



## 2009 LONG COURSE TEXAS AGE GROUP SWIMMING CHAMPIONSHIPS

HOSTED BY AGGIE SWIM CLUB

JULY 29 – AUGUST 2, 2009

SANCTION #GULC 09-018

**Entry deadline – 11:59 PM, Tuesday, July 21**

**LOCATION:** Texas A&M University  
Student Recreation Center Natatorium  
Olsen Boulevard, College Station, TX 77843  
For more information about the TAMU Student Recreation Center Natatorium, visit:  
<http://recsports.tamu.edu/>

**LOCAL INFORMATION:**

**Directions:** See attachment and map

**Parking:** Rates for the parking garage across from the Rec Center are \$2/hour for the first three hours, then 50¢ for each additional hour. Maximum fee is \$15. Parking is free on the surface lots of the TAMU campus after 5:30 p.m. on Friday (except where noted).

**Sponsoring Hotels:** See attachment and map. Reservations at sponsoring hotels must be made by the cut-off dates. For additional hotel information, contact the Bryan-College Station Convention and Visitors Bureau at (979) 260-9898 or visit their website at <http://visitaggieland.com/>

**LIABILITY:** USA Swimming, GULF Swimming, Texas A&M University, Texas A&M University Student Recreation Center and Aggie Swim Club accept no responsibility or liability for injuries 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 proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

**MEET REFEREE:** Herb Schwab, email: [herb.schwab@shell.com](mailto:herb.schwab@shell.com)

**OFFICIALS:** Help from visiting officials is always welcome. Visiting officials are asked to email the Meet Referee with their certification level and availability so he can plan accordingly. All officials must attend a mandatory meeting one hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. Finals uniform will be blue polo shirt over khaki pants/skirt (NO shorts) as appropriate. Application will be made for this meet to be designated a National Qualifying Meet for Officials. Applications for evaluation can be obtained from the USA Swimming website. The application for approval will also request the assignment of **National Evaluators** to perform "final evaluations" for **N3 Starter** and **N3 Referee** candidates.

**MEET DIRECTORS:** Henry Clark, phone: (979) 220-2703, email: [clark@comp.tamu.edu](mailto:clark@comp.tamu.edu)  
Matthew Wagner, phone: (936)-661-3733, email: [irondad7@hotmail.com](mailto:irondad7@hotmail.com)

**SAFETY MARSHAL:** Hugh Walker

**WARM-UP PROCEDURES AND SAFETY GUIDELINES:** See attachment.

**GENERAL MEETING:** All swimmers must be represented at a pre-meet general meeting that will be held on Wednesday, July 29, 2009. The meeting will be held immediately after the conclusion of Wednesday's events in Room 281 behind the spectator seating area. Any possible changes in the conduct of the meet will be decided at this meeting. It is each swimmer and/or coach's responsibility to be aware of any decisions or changes that are made at this meeting.

**OPENING CEREMONIES:** There will be a short opening ceremony on Friday, July 31, 2009 at 9:00 AM before the start of the preliminaries session. Each team will be introduced and recognized. Team representatives may carry team banners or flags. The opening ceremony will conclude at 9:15 AM and will be followed promptly by the meet events.

Team pep rallies and demonstrations may be held BEFORE the playing of the National Anthem and after the start of the first event at each session, but not between the two.

**ELIGIBILITY:** All swimmers, age 14 and younger, must be registered as athletes for 2009 with USA Swimming by the entry deadline and must be registered as a member of one of the five Texas Local Swimming Committees (LSC's). All swimmers must also meet the time standards established for each event he or she enters and must have achieved those times between June 1, 2008 and July 21, 2009. Swimmers who achieve a qualifying time standard for the first time from Wednesday, July 22, 2009 through Sunday, July 26, 2009 may submit entries by email or fax. [See ENTRIES section] Typographical and transcription errors with regards to achieved qualification times will fall under the current USA Swimming Rules and Regulations Paragraph 207.10.5. Competitors must indicate their USA Swimming number and their age, as of July 29, 2009. Entries with "applied for" or "pending" will not be accepted. There will NOT be an opportunity to obtain a valid USA Swimming number or registration at the competition.

Swimmers may compete with a team that is registered with any of the five Texas LSC's. The team must be a member of the Texas Swimming Association (TSA) to compete for team points and awards. A swimmer may swim "unattached" if he/she is a member of an unregistered team or is ineligible to represent a team with whom they swim. Unattached swimmers may not earn team points. All teams must comply with all TSA entry requirements. Should a team be delinquent with TSA dues and/or fines at the start of the meet, all team members will swim unattached for the duration of the meet.

**TECHNICAL SUIT RESTRICTION:** Suits must be in compliance with rules adopted by the TSA at the 2008 House of Delegates meeting.

Girls - Swimsuits shall not cover the neck, extend past the shoulders or past the hips.

Boys - Swimsuits shall not extend above the waist or below the knees.

No "PVC" panels shall be allowed in either girls' or boys' suits.

Swimmers not in compliance with the TSA swimsuit rules will be disqualified as a false start.

**RULES AND SANCTIONS:** The meet will be held under the sanction of USA Swimming and Gulf Swimming. The 2008-09 USA Swimming Rules and Regulations will govern this meet. TSA rules will apply where allowed. TSA rules prevail over any inconsistencies between TAGS Meet Information and current TSA rules.

**CREDENTIAL TAGS AND REGISTRATION:** 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. Registration cards must be presented to receive credential tags. No team photographers will receive credential tags. Credential tags for media personnel must be arranged for with the meet director. Credential tags must be picked up at the registration desk.

**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.

**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).

**MEET FORMAT:** Preliminaries will be conducted using starts from both ends of the 50-meter pool, alternating odd and even heats. All girls heats will swim and then all boys heats will swim in event order. Chase starts and fly-over starts may be used at the discretion of the meet referee.

This meet will be deck seeded. Prelim events will be seeded by time and gender only as the TAGS event order allows. Sometimes the events will also be seeded by age. Some same distance and stroke events may be combined. All preliminary events will be swum slowest to fastest unless otherwise noted. All 10 & Under individual events will be swum as timed finals events in prelims. Finals in individual events will be swum by single year age groups –11, 12, 13 and 14.

**SCRATCH RULE:** Scratching for all final events is required as outlined in the current USA Swimming rules 207.12.6D and 207.12.6E. **Scratching for ALL Preliminaries is required prior to the deadline stated below.** Failure to scratch an event counts as one of your seven allowed events for the meet.

**CHECK-IN / SCRATCH DEADLINES:**

Day / Event	Deadline
800 Freestyle – Positive Check-in 800 Freestyle Relay – Relay Cards Due	Wednesday by 3:00 PM
Thursday's Relay Events – Relay Cards Due Thursday's Individual Events – Scratch From Prelims	Wednesday by 6:00 PM
Friday's Relay Events – Relay Cards Due Friday's Individual Events – Scratch From Prelims	Thursday by 7:00 PM
Saturday's Relay Events – Relay Cards Due Saturday's Individual Events – Scratch From Prelims	Friday by 7:00 PM
1500 Freestyle – Positive Check-in / Declare AM or PM Sunday's Relay Events – Relay Cards Due / Declare AM or PM Sunday's Individual Events – Scratch From Prelims	Saturday by 7:00 PM

**RELAYS:** Relays will swum as timed final events. The 800 Freestyle relays will be swum fastest to slowest. All other relays will have the fastest heat swim in finals, with slower heats swum in preliminaries. 10&U relays will have the option to swim in finals. A 10&U team's intent to swim in prelims or finals must be clear to the meet host at relay check-in time. Relay cards are due to the Clerk of Course according to the schedule under "Check-In." Relay cards not turned in on time will be considered scratched. Each team must indicate by Saturday night at 7 PM whether their Sunday relays are available to swim in finals. If no indication is made, the relay will be seeded as if it is available for an evening swim. Teams seeded in finals must swim or scratch. The order of swimmers on relay teams will be strictly enforced in accordance with 102.4.7 USA Swimming Rules and Regulations. Relay only swimmers must be pre-entered in the meet to be eligible to swim relays or time trials according to TSA rules.

**DISTANCE EVENTS:** The 10 & Under 400 Freestyle events will be swum as timed finals in prelims. The 11-12 400 Freestyle events will be swum as timed finals where the fastest heat of 11 and 12 year old girls and boys will swim in finals. All other heats will be swum in prelims with heats in the order of slowest to fastest.

The 13-14 400 Freestyle and 400 Individual Medley events will be contested as prelims/finals events with heats of 13 and 14 year old girls and boys swimming at finals.

The 800 Freestyle and 1500 freestyle will be swum as timed finals events. All heats of the 800 Freestyle will be swum fastest to slowest, alternating girls and boys heats. At check-in, 1500 Freestyle swimmers must determine their preference to swim AM or PM and the fastest 8 girls and fastest 8 boys that elect to swim PM will swim in finals. All other 1500 Freestyle heats will be swum fastest to slowest as the final events in Sunday's preliminary session, alternating girls and boys heats. There will be a 15 minute break between the 800 Freestyle and the 800 Freestyle Relays. There will be 10 minute break between the last relay event and the first heat of 1500 Freestyle in the preliminaries.

**ENTRIES:** Swimmers may enter as many qualified events as desired but may only compete in a total of seven (7) individual events during the entire meet with no more than three (3) individual events during any one day, plus one (1) relay event per day. Time trial events will count as one of the three events allowed per swimmer per day, but not for one of the seven (7) meet events. Please note that you must scratch the events you don't want to swim by the deadline specified in the check-in session. Failure to scratch an event counts as one of your seven allowed events for the meet. Penalty for no-show after check-in counts as a disqualification and one of the seven (7) allowable swims.

Entries for newly achieved times established after the entry deadline will be accepted up to 11:59 PM, Sunday, July 26, 2009. Email or faxed entries will be accepted. Payment will be due by the beginning of the meet and will be paid at the coaches' check-in. Email: [clark@comp.tamu.edu](mailto:clark@comp.tamu.edu) or fax: 979-776-1188. Entries sent to any other email or fax will not be accepted. Improved times of already entered events will not be accepted.

All seed times should be submitted in 100ths. Swimmers qualifying with a "non-conforming" time (short course yards or short course meters) shall enter such event using the non-conforming time, which shall be designated by appending the time with "Y" for Short Course yards or "S" for Short Course meters and will be seeded in accordance with USA Swimming rules.

A swimmer that has the qualifying time for the 1500 Freestyle also qualifies for the 800 Freestyle. If entering the 800 Freestyle with the 1500 Freestyle qualification, the swimmer must enter at the 800 Freestyle qualifying time and must provide proof of time for the 1500 Freestyle qualifying time.

A 13-14 medley relay that has the qualifying time for the 400 Medley Relay also qualifies for the 200 Medley Relay. If entering the 200 Medley Relay with the 400 Medley Relay qualification, the relay must be entered at the 200 Medley Relay qualifying time.

**ENTRY FEES:** Entry fees are \$10.00 for individual events and \$20.00 for relay events  
Time trials are \$15.00 per event  
Late entry individual/relay events are \$25.00

**ENTRY PROCESS:** Teams shall enter using the USA Swimming On-Line Meet Entry (OME) system. This is the only accepted process for pre-entering the meet. Entries are due NO LATER than 11:59 PM, Tuesday, July 21, 2009. Register for the meet online at [www.usaswimming.org/OME](http://www.usaswimming.org/OME) Payment must be made by credit card through the OME system.

**ON-DECK ENTRIES:** On-deck entries will be accepted no later than 30 minutes prior to the scheduled start of each session. Swimmers who late enter must pre-prove their time with the Clerk of Course, be entered at the cut off time, and swim in the open lanes in the first heat. A zero heat will be added if necessary, but there will be no standbys for open lanes. The late entry fee is \$25.00 per event. On-deck entries will be required to present a copy of their current USA Swimming ID and a current best times report from USA Swimming SWIMS database. NO DECK REGISTRATIONS WILL BE ACCEPTED.

**TIME TRIALS:** Time Trials will be held, time permitting, for TAGS participants between preliminaries and finals on Friday and Saturday. Time Trial entries will be accepted from 9:00 -11:00 AM on Friday and Saturday. There will be no time trials on Wednesday, Thursday or Sunday. The fee is \$15 per event. The sanction number is GULC 09-019. A swimmer may swim a maximum of one time trial per day. The 800 yard Freestyle will only be offered for Time Trial on Friday and the 1500 Freestyle will only be offered for Time Trial on Saturday. Time trial events count toward a swimmers total number of events as outlined in the Entries section. Time Trial results will be published with the Final Results; however, these times cannot be considered for state records. Event order will be determined by the Time Trial Referee.

**PROOF OF TIME:** For all rules and explanations pertaining to TAGS Proof of Times, swimmers and coaches are requested to refer to the TSA handbook. This is a pre-proved meet; all times will be verified through the SWIMS database. As always, it is the coach's responsibility to submit accurate, provable times. Otherwise, the individual swimmer or relay will not be entered in the meet. Any times not in the SWIMS database, including any aggregate relay times, must be proven, with supporting documentation supplied with the entry packet. A \$50.00 fine will be imposed for any swimmer or relay team that fails to achieve the minimum qualifying time that cannot be proven or is disqualified. Should a second offense occur, another \$50.00 fine will be assessed and the swimmer will be barred from the remainder of the meet.

**AWARDS:** **Individual Events:** Medals 1st through 8th  
**Relay Events:** Medals 1st through 3rd, Ribbons 4th through 8th  
**Teams:** TAGS Flags will be awarded to teams that finish in 1st through 10th places. The First Place team will receive the Leo Cancellare Award, TAGS traveling trophy.  
**High Point Award:** A high point trophy will be given to the outstanding boy and girl swimmer in each age group based upon the total number of points in individual events during the meet.  
**Team Age Group Award:** A white flag with red printing 3' x 2' in size will be given to the first place girl's and boy's teams in the following age groups using individual and relay events only: 10& Under, 11-12, and 13-14.  
**Horizon Award:** Given to the team that has the greatest place improvement in the team standings. No previous score is necessary, but the team must have been entered and recognized in the meet. This award will be computed from last year's Long Course TAGS team rankings. No physical award is given.

All individual event and relay awards will be ready to be distributed to the swimmer or his/her coach daily up to one hour after the conclusion of the meet. Team Flags, Outstanding Swimmer Plaques, and High Point Trophies will be awarded within one hour of the conclusion of the meet. Coaches, teams, and athletes failing to pick up their awards within one hour after the conclusion of the meet shall make arrangements to receive the awards with the Meet Director at no expense to Aggie Swim Club within 24 hours of the conclusion of the meet. If the awards are not available within one hour of the conclusion of the meet, the awards will be distributed to the team at the expense of Aggie Swim Club.

**SCORING:** All events will be scored by age groups  
Individual Events: 9, 7, 6, 5, 4, 3, 2, 1  
Relay Events: 18, 14, 12, 10, 8, 6, 4, 2

Team points will not be awarded for a performance that does not meet or better the minimum time standard for that event. However, the swimmer is entitled to the individual award if the swimmer can prove that he/she has met the qualifying time.

**TIMERS:** Each team entered in the meet will be responsible for providing timers. Timing Assignments will be made on a pro-rata basis. Each team will be responsible for providing 1 timer for every 10 swimmers entered in the meet. However, each team must provide at least 1 timer. Timing assignments will be printed in the heat sheet

**POOL MEASUREMENT:** The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Course measurements will be verified each session in accordance with Gulf Swimming Rules.

**TIMING SYSTEM:** A Daktronics electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up.

**SPECTATOR ADMISSION:** The spectator seating area can accommodate approximately 1200 occupants.

**CONCESSIONS:** Concessions will be available behind the spectator seating area.

**HOSPITALITY:** A hospitality room will be available for coaches, officials and meet volunteers.

**MERCHANDISE:** D&J Sports of Houston will be selling Speedo swim gear and meet t-shirts.

**MEET RESULTS:** "Real-Time" meet results will be available on the Gulf Swimming web page at <http://www.gulfswimming.org>. Final meet results will be posted on the Gulf Swimming webpage within three days after the conclusion of the meet.

**VOLUNTEERS:** Volunteers are welcome and are especially needed for the Thursday and Friday sessions. Hospitality will be made available to all volunteers. Please contact Matt Wagner at [irondad7@hotmail.com](mailto:irondad7@hotmail.com) or (936)-661-3733 or Henry Clark at [clark@comp.tamu.edu](mailto:clark@comp.tamu.edu) or (979) 220-2703.

**SCHEDULE:** The following schedule will be used as a guideline for all activities.

**WEDNESDAY, JULY 29**

2:00 to 9:00 p.m.	Pool open for warm-up.
3:00 p.m.	800 Freestyle check-in deadline
3:00 p.m.	Relay cards due to Clerk of Course for today's session
3:00 to 3:45 p.m.	Warm-up for 800 meter Freestyle
4:00 p.m.	Timed Finals for today's events
6:00 p.m.	Relay cards due for tomorrow's relay events
15 minutes after end of session	Pre-TAGS General Meeting

**THURSDAY, JULY 30**

7:00 to 7:30 a.m.	Group 3 Warm up
7:30 to 8:00 a.m.	Group 1 Warm up
8:00 to 8:30 a.m.	Group 2 Warm up
8:30 to 8:45 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Preliminaries start (Odd –Dive well end, Even–Scoreboard end)
4:00 to 5:00 p.m.	General Warm up
5:00 to 5:50 p.m.	Finalist Warm up
6:00 p.m.	Finals start for today's events
7:00 p.m.	Relay cards due to Clerk of Course for Friday relays

**FRIDAY, JULY 31**

7:00 to 7:30 a.m.	Group 1 Warm up
7:30 to 8:00 a.m.	Group 2 Warm up
8:00 to 8:30 a.m.	Group 3 Warm up
8:30 to 8:45 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Parade of athletes
9:15 a.m.	Preliminaries start (Odd–Dive well end, Even–Scoreboard end)
4:00 to 5:00 p.m.	General Warm up
5:00 to 5:50 p.m.	Finalist Warm up
6:00 p.m.	Finals start for today's events
7:00 p.m.	Relay cards due to Clerk of Course for Saturday relays

**SATURDAY, AUGUST 1**

7:00 to 7:30 a.m.	Group 2 Warm up
7:30 to 8:15 a.m.	Official's National Certification Clinic
7:30 to 8:00 a.m.	Group 3 Warm up
8:00 to 8:30 a.m.	Group 1 Warm up
8:30 to 8:45 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Preliminaries start (Odd–Dive well end, Even–Scoreboard end)
4:00 to 5:00 p.m.	General Warm up
5:00 to 5:50 p.m.	Finalist Warm up
6:00 p.m.	Finals start for today's events
7:00 p.m.	1500 Freestyle am/pm preference due
7:00 p.m.	Sunday relay a.m./p.m. preference due
7:00 p.m.	Relay cards due to Clerk of Course for Sunday relays

**SUNDAY, AUGUST 2**

7:00 to 7:30 a.m.	Group 3 Warm up
7:30 to 8:00 a.m.	Group 1 Warm up
8:00 to 8:30 a.m.	Group 2 Warm up
8:30 to 8:45 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Preliminaries start (Odd–Dive well end, Even–Scoreboard end)
4:00 to 5:00 p.m.	General Warm up
5:00 to 5:50 p.m.	Finalist Warm up
6:00 p.m.	Finals start for today's events

\*There will be a minimum two-hour break between the end of the Preliminary Session and the start of the Final Session. The Final Session will start no earlier than 4:30 PM but may start later, based on the end of the Preliminary Session.

## WARM-UP SCHEDULE\*\*

	<u>DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>
7:00 to 7:30	GROUP 3	GROUP 1	GROUP 2	GROUP 3
7:30 to 8:00	GROUP 1	GROUP 2	GROUP 3	GROUP 1
8:00 to 8:30	GROUP 2	GROUP 3	GROUP 1	GROUP 2
8:15 to 8:30	Dive/Sprint Pace for all athletes			

**A 10 & under warm up area will be designated in the diving well.**

### GROUP 1

West Texas  
Gulf (except Woodlands)

### GROUP 2

South Texas  
The Woodlands

### GROUP 3

North Texas  
Border

\*\* Please be advised that the Meet Director and the Meet Referee MAY adjust teams to maintain balance at all three warm-ups. Teams mandated to move will be notified by email and any changes will be posted on the TSA website by Monday, July 27, 2009.

### TEXAS A&M UNIVERSITY STUDENT RECREATION CENTER NATATORIUM RULES:

- Participants and spectators are not allowed to use other areas of the Student Recreation Center Complex during this event.
- Swimming is allowed only when the area is supervised.
- NO glass containers, tobacco, or alcoholic beverages are allowed within the natatorium area.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. All spectators and parents must remain in the grandstand.
- Participants are not allowed to climb over the grandstand railings or pass any posted barriers.
- There will be **NO SHAVING** within the Student Recreational Complex. Therefore, we request that swimmers be informed of this policy. All shaving should be completed prior to arrival at the natatorium. Safety marshals will be monitoring the locker rooms & restrooms to enforce this policy.
- Do not hang on lane lines.
- Safety rules will be enforced during warm-ups before each event session and in the diving well during the meet. The diving well is a warm-up area. Recreational swimming is prohibited.
- Diving Boards will be closed and off-limits to all competitors and spectators.
- Please be neat. Throw your trash in the trash containers.
- **NO LAWN CHAIRS** are allowed in the facility.
- The Texas A&M Recreational Sports staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited. Team Banners must not exceed 5'X 8' and will be hung by event staff. No handmade signs are allowed in the facility.

## 2009 Order of Events for Long Course TAGS

**Wednesday, July 29, 2009**  
**Timed Finals**

<b>Girls Event #</b>	<b>Qualifying Standard</b>	<b>Event</b>	<b>Qualifying Standard</b>	<b>Boys Event #</b>
1*	9:56.19	13 800 Free	9:56.59	2*
1*	9:48.49	14 800 Free	9:28.19	2*
<b>15 minute Break</b>				
3*	9:26.59	13-14 800 Free Relay	9:16.69	4*

\* Timed finals event.

Note: All Wednesday's events will be swum fastest to slowest. The 800 Free (Events 1 & 2) will alternate girls and boys heats. Swimmers must provide their own counters.

**Thursday, July 30, 2009**

<b>Girls Event #</b>	<b>Qualifying Standard</b>	<b>Event</b>	<b>Qualifying Standard</b>	<b>Boys Event #</b>
5*	3:05.09	10&U – 200 IM	3:09.09	6*
7	2:53.39	11 – 200 IM	2:51.59	8
7	2:44.69	12 – 200 IM	2:43.99	8
7	2:38.29	13 – 200 IM	2:36.49	8
7	2:35.39	14 – 200 IM	2:29.99	8
9*	40.59	10&U – 50 Back	41.39	10*
11	37.89	11 – 50 Back	38.09	12
11	36.19	12 – 50 Back	35.89	12
13	1:02.89	14 – 100 Free	1:00.29	14
13	1:04.09	13 – 100 Free	1:02.39	14
13	1:06.29	12 – 100 Free	1:06.49	14
13	1:09.79	11 – 100 Free	1:10.19	14
15*	1:14.79	10&U – 100 Free	1:14.79	16*
17	2:38.59	14 - 200 Fly	2:32.49	18
17	2:42.59	13 - 200 Fly	2:38.79	18
17	2:52.19	12 - 200 Fly	2:56.09	18
17	2:59.29	11 - 200 Fly	2:58.49	18
19*(1)	4:53.49	13-14 – 400 Medley Relay	4:43.09	20*(1)
19*(1)	5:13.69	11-12 – 400 Medley Relay	5:22.09	20*(1)

\* Timed finals event.

(1) Fastest heat of 13-14 and 11-12 girls and boys will swim in finals.

## Friday, July 31, 2009

<b>Girls Event #</b>	<b>Qualifying Standard</b>	<b>Event</b>	<b>Qualifying Standard</b>	<b>Boys Event #</b>
21*	2:42.89	10&U – 200 Free	2:44.49	22*
23	2:31.99	11 – 200 Free	2:31.29	24
23	2:26.39	12 – 200 Free	2:24.09	24
23	2:18.59	13 – 200 Free	2:16.69	24
23	2:15.99	14 – 200 Free	2:10.79	24
25*	45.99	10&U 50 Breast	46.99	26*
27	42.09	11 – 50 Breast	43.09	28
27	40.09	12 – 50 Breast	40.89	28
29	1:10.69	14 – 100 Fly	1:06.69	30
29	1:12.19	13 – 100 Fly	1:10.99	30
29	1:15.79	12 – 100 Fly	1:17.09	30
29	1:21.39	11 – 100 Fly	1:21.49	30
31*	1:30.19	10&U – 100 Fly	1:33.39	32*
33	5:36.09	13 – 400 IM	5:33.79	34
33	5:28.59	14 – 400 IM	5:18.89	34
35*(1)	5:18.19	10&U 400 Free Relay	5:37.99	36*(1)
35*(1)	4:37.19	11-12 400 Free Relay	4:44.09	36*(1)
35*(1)	4:21.39	13-14 400 Free Relay	4:11.69	36*(1)

\* Timed finals event.

(1) Fastest heat of 10&U, 11-12 and 13-14 girls & boys will swim in finals.

## Saturday, August 1, 2009

<b>Girls Event #</b>	<b>Qualifying Standard</b>	<b>Event</b>	<b>Qualifying Standard</b>	<b>Boys Event #</b>
37	2:53.09	11 – 200 Back	2:56.39	38
37	2:46.19	12 – 200 Back	2:46.09	38
37	2:39.29	13 – 200 Back	2:36.59	38
37	2:37.09	14 – 200 Back	2:31.29	38
39*	38.39	10&U – 50 Fly	38.69	40*
41	35.49	11 – 50 Fly	35.89	42
41	33.59	12 – 50 Fly	34.19	42
43	1:23.19	14 - 100 Breast	1:20.19	44
43	1:24.29	13 - 100 Breast	1:21.29	44
43	1:28.79	12 – 100 Breast	1:28.99	44
43	1:32.49	11 – 100 Breast	1:32.49	44
45*	1:39.29	10&U – 100 Breast	1:41.79	46*
47	4:47.49	14 – 400 Free	4:36.59	48
47	4:50.49	13 – 400 Free	4:48.19	48
49*(2)	5:04.89	12 – 400 Free	5:01.99	50*(2)
49*(2)	5:20.49	11 – 400 Free	5:18.19	50*(2)
51*	5:39.59	10&U – 400 Free	5:44.69	52*
53*(1)	1:59.29	13-14 200 Free Relay	1:53.49	54*(1)
53*(1)	2:05.59	11-12 200 Free Relay	2:07.19	54*(1)
53*(1)	2:25.09	10&U 200 Free Relay	2:27.99	54*(1)

\* Timed finals event.

(1) Fastest heat of 10&U, 11-12 and 13-14 girls & boys will swim in finals.

(2) Fastest heat of 11 and 12 girls and boys will swim in finals.

## Sunday, August 2, 2009

<b>Girls Event #</b>	<b>Qualifying Standard</b>	<b>Event</b>	<b>Qualifying Standard</b>	<b>Boys Event #</b>
55	3:19.69	11 – 200 Breast	3:20.79	56
55	3:07.99	12 – 200 Breast	3:11.79	56
55	3:00.49	13 - 200 Breast	3:01.09	56
55	2:57.79	14 - 200 Breast	2:51.69	56
57*	33.79	10&U – 50 Free	33.99	58*
59	31.89	11 – 50 Free	32.09	60
59	30.69	12 – 50 Free	30.49	60
59	29.69	13 – 50 Free	28.69	60
59	29.09	14 – 50 Free	27.79	60
61*	1:26.79	10&U – 100 Back	1:29.19	62*
63	1:21.39	11 – 100 Back	1:22.19	64
63	1:17.89	12 – 100 Back	1:17.69	64
63	1:14.89	13 - 100 Back	1:13.49	64
63	1:13.99	14 - 100 Back	1:09.99	64
65*(3)	19:21.19	13 – 1500 Free	19:15.89	66*(3)
65*(3)	18:55.69	14 – 1500 Free	18:14.69	66*(3)
67*(1)	2:47.69	10&U 200 Medley Relay	2:50.79	68*(1)
67*(1)	2:23.39	11-12 200 Medley Relay	2:26.79	68*(1)
67*(1)	2:14.59	13-14 200 Medley Relay	2:11.29	68*(1)

\* Timed finals event.

(1) The fastest heat of 10&U, 11-12 and 13-14 girls & boys will swim in finals.

(3) The fastest 8 girls and fastest 8 boys that elect to swim PM will swim in finals. All others swum last in prelims, alternating girls/boys heats seeded fastest to slowest. Swimmers must provide their own counters and timers.

## 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.

**SPONSORING HOTELS:** Reservations at sponsoring hotels must be made by cut off dates shown below. An entire listing of Bryan/College Station area accommodations can be found at <http://visitaggieland.com/>

College Station Hotels	Phone number	Rate/night	#on Map	Group Name/Code	Cut off date
<u>Econolodge</u> 901 East University Drive	979-260-9150	\$85	1	Gulf Swimming Summer Swim Meet	June 30, 2009
<u>Courtyard by Marriott</u> 3939 State HWY 6 South	979-695-8111	\$119	2	Long Course TAGS Group Code: GSWP	July 8, 2009
<u>Hampton Inn</u> 320 South Texas Avenue	979-846-0184	\$99	3	Gulf Swimming Summer Swim Meet Group Code: GSS	July 15, 2009
<u>Holiday Inn Hotel and Suites</u> 2500 Earl Rudder Freeway	979-485-8300	\$109	4	Gulf Swimming Summer Swim Meet Group Code: SSM	July 8, 2009
<u>Quality Suites</u> 3610 HWY 6 South	979-695-9400	\$90	5	Gulf Swimming Summer Swim Meet Group#: 100502	July 1, 2009
<u>Super 8 Motel</u> 301 Texas Ave South	979-846-8800	\$70	6	Gulf Swimming Summer Swim Meet	June 29, 2009

