



Texas Gold Best Times Unclassified

At Southwestern University in Georgetown, Texas
Saturday & Sunday, January 24-25th, 2009

DEADLINE FOR MEET ENTRIES IS TUESDAY, JANUARY 13TH, 2009, 6:00 PM.

Texas Gold Georgetown and Aquatics of Georgetown Masters Swimming would like to invite you to join us at Southwestern University to compete in our short course unclassified. This meet is open all 2009 USAS registered swimmers.

This meet is sanctioned by South Texas Swimming (ST-09-05) and 2009 USA Swimming rules apply.

FACILITIES

The Southwestern University Walzel Swim Center is a 6-lane 25yd indoor pool with stadium seating. A fully automatic Colorado Timing System with a six-line readout display will be used. Locker rooms are available for athletes.

To reach Southwestern University take I-35 to Georgetown and take exit #261/Route 29 (University Avenue). Go east on 29, approximately 2 miles. Turn left on Southwestern Blvd. The Robertson Center is on the left side of Southwestern Blvd past the stop sign, up the hill across from the music building. Park anywhere in campus parking spaces or along roads near the swim center not designated for faculty/staff. To enter the pool, enter the main entrance to Robertson Center, which faces toward campus, or go through the patio doors (north of the main entrance), which leads directly to the pool. *Parents will NOT be allowed on pool deck during the course of the meet.* Natatorium phone number: (512) 863-1384

ELIGIBILITY

All competitors must be currently registered with USA Swimming and will compete in age groups based on their age on January 24th, 2009. This is an unclassified meet.

MEET FORMAT

All events are timed finals. Events will be swum slowest to fastest. 25's will start at the deep end of the pool each session. The meet will be split into two sessions each day if the meet host deems it necessary to satisfy entry demands. Any changes will be sent to coaches and/or entry chairpersons the week prior to the meet.

SWIM WEAR RESTRICTIONS

Swimsuits worn by males in all 14 and under STSI Age Group competition shall not extend above the waist and nor extend further down the legs than to the top of the kneecap (patella). Swimsuits worn by females in all 14 and under STSI Age Group competition shall not extend past the top of the shoulder, cannot cover any part of the arms nor extend further down the torso than the buttocks. Violators will be barred from competition until the swimmer's swimsuit meets the requirements of this paragraph.

DECK ENTRIES

Deck entries will be accepted until 45 minutes before the start of the meet at a rate of \$10.00 per event. Deck entry fees must be paid at the time of entry. All deck entries will be

entered with a N/T (no time) in the first heat of the event, if space is available. Deck entries are discouraged and *no new heats will be created*. Swimmers not previously entered in the meet must present their USA registration card at Clerk of Course, no exceptions.

MEET ENTRIES

Swimmers may compete in a **maximum of 5 individual events per day**. **Entries are due Tuesday, January 13th, 2009 at 6PM**. Entries with "NT" (no times) will be accepted for this meet; however, coaches "best guess times" are encouraged. **ALL PARTICIPANTS MUST SUBMIT A COMPLETED ASSUMPTION OF RISK FORM**. This form is required by Southwestern University, and all participants MUST have this form completed and submitted to Clerk of Course prior to competing. THERE WILL BE NO EXCEPTIONS. These forms are valid through June 2009, so if submitted at a prior meet, you do not need to submit another. Forms are included in the meet information and are also available at www.SwimGeorgetown.com.

MEET ENTRY FEES

Entry fees are **\$5 per event, \$8 per relay**, which includes the \$1.25 South Texas SPLASH fee. Deck entry fees and time trial entries are **\$10 per event**, which includes the \$1.25 South Texas SPLASH fee. Checks made payable to: **Aquatics of Georgetown**

We will accept entries in the order in which they are received, and refuse entries when we reach maximum capacity in order to comply with the USA Swimming 4-hour time limitation. It is highly recommended that you submit your entries early in order to ensure participation, as this facility limits us to 200 swimmers per session.

E-Mail Entries:

- Hy-Tek Entries sent to: dale@swimgeorgetown.com
- The Hy-Tek File must be renamed to clearly identify the entering team
- Entry Fee Report and entry list *by name* must also be included with submission of your team entries.
- Individual swimmers whose team is not participating may submit their entries via email as long as their full name, team code, and USA ID# are included with entry times and event numbers. It is best to submit a scanned copy of USA ID card to prevent data entry errors. Teams with 5 or more swimmers must submit Hy-Tek entry file.
- A confirmation email will be sent to you within 24 hours. If you do not receive one, then your entries have not been officially received.

Mailed Entries:

It is strongly recommended that you **DO NOT** use the US Postal Service (registered, certified or regular mail). Overnight or express mail or its equivalent is recommended and must clearly indicate proof of mailing date and **waiver of signature** signed so that the packet may be left at the entry chair's address without a signature of receipt.

Submit entries to: Aquatics of Georgetown
1005A S. Mays
Round Rock, Texas 78664
dale@swimgeorgetown.com

TIME TRIALS

Time Trials will follow the conclusion of Saturday's events. Swimmers are permitted to 2 time trial events, which will count toward the entry limit to the meet. There will be time trials in 50, 100, and 200 yd events. Swimmers not previously entered in the meet must show their USA registration card in order to participate. Final Time Trial results will be included with meet results. Time Trial entries will be accepted on Saturday beginning at 10:30AM and will close 1 hour prior to the conclusion of the meet.

SCRATCH RULES

All scratches are encouraged to be emailed to the meet director prior to the meet, or notify the meet director the day of the meet. There are no penalties for failing to scratch.

AWARDS

Awards will be given to all swimmers achieving a best time in each event. Swimmers entered with "NT" are not eligible for an award. Heat winner awards will be given to fastest relay in each heat..

MEET REFEREE

Dorothy Palmore
11110 Mirador
Austin, TX
512-918-1889
dgpalmore@gmail.com

MEET DIRECTOR

Dale Huggins
Texas Gold Georgetown
1005A S. Mays
Round Rock, TX 78664
512-671-7296
dale@swimgeorgetown.com

MEET COACH

Dale Huggins
Texas Gold Georgetown
1005A S. Mays
Round Rock, TX 78664

SWIMMERS WITH DISABILITIES

In any meet sanctioned or approved by the LSC that may include one or more swimmers with visual, hearing, mental, or physical disabilities, the judging of such competitions shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e. Article 105. A disability is defined as a permanent physical or mental impairment that substantially limits one or more major life activities. Please contact the meet director with any special needs.

LIABILITY STATEMENT

USA Swimming, South Texas Swimming, Aquatics of Georgetown, Texas Gold, Southwestern University, and all Meet Officials accept no responsibility and shall be free from liability or claim for damage arising by reason of injuries to anyone to, during or from 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.

WARM-UPS

Warm-ups will begin at 9:00AM on Saturday and Sunday. The meet will begin at 10:10AM on both days. Lane assignments and final warm-up sessions will be emailed to coaches the week of the meet. South Texas Swimming Safety Guidelines and Warm-up Procedures are attached and will be in effect at this meet. Warm-ups may be changed at the Meet Director's discretion. Coaches will be informed of any changes prior to the meet.

TIMERS & OFFICIALS

It is encouraged that all officials wear name tags. Each team competing is requested to provide timers. Help from visiting officials is welcome and needed. Please contact the meet director and notify him of your availability. A coaches and/or officials meeting will be held 15 minutes prior to the start of the meet, if necessary.

SWIM GEAR

Lane Four Swimshop will be available onsite for equipment and swim gear purchases.



Texas Gold Best Times Meet



Saturday, January 24th, 2009

Warm-ups begin at 9:00AM. Meet starts 10:10 AM

Girls Event #	SESSION I	Boys Event #
	Event Name (yards)	
1	100 Medley Relay	2
3	200 Medley Relay	4
5	25 Freestyle	6
7	25 Butterfly	8
9	25 Backstroke	10
11	25 Breaststroke	12
13	50 Butterfly	14
15	50 Freestyle	16
17	100 Backstroke	18
19	200 Individual Medley	20
21	100 Breaststroke	22
23	50 Backstroke	24
25	200 Butterfly	26
27	50 Breaststroke	28
29	100 Freestyle	30
	TIME TRIALS	

Sunday, January 25th, 2009

Girls Event #	SESSION II	Boys Event #
	Event Name (yards)	
31	100 Free Relay	32
33	200 Free Relay	34
35	25 Freestyle	36
37	25 Butterfly	38
39	25 Backstroke	40
41	25 Breaststroke	42
43	200 Breaststroke	44
45	50 Freestyle	46
47	50 Backstroke	48
49	100 Individual Medley	50
51	50 Butterfly	52
53	200 Backstroke	54
55	50 Breaststroke	56

57	100 Butterfly	58
59	200 Freestyle	60

*****ALL PARTICIPANTS MUST COMPLETE AND SUBMIT THIS FORM TO CLERK OF COURSE PRIOR TO COMPETITION*****

**SOUTHWESTERN UNIVERSITY
ASSUMPTION of RISK
July 1, 2008-June 30, 2009**

In consideration of Southwestern University (the "University"), allowing the undersigned to participate in certain endeavors, including, but not limited to, the use of the Corbin J. Robertson Center, Walzel Gymnasium, Walzel Natatorium, tennis courts, soccer fields and all related facilities and equipment (collectively "Robertson Center"), and activities incidental thereto, the undersigned (hereinafter referred to as "Participant") hereby agrees to the following:

1. Participant recognizes and understands that certain risks of harm are inherent and that there are dangers involved that cannot be fully foreseen and over which the University has no control which could result in property damage, bodily injury or death.
2. Participant understands that there are dangers and inherent risks in playing or participating in any fitness activity or sport (such as walking, climbing, running, stretching, weightlifting, swimming, aerobic exercise, fitness assessment, stress test, etc.) that include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, serious injury related to the eye and/or head, serious injury to virtually all internal organs, serious injury to all bones, joints, ligaments, muscles, tendons, and other parts of the muscular/skeletal system, and serious injury to virtually or impairment to other aspects of my body and general health and well being.
3. The University strongly suggests that the Participant seek medical advice prior to engaging in any fitness activity or sport (such as walking, climbing, running, stretching, weightlifting, swimming, aerobic exercise, fitness assessment, stress tests, etc.), and activities incidental thereto.
4. Participant agrees to assume all risks and responsibility for any and all claims for damages, including personal injury or death, and for any medical expense which may be incurred by Participant during any fitness activity or sport, and activities incidental thereto.
5. I have read the above agreement and foregoing and have willingly signed the same for the consideration expressed and with a full understanding of its purpose. Participant represents that he/she is 18 years of age or older or, if not, that his/her legal guardian is also signing this agreement.

Name of Participant: _____

Address of Participant: _____

Social Security Number of Participant (optional): _____

Today's Date: _____ Signature: _____

If the Participant is not 18 years of age or older, the signature of the Participant's parent or guardian is required.

Parent or Guardian Signature: _____

In case of emergency:

Name: _____ Phone Number: _____

Address: _____

South Texas Swimming, Inc
Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

1. General Warm-up (First 30-45 minutes).
 - a. Warm-up lanes and times will be assigned to competing teams based on number of entrants
 - b. Dive sprints may be done only under the direct supervision of the coach.
2. Final warm-up procedures

	Lane Use		
Pool	Push/Pace	Dives & Sprints	General Warmup
8 lanes	1 and 8	2 and 7	3 –6
6 lanes	1 and 6	2 and 5	3 & 4

- a. Push/Pace Lanes will push off one or two lengths from starting end.
- b. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times. One way only!
- c. There will be no diving in the general warm-up lanes. Circle swimming only.

3. SAFETY GUIDELINES

- a. Coaches are responsible for the following:
 1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 2. Actively supervising their swimmers through-out the warm-up sessions, at meets, and all practices.
 3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
- b. The host team will be responsible for the following.
 1. A minimum of four (4) marshals, who report and receive instructions from the Meet Referee and/or Director, shall be on deck during the entire warm-up session(s).
 2. Marshals must be members of United States Swimming.
 3. Marshals will have authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these Procedures.
 4. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-up.
 5. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area. The following statement will appear in the meet information: "South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet"
 6. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with conduct of the warm-up.
 7. Hazards in locker rooms, on deck, or areas used by coaches, swimmers, or officials will be either removed or clearly marked.

B. MISCELLANEOUS NOTES

1. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
3. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
4. Warm-up procedures will be enforced for any breaks scheduled during the competition.
5. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-up unless approved by the Referee.

Note: Host Clubs, with the consent of the Meet Referee, may modify the Time schedule or recommend lane assignments depending on pool configuration, number of swimmers, or other considerations; as long as Safety considerations are not compromised. Any such changes will be Announced and/or prominently posted in the pool area.