

**2008 Texas Swimming Association
All Star LSC Championship Meet**
HOSTED BY
University of Houston Women's Swim Team
Short Course Yards Timed Finals Meet
November 8-9, 2008
SANCTION #GUSC 09-010

LOCATION:

University of Houston Campus Recreation and Wellness Center



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

Directions:

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

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

****Parking in lot 20 C is free on Saturday and Sunday.**

MEET ELIGIBILITY: This meet is open only to swimmers registered with both USA Swimming and a Texas LSC. Registered swimmers must be between ages 11-14 as of November 8, 2008. Entries received without a complete USA Swimming Registration number will not be processed. Swimmers must compete in age groups based on their age as of November 8, 2008. Each contestant may compete only in the age group for which he/she is eligible.

COACH: Mark Taylor Head Coach

POOL: Eight lane 25 yard indoor pool with non-turbulent lane lines.
Separate warm up/down facilities available

TIME AND DATE: Saturday November 8 and Sunday November 9, 2008

Saturday morning session warm ups	7:30 AM - 8:30 AM	Meet starts at 9:00 AM
Swimmers will be allowed on deck at	7:15 AM	
Saturday evening session warm ups	2:45 PM-3:45 PM	Meet starts at 4:00 PM
Swimmers will be allowed on deck at	2:30 PM	
Sunday morning warm ups	8:45AM -9:45 AM	Meet starts at 10:00 AM
Swimmers will be allowed on deck at	8:30 AM	

Split warm-ups will be in effect. Lane assignments for warm-ups and timing will be designated in the psych sheet and posted on the Gulf Web page 3 days prior to the meet.

Timers: Each LSC will be required to provide timers in proportion to the number of Swimmers they enter in the meet.

PARTICIPANT REGISTRATION PROCEDURE Swimmers coaches and officials must check in at the registration table located on deck just inside the swimmer entrance. Credentials will be distributed at this location only. Credentials are required to enter the pool deck area. Coaches and officials should have their USA Swimming registration card with them to expedite the credential process. **All meet personnel are to enter and exit the pool deck through the swimmer entrance only.**

MEET REFEREE: Herb Schwab herb.schwab@shell.com
Help from visiting officials is always welcome. Visiting officials are asked to e-mail the meet referee at least one week prior to the meet. Officials' attire shall be white over blue (no jeans). Officials shall prominently display both their USA Swimming and their LSC stroke and turn credentials while on deck. Wearing of name tags is strongly encouraged.

MEET DIRECTOR: Linda Brenneke entries4meets@yahoo.com 281.589.8913

SAFETY MARSHAL: Jim Rockwell

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

TEAM COLORS: Each LSC must adhere to the following color scheme for team caps and t-shirts:

Border	Black
West Texas	Blue
South Texas	Green
North Texas	Yellow
Gulf	Red

SEEDING: The meet will be a pre-seeded meet with the exception of the **500 freestyle and the 400 IM. These events will be deck seeded with positive check in.** Swimmers who check-in for these events and subsequently fail to appear for competition will be disqualified from their next scheduled event.

CHECK-IN: **Saturday:** Properly completed relay cards must be turned in to the Computer room by 8:45 AM and 3:45 PM on Saturday.
Sunday: Properly completed relay cards must be turned in to the Computer room by 9:45 AM on Sunday.
Positive check in for the 13-14 boys 400 IM by 8:15 AM Saturday
Positive check in for the 11-14 girls 500 Freestyle by 9:15AM Saturday
Positive check in for the 13-14 boys 400 IM by 3:15 PM Saturday
Positive check in for the 11-14 girls 500 Freestyle by 4:15PM Saturday

Scratch Rule: There are no penalties for scratching from an event. However, it is always a courtesy to other competitors and the Meet Host to notify the Meet Director of any known scratches in advance.

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best yard time. Entry times must be submitted in short course yards (Y). Do not convert meter times to yard times. Times must be from USA swimming meets.

Qualifying Times: Swimmers must be qualified to swim the events entered.

Cut-off Times: None

Age: As of November 8, 2008

Number of Events: Swimmers may compete in up to 2 individual events and up to one (1) relay event per session. Each LSC All-Star team may enter up to 4 swimmers per individual event in all events 200 yards or less. The 400 IM and the 500 Freestyle are limited to three swimmers per team.

Relay Entries: Each LSC must designate which relays will be the "A" and the "B" relay. More relays may swim but only the designated "A" and "B" relays may score points. Relay cards are due to the Clerk of Course no later than the start of the session in which the relays occur. The mixed 400 yard relay shall include one male and one female per age group, each swimming 50 yards, e.g., Age 12 Backstroke, Age 14 Breaststroke, Age 13 Butterfly, and Age 11 Freestyle.

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Friday, October 31, 2008. No late entries will be accepted. E-mail confirmation will be sent confirming entries. Do not send entries via Federal Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required. Mail or hand deliver entries to the Meet Entry Chairperson:

Linda Brenneke
527 Nottingham Oaks Trail
Houston, TX, 77079-6331
281.589.8913
Email: entries4meets@yahoo.com

Entries: All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software. The complete USA swimming registration numbers must be included in the file. Include relays and relay-only swimmers on your electronic submission and hard copy print out (reports both by swimmer and event). All entries must list the name, e-mail address and phone number of the person preparing the entries. The coaches must be listed on the coach form with their USA Swimming number included. **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.**

Eligible Teams: Texas LSC's only.

Fees: \$30.00 per swimmer. **Make checks payable to Houston Cougars.** Entry fees must accompany hard copy print out as noted above. This includes the social on Saturday night (**Information to follow**). Once the entry fees are accepted they will not be refunded for any reason, even if a swimmer should fail to compete.

AWARDS:

Awards will be presented in single age groups 11,12,13,14
Individual and relay events: medals 1st – 3rd place.
High point awards for each gender and age group will be given at the conclusion of the meet.

The winning team members will receive a T-shirt from TSA

****Note:** There will not be an awards ceremony at the Meet. Awards will be available for the teams to pickup at the end of the meet. The awards will be located in the computer room. Awards not claimed will NOT be mailed.

SCORING:

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

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

RULES AND SANCTIONS: The 2008-2009 USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. All swimmers must be registered with USA Swimming by the meet entry deadline.

LIABILITY: USA Swimming, Gulf Swimming Inc, The University of Houston, and the University of Houston Campus Recreational and Wellness Center 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(s), LSC(s), to be held accountable for repairs.

ENTRY LIMITATIONS: Each swimmer who participates in the All Star meet must have the All Star Liability and Medical Release signed by a parent or guardian. The Head Coaches must give all Liability and Medical Release forms to the Meet Director prior to the start of Saturday morning warm ups.

TIMING SYSTEM: Daktronics electronic timing systems with an electronic scoreboard will be used. Two watches per lane will be used as a backup. Teams will be required to furnish timers. Timing assignments will be published in the psych sheet.

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.

--Teams may put pop ups/tenting in the yard area outside the swimmer entrance.

--Swimmers are required to remain with their team on pool deck/or outside during each session.

--Coaches must supervise their swimmers. **Wet swimmers not allowed upstairs or in the rotunda.**

--Spectators, wishing to volunteer as a timer, will receive a pass to access the deck and help for that specific purpose.

--Smoothies and food are to be consumed in the rotunda or outside. Smoothies and food are not allowed on deck and will be confiscated if found.

--See complete facility rules attached to this invitation.

SWIMMERS WITH DISABILITIES: Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).

CONCESSIONS: Limited concessions will be available, Sonic & McAllister's are across the street in the parking garage. Pizza Hut is across the street next to Parking Lot 20 C.

HOSPITALITY: A hospitality room and complimentary psych sheets will be provided for Coaches and Officials who have, in their immediate possession, current USA swimming 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, UH Pool Rules, UH Map

ENTRY VERIFICATION FORM
2008 TSA All - Star Meet
To be submitted with team entries

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

Signature

Title

LSC

Date

Head Coach: _____
USA Number

Phone: _____ E-Mail: _____

Please list below the information for each attending coach.
Attach a separate sheet if needed

1. _____
Name USA Number

2. _____
Name USA Number

3. _____
Name USA Number

4. _____
Name USA Number

Volunteers to help with timing

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

SAFETY GUIDELINES AND WARM-UP PROCEDURES

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)
- RACING STARTS ONLY**, either from blocks or from backstroke starts.
- | | |
|---------------|-----------------|
| Lanes 1/8 | Push/Pace |
| Lanes 2/7 | Dives/Sprints |
| Lanes 3/4/5/6 | General Warm-up |
- Lanes are **ONE WAY ONLY**

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

SAFETY GUIDELINES

- 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.
 1. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.
 2. See the complete University of Houston Campus Recreation and Wellness Center rules attached.

Daily Schedule

Saturday, November 8, 2008

Session 1:

Warm-up session: 7:30 AM – 8:30 AM

400 IM positive check in 8:15 AM (13-14 boys)

Clear Pool: 8:30 AM

Coach's meeting: 8:35 AM

Session 1 Relay Cards due: 8:45 AM

Session 1 begins: 9:00 AM

500 Freestyle positive check in 9:15 AM (11-14 girls)

Saturday, November 8, 2008

Session 2:

Warm-up session: 2:45PM – 3:45 PM

400 IM positive check in 3:15 PM (13-14 girls)

Session 2 Relay Cards due: 3:45 PM.

Clear Pool: 3:45 PM

Coach's meeting: 3:50 PM

Session 2 begins: 4:00 PM

500 Freestyle positive check in 4:15 PM (11-14 boys)

****Swimmer social at the conclusion of the PM session details following shortly**

Sunday, November 9, 2008

Session 3:

Warm-up session: 8:45AM – 9:45 AM.

Session 3 Relay Cards due: 9:45 AM

Clear Pool: 9:45 AM.

Coach's meeting: 9:50 AM.

Session 3 begins: 10:00 AM

**Texas LSC All - Star Championship Meet
November 8-9, 2008**

Order of Events

Saturday, November 8, 2008

Session 1

GIRLS #	EVENT	BOYS #
	13-14 400 IM*	2
3	11 – 50 yard free	4
5	12 – 50 yard free	6
7	13 – 50 yard free	8
9	14 – 50 yard free	10
11	11 – 100 yard breaststroke	12
13	12 – 100 yard breaststroke	14
15	13 – 200 yard breaststroke	16
17	14 – 200 yard breaststroke	18
19	11 – 100 yard back	20
21	12 – 100 yard back	22
23	13 – 200 yard back	24
25	14 – 200 yard back	26
	10 minute break	
27	11-14 – 500 yard free*	
29	11 – 200 Medley Relay	30
31	12 – 200 Medley Relay	32
33	13 – 200 Medley Relay	34
35	14 – 200 Medley Relay	36

***Positive check in for the 13-14 boys 400 IM by 8:15 AM**

***Positive check in for the 11-14 girls 500 Freestyle by 9:15AM**

Saturday, November 8, 2008

Session 2

GIRLS #	EVENT	BOYS #
37	13-14 400 IM*	
39	11 – 100 yard freestyle	40
41	12 – 100 yard freestyle	42
43	13 – 100 yard freestyle	44
45	14 – 100 yard freestyle	46
47	11 – 200 IM	48
49	12 – 200 IM	50
	10 minute break	
51	11 – 50 yard back	52
53	12 – 50 yard back	54
55	13 – 100 yard back	56
57	14 – 100 yard back	58
59	11 – 50 yard fly	60
61	12 – 50 yard fly	62
63	13 – 100 yard fly	64
65	14 – 100 yard fly	66
	10 minute break	
	11-14 500 yard free*	68
69	11-14 Mixed 400 Medley Relay	

***Positive check in for the 13-14 boys 400 IM by 3:15 PM**

***Positive check in for the 11-14 girls 500 Freestyle by 4:15PM**

Order of Events

Sunday, November 9, 2008

Session 3

GIRLS

71
73
75
77
79
81
83
85
87
89
91
93
95
97
99
101
103
105
107
109

EVENT

11 – 200 Freestyle
12 – 200 Freestyle
13 – 200 Freestyle
14 – 200 Freestyle
11 – 100 IM
12 – 100 IM
13 – 200 IM
14 – 200 IM
11 – 50 breast
12 – 50 breast
13 – 100 breast
14 – 100 breast
11 – 100 Fly
12 – 100 Fly
13 – 200 Fly
14 – 200 Fly
11 – 200 Free Relay
12 – 200 Free Relay
13 – 200 Free Relay
14 – 200 Free Relay

BOYS

72
74
76
78
80
82
84
86
88
90
92
94
96
98
100
102
104
106
108
110

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

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

last updated on December 19, 2007



Maps

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

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

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

