10&under	500 Free*	80

*The 500 Freestyle will be swum fastest to slowest, alternating girls and boys heats.
Swimmers will need to provide 2 timers and 1 lap counter.

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

ENTRY VERIFICATION
APPENDIX F

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

Signature

Title

Date

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 warmup, 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.

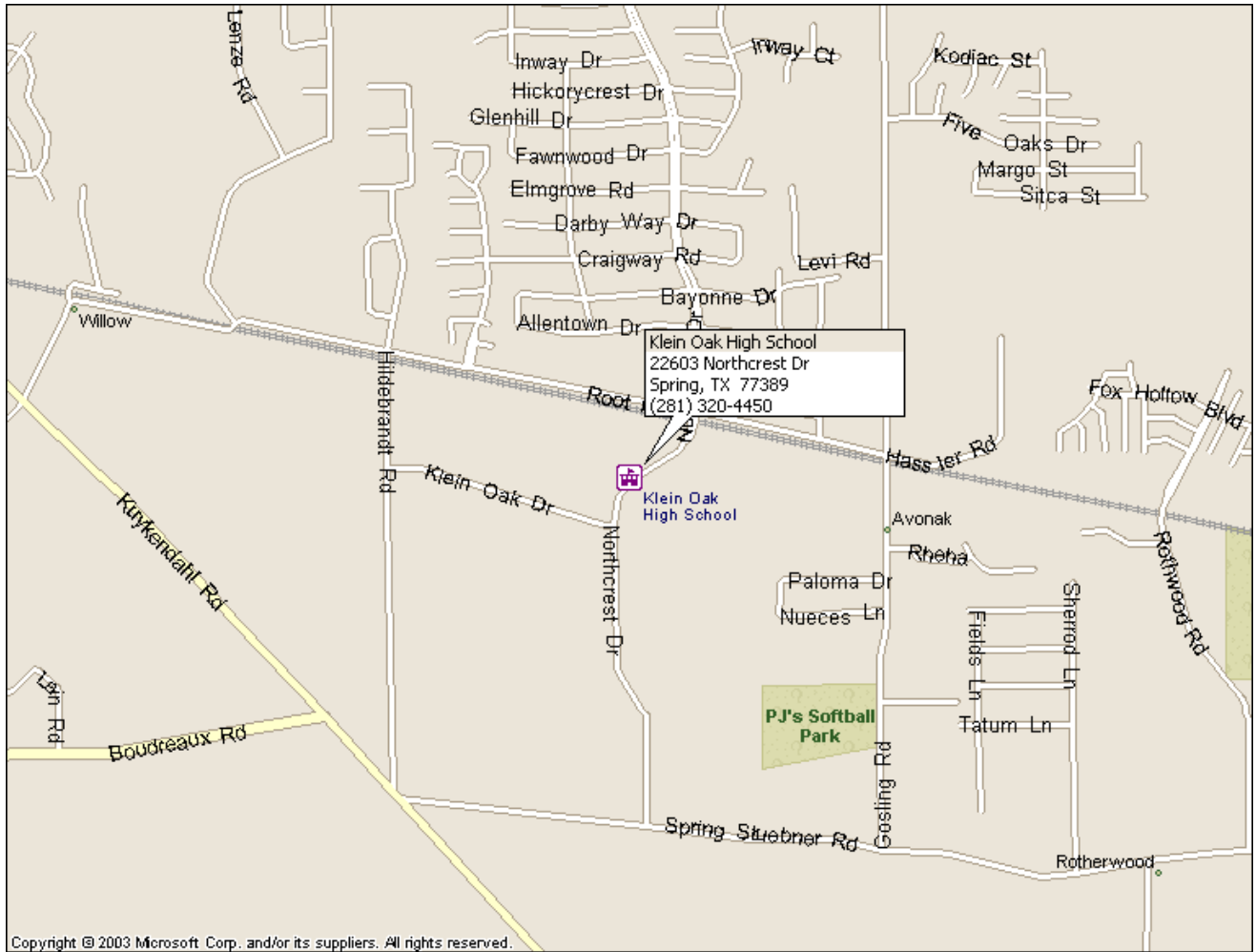
6. All diving boards and equipment are **OFF LIMITS**.

E. Pool Rules

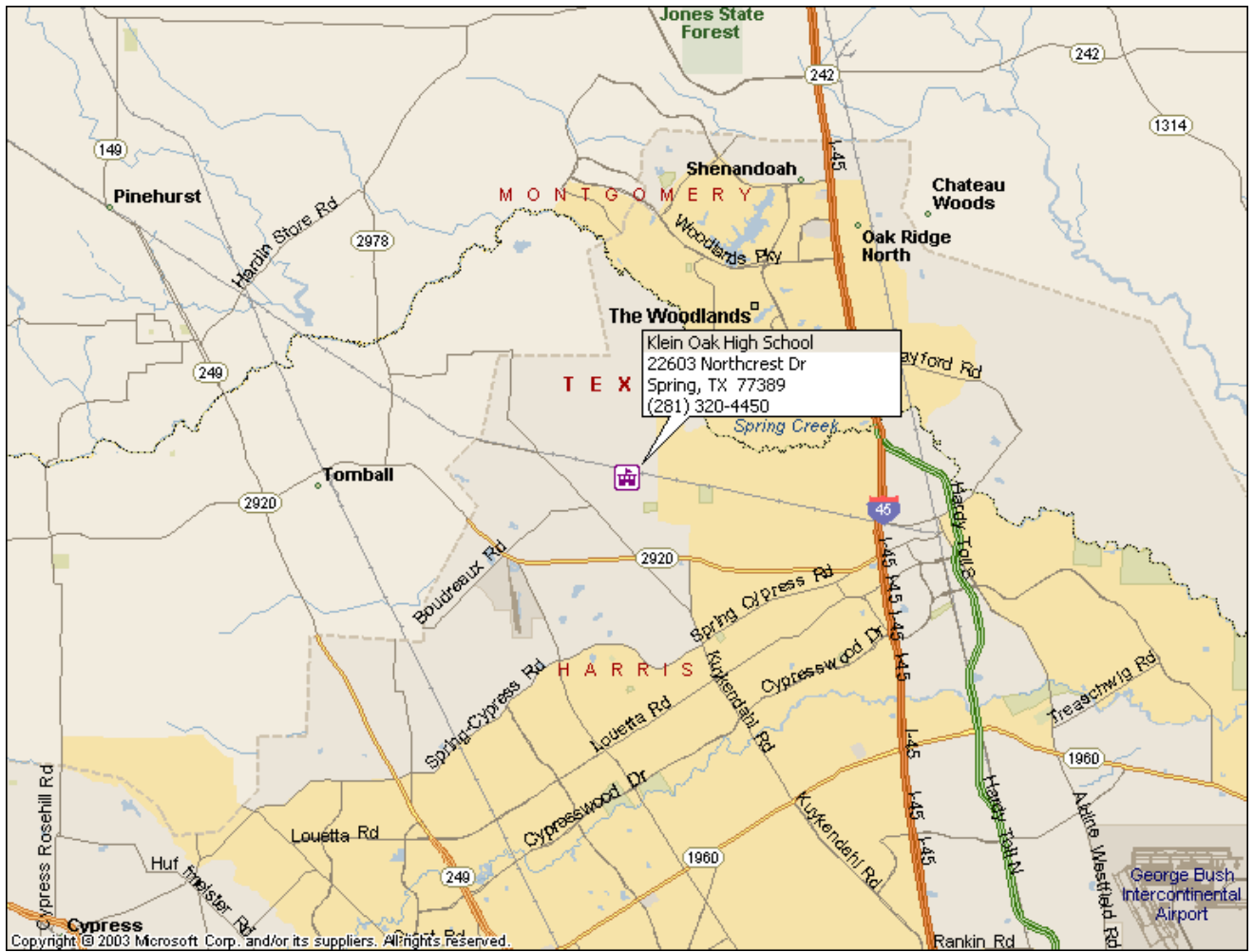
1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.

2. Glass containers are prohibited.

3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.



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