



**Long Course Prelims/ Finals Elite Invitational Meet**

HOSTED BY

**Pearland Aquatics**

**June 22-24, 2012**

SANCTION # GULC 12-996

**Meet entries due 6:00 PM Tuesday, June 12, 2012**

**LOCATION:**

Pearland Recreation Center and Natatorium  
4141 Bailey Road  
Pearland, TX 77584

Directions: Take south Sam Houston Tollway to Pearland Parkway. Go south on Pearland Parkway until it ends at Oiler Drive, (Pearland High School stadium on your right). Turn right on Oiler Drive, which turns into Bailey Road at next intersection (Highway 35). Continue straight on Bailey Road and cross bridge; Natatorium will be on your right at the corner of Bailey Road and Veterans Road. Parking is available in front of Natatorium and behind the facility off of Veterans Road. Overflow parking is available at the neighboring high school on Bailey Rd. Highway 35 just south of Sam Houston Tollway is under construction and not an advisable route at this time due to traffic delays.

**COACHES:**

Juan Caraveo Head Coach  
John Burke Assistant Coach  
Travis Sandifer Assistant Coach  
Rick Veal Assistant Coach

**POOL:**

Eight lane 50 meter indoor pool with non-turbulent lane lines will be used for warm up and competition. Separate warm up/down lanes will be available at all times during the meet.

**MEET FORMAT:**

Long course prelims/finals invitational meet on Friday, Saturday, and Sunday. This is a split session meet.

- Morning session prelims: 13 – over swimmers
- Afternoon session prelims: 12 – under swimmers
- Evening session finals: All age groups  
10 – under A finals only; 11 – over A/B finals

The **prelim sessions** will be run utilizing chase starts alternating odd and even heats by event. All prelim heats will be swum fastest to slowest. Odd heats will start at the warm-up/down pool; even heats will start at diving board end of pool. All girls' heats will be swum first followed by all boys' heats, utilizing both ends of the pool. **The following exceptions to the above are as follows:**

- All 50 meter events will start from the diving board end of the pool.
- All relays will be swum in prelims as timed finals and will start at the warm-up/down end of the pool.
- 400 IM/400 Free will be swum as timed finals. At check-in, swimmers may elect to swim the event during prelims. The fastest 8 women and the fastest 8 men (across all age groups) who do not elect to swim in prelims will swim during finals; all other heats will be swum fastest to slowest utilizing chase starts alternating girls' and boys' heats. All girls' heats will start from the warm-up/down end of pool; all boys' heats will start from the diving board end of pool. Swimmers must provide 2 timers.
- 1500 Free will be swum as a timed final as the last event in Sunday's prelim session. All heats will be swum fastest to slowest, alternating girls' and boys' heats, starting at the warm-up/down end of pool. Swimmers must provide their own lap counter and 2 timers.

**All heats in finals sessions** will start at the warm-up/down end of pool, with the exception of the 50 meter events which will start at the diving board end of the pool.

**TIME AND DATE:** Prelims Friday, Saturday, and Sunday, June 22-24, 2012:

- **Morning sessions:** Facility will open to swimmers at 6:45 a.m. Warm-ups for 13 & over at 7:00-8:15 a.m., meet starts at 8:30 a.m.
- **Afternoon Sessions:** Warm-ups for 12 & under at 12-1:15 p.m., meet starts at 1:30 pm.

If the morning session runs past noon, warm-ups for the afternoon session will begin immediately upon the completion of the morning session and the afternoon session competition will begin one (1) hour after completion of the morning session or 1:30 p.m., whichever is later.

Finals Friday, June 22 and Saturday, June 23:  
Warm-ups at 4:00-5:15 p.m., meet starts at 5:30 p.m. Facility will open to swimmers at 3:45 p.m.

Finals Sunday, June 24:  
Warm-ups at 3:30-4:45 p.m., meet starts at 5:00 p.m. Facility will open to swimmers at 3:15 p.m.

Open warm-ups will be in effect for morning sessions and finals. Lane assignments for afternoon warm-ups and timing will be designated in the psych sheet and posted on the Gulf web page by Monday, June 18, 2012.

**MEET REFEREE:** Herb Schwab                      herb.schwab@gmail.com

**MEET DIRECTOR:** Kevin Morano                      [kmorano@me.com](mailto:kmorano@me.com)                      832-715-5398

**SAFETY MARSHAL:** Rob Franks

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

**OFFICIALS:** The uniform for all **Preliminary** sessions will be **white polo shirt over khaki shorts/pants/skirt.** The **Finals** uniform will be **navy blue polo shirt over khaki pants/skirt (no shorts).**

**SEEDING:** The meet will be a deck-seeded meet. All events, including relays, will be seeded fastest to slowest. Coaches, please inform your swimmers of seeding on deck rules. **Once the circle-in period closes 45 minutes BEFORE the session begins, all events will be seeded.**

**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 the beginning of each prelim session.** 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-Chair, Henry Clark, for each event in which he/she fails to appear.

**ON-DECK ENTRIES:** **Swimmers must have achieved 3 (three) "A" times by the Tuesday, June 12, 2012 entry deadline to enter and may swim any event. Times achieved after this date do NOT qualify the swimmer to on-deck and enter the meet.**

Late entries will be accepted each day up to **45 minutes before the start of the meet.** Those swimmers missing the 6:00 p.m. Tuesday June 12, 2012 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 forty-five (45) 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). If swimmers have never competed in a USA Swimming meet, put NT where a seed time is requested. Times must be from USA swimming meets.

**Qualifying Times:** 2009-2012 National Motivational “A” times.

**Swimmers must have achieved 3 (three) “A” times by the Tuesday June 12, 2012 entry deadline to enter and may swim any event. Times achieved after this date do NOT qualify the swimmer to on deck and enter the meet.**

**Cut-off Times:** None

**Age:** As of June 22, 2012

**Number of Events:** Swimmers may compete in up to 3 (three) individual events per day and a total of 7 (seven) events for the meet. Swimmers may compete in 1 (one) relay event per day.

**Deadline:** Entries must be in the hands of the Meet Entry Chairman no later than **6:00 p.m. on Tuesday, June 12, 2012.** 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 deliver entries to the Meet Entry Chairperson:

Coach John Burke  
Email: peakentries@comcast.net  
2303 Megellan Point Lane  
Pearland, TX 77584  
281-900-7197

**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).

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 announcement.**

**SCRATCHING:** The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rules 207.12.6D and 207.12.6E, as modified below.

Any finalist who fails to compete in finals or consolation finals, or any other bonus final heat, for which he has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the *USA Swimming Rules and Regulations* and will be assessed a fine of \$50.00. A Club, which has not paid the fine, will not be allowed to register for membership in the Gulf LSC until the fine is paid.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals or consolation finals or any other bonus finals if he has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from



Swimmers in the 400/1500 Freestyle and 400 IM must provide two (2) timers and a lap counter where applicable for the Preliminary sessions.

**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.

Swimmers are required to remain with their team on pool deck during each session; bleachers are available on deck for team seating. Coaches must supervise their swimmers. Swimmers may bring portable seating on the pool deck, if space permits, but may not block walkways. Swimmers may also have small portable coolers (no rolling coolers) on deck with water and Gatorade. Food and drinks from concession stand are not allowed on deck; shaded patio seating is available behind the natatorium.

Spectators wishing to volunteer for timing will be permitted to access the deck and help for that specific purpose.

**See complete facility rules attached to this invitation.**

**PROOF OF TIME:** Any swimmer who 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.

**UNACCOMPANIED SWIMMERS:** Any swimmers entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**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:** A concession stand will be available. All food and drink must be consumed outside of the natatorium; shaded patio seating is available behind the natatorium.

**HOSPITALITY:** A hospitality room and complimentary psych sheets will be provided for Coaches and Officials who have current USA registration cards in their immediate possession.

**MERCHANDISE:** Swim Shops of the Southwest will be at the meet selling swim apparel and swim gear.

**MEET RESULTS:** Meet results will be posted on the Gulf Swimming Web Page ([www.gulfswimming.org](http://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  
Hotel Information  
Pearland Recreation and Natatorium Rules  
Pearland Natatorium Healthy Swimming Policy



**Long Course Elite Invitational Meet  
June 22 – 24, 2012**

**Entry Rules**

|                                  |   |
|----------------------------------|---|
| Type of Meet                     | Prelims/Finals<br>10 & Under swimmers: A finals only<br>11 & Over swimmers: A/B finals  |
| Max # individual events per day  | Three (3)   |
| Max # of individual events total | Seven (7)   |
| Swimmers eligible                | USA swimming registered teams and Gulf swimmers attached to Gulf Swimming teams or swimmers in the documented process of transferring to a Gulf Swimming team |
| Entry times in Qualifying Times  | LCM/SCM/SCY<br>USAS 2009-2012 National Motivational "A" times   |
| Special Rule Applies             | Swimmers must have achieved 3 (three) "A" times by the Tuesday, June 12, 2012 entry deadline to enter and may swim any event.                                 |
| Cut-off times                    | None  |
| Enter with no time?              | Yes   |
| Gulf three event rule applies?   | Yes   |
| Gulf "up/down" rule applies?     | No  |
| FEES                             | Individual \$5.75 Relays \$9.00<br>\$2.00 per swimmer surcharge   |

Long course prelims/finals invitational meet on Friday, Saturday, and Sunday. This is a split session meet.

- **Morning session prelims:** 13 – over swimmers
- **Afternoon session prelims:** 12 – under swimmers
- **Evening session finals:** All age groups  
10 – under A finals only; 11 – over A/B finals

All 13 & over events will be swum combined but scored separately as 13-14 and 15 & over.

All 12 & under events will be swum combined but scored separately as 10 & under, and 11-12.

All 11 & over events will be swum combined but scored separately as 11-12, 13-14 and 15 & over.



## Long Course Elite Invitational Meet June 22-24, 2012

**Morning sessions:** Facility will open to swimmers at 6:45 a.m. Warm-ups for 13 & over at 7:00-8:15 a.m., meet starts at 8:30 a.m.

**Afternoon Sessions:** Warm-ups for 12 & under at 12-1:15 p.m., meet starts at 1:30 pm.

If the morning session runs past noon, warm-ups for the afternoon session will begin immediately upon the completion of the morning session and the afternoon session competition will begin one (1) hour after completion of the morning session or 1:30 p.m., whichever is later.

### **Finals Friday, June 22 and Saturday, June 23:**

Warm-ups at 4:00-5:15 p.m., meet starts at 5:30 p.m. Facility will open to swimmers at 3:45 p.m.

### **Finals Sunday, June 24:**

Warm-ups at 3:30-4:45 p.m., meet starts at 5:00 p.m. Facility will open to swimmers at 3:15 p.m.

The **prelim sessions** will be run utilizing chase starts alternating odd and even heats by event. All prelim heats will be swum fastest to slowest. Odd heats will start at the warm-up/down pool; even heats will start at diving board end of pool. All girls' heats will be swum first followed by all boys' heats, utilizing both ends of the pool. **Exceptions to the above are as follows:**

- All 50 meter events will start from the diving board end of the pool.
- All relays will be swum in prelims as timed finals and will start at the warm-up/down end of the pool.
- 400 IM/400 Free will be swum as timed finals. At check-in, swimmers may elect to swim the event during prelims. The fastest 8 women and the fastest 8 men (across all age groups) who do not elect to swim in prelims will swim during finals; all other heats will be swum fastest to slowest utilizing chase starts alternating girls' and boys' heats. All girls' heats will start from the warm-up/down end of pool; all boys' heats will start from the diving board end of pool. Swimmers must provide 2 timers.
- 1500 Free will be swum as a timed final as the last event in Sunday's prelim session. All heats will be swum fastest to slowest, alternating girls' and boys' heats, starting at the warm-up/down end of pool. Swimmers must provide their own lap counter and 2 timers.

**All heats in finals sessions** will start at the warm-up/down end of pool, with the exception of the 50 meter events which will start at the diving board end of the pool.



## Long Course Elite Invitational Meet June 22-24, 2012

Friday, June 22, 2012

### Morning Session

| Women   |         |         | Event |       |     |               | Men |         |         |         |
|---------|---------|---------|-------|-------|-----|---------------|-----|---------|---------|---------|
| SCY     | SCM     | LCM     |       |       |     |               | SCY | SCM     | LCM     |         |
| 2:24.49 | 2:39.59 | 2:42.69 | 3     | Sr.   | 200 | Fly           | 4   | 2:13.39 | 2:27.39 | 2:30.59 |
| 2:28.59 | 2:44.19 | 2:48.29 | 3     | 13-14 | 200 | Fly           | 4   | 2:20.29 | 2:34.99 | 2:38.79 |
| 2:26.99 | 2:42.49 | 2:47.29 | 7     | Sr.   | 200 | I.M.          | 8   | 2:15.09 | 2:29.29 | 2:35.89 |
| 2:30.49 | 2:46.29 | 2:51.49 | 7     | 13-14 | 200 | I.M.          | 8   | 2:20.29 | 2:34.99 | 2:42.39 |
| 1:06.59 | 1:13.59 | 1:16.29 | 11    | Sr.   | 100 | Back          | 12  | 1:01.09 | 1:07.49 | 1:10.59 |
| 1:08.49 | 1:15.69 | 1:17.79 | 11    | 13-14 | 100 | Back          | 12  | 1:04.19 | 1:10.99 | 1:14.49 |
|         |         |         | 19    | open  | 400 | Free Relay*** | 20  |         |         |         |
|         |         |         | 21    | 13-14 | 400 | Free Relay*** | 22  |         |         |         |
| 5:47.39 | 5:03.99 | 5:08.89 | 15    | Sr.   | 400 | Free          | 16  | 5:24.29 | 4:43.79 | 4:50.19 |
| 5:52.99 | 5:08.89 | 5:16.59 | 15    | 13-14 | 400 | Free          | 16  | 5:35.19 | 4:53.39 | 5:02.79 |

### Afternoon Session

| Women   |         |         | Event |          |     |               | Men |         |         |         |
|---------|---------|---------|-------|----------|-----|---------------|-----|---------|---------|---------|
| SCY     | SCM     | LCM     |       |          |     |               | SCY | SCM     | LCM     |         |
| 2:56.89 | 3:15.49 | 3:23.69 | 1     | 11-12    | 200 | Breast        | 2   | 2:52.89 | 3:10.99 | 3:20.79 |
| 32.39   | 35.79   | 36.29   | 5     | 11-12    | 50  | Fly           | 6   | 32.09   | 35.49   | 36.19   |
| 37.29   | 41.19   | 42.09   | 5     | 10&under | 50  | Fly           | 6   | 36.69   | 40.49   | 40.99   |
| 2:37.59 | 2:54.09 | 2:59.79 | 9     | 11-12    | 200 | I.M.          | 10  | 2:35.59 | 2:51.89 | 2:58.09 |
| 2:55.99 | 3:14.49 | 3:19.89 | 9     | 10&under | 200 | I.M.          | 10  | 2:55.29 | 3:13.69 | 3:18.89 |
| 1:14.19 | 1:21.99 | 1:23.29 | 13    | 11-12    | 100 | Back          | 14  | 1:12.29 | 1:19.89 | 1:23.59 |
| 1:22.19 | 1:30.89 | 1:35.29 | 13    | 10&under | 100 | Back          | 14  | 1:21.29 | 1:29.79 | 1:33.29 |
|         |         |         | 23    | 11-12    | 400 | Free Relay*** | 24  |         |         |         |
|         |         |         | 23    | 10&under | 400 | Free Relay*** | 24  |         |         |         |
| 6:09.29 | 5:23.19 | 5:32.39 | 17    | 11-12    | 400 | Free          | 18  | 6:04.69 | 5:19.19 | 5:27.09 |
| 6:48.39 | 5:57.39 | 6:05.89 | 17    | 10&Under | 400 | Free          | 18  | 6:44.59 | 5:54.09 | 6:06.79 |

### Evening Finals

| Women | Event    |     |        |    | Men |
|-------|----------|-----|--------|----|-----|
| 1     | 11-12    | 200 | Breast | 2  |     |
| 3     | 13&Over  | 200 | Fly    | 4  |     |
| 5     | 12&Under | 50  | Fly    | 6  |     |
| 7     | 13&Over  | 200 | IM     | 8  |     |
| 9     | 12&Under | 200 | IM     | 10 |     |
| 11    | 13&Over  | 100 | Back   | 12 |     |
| 13    | 12&Under | 100 | Back   | 14 |     |
| 15    | 13&Over  | 400 | Free   | 16 |     |
| 17    | 12&Under | 400 | Free   | 18 |     |





## Long Course Elite Invitational Meet June 22-24, 2012

Saturday, June 23, 2012

### Morning Session

|         |         |         | Women | Event |     |              | Men |         |         |         |
|---------|---------|---------|-------|-------|-----|--------------|-----|---------|---------|---------|
| SCY     | SCM     | LCM     |       |       |     |              |     | SCY     | SCM     | LCM     |
| 2:10.39 | 2:23.99 | 2:27.19 | 29    | Sr.   | 200 | Free         | 30  | 2:00.09 | 2:12.69 | 2:17.19 |
| 2:13.79 | 2:27.89 | 2:31.79 | 29    | 13-14 | 200 | Free         | 30  | 2:05.29 | 2:18.39 | 2:23.29 |
| 1:15.69 | 1:23.59 | 1:26.69 | 33    | Sr.   | 100 | Breast       | 34  | 1:08.89 | 1:16.09 | 1:19.69 |
| 1:17.59 | 1:25.79 | 1:28.99 | 33    | 13-14 | 100 | Breast       | 34  | 1:12.09 | 1:19.59 | 1:21.29 |
| 27.99   | 30.99   | 31.79   | 37    | Sr.   | 50  | Free         | 37  | 25.29   | 27.99   | 28.79   |
| 28.69   | 31.69   | 32.49   | 37    | 13-14 | 50  | Free         | 37  | 26.29   | 29.09   | 30.29   |
|         |         |         | 45    | open  | 400 | Medley Relay | 46  |         |         |         |
|         |         |         | 45    | 13-14 | 400 | Medley Relay | 46  |         |         |         |
| 5:09.89 | 5:42.39 | 5:50.59 | 43    | Sr.   | 400 | IM           | 43  | 4:47.79 | 5:18.09 | 5:27.09 |
| 5:17.79 | 5:51.19 | 6:00.99 | 43    | 13-14 | 400 | IM           | 43  | 5:00.49 | 5:31.99 | 5:44.49 |

### Afternoon Session

|         |         |         | Women | Event    |     |              | Men |         |         |         |
|---------|---------|---------|-------|----------|-----|--------------|-----|---------|---------|---------|
| SCY     | SCM     | LCM     |       |          |     |              |     | SCY     | SCM     | LCM     |
| 2:35.89 | 2:52.29 | 3:00.19 | 27    | 11-12    | 200 | Back         | 28  | 2:32.89 | 2:48.89 | 2:56.39 |
| 2:19.89 | 2:34.59 | 2:37.69 | 31    | 11-12    | 200 | Free         | 32  | 2:16.19 | 2:30.49 | 2:34.89 |
| 2:36.39 | 2:52.79 | 2:58.49 | 31    | 10&Under | 200 | Free         | 32  | 2:31.89 | 2:47.89 | 2:52.39 |
| 1:22.19 | 1:30.79 | 1:33.79 | 35    | 11-12    | 100 | Breast       | 36  | 1:20.49 | 1:28.99 | 1:32.49 |
| 1:33.39 | 1:43.19 | 1:46.99 | 35    | 10&Under | 100 | Breast       | 36  | 1:31.79 | 1:41.39 | 1:45.99 |
| 29.49   | 32.59   | 33.69   | 39    | 11-12    | 50  | Free         | 40  | 28.59   | 31.59   | 32.59   |
| 32.19   | 35.49   | 36.39   | 39    | 10&Under | 50  | Free         | 40  | 31.59   | 34.89   | 36.09   |
| 2:38.59 | 2:55.19 | 2:59.29 | 41    | 11-12    | 200 | Fly          | 42  | 2:35.29 | 2:51.59 | 2:58.49 |
|         |         |         | 49    | 11-12    | 400 | Medley Relay | 50  |         |         |         |
|         |         |         | 51    | 10&Under | 200 | Medley Relay | 52  |         |         |         |

### Evening Finals

|  |    | Women    | Event |        | Men |
|--|----|----------|-------|--------|-----|
|  | 27 | 11-12    | 200   | Back   | 28  |
|  | 29 | 13&Over  | 200   | Free   | 30  |
|  | 31 | 12&Under | 200   | Free   | 32  |
|  | 33 | 13&Over  | 100   | Breast | 34  |
|  | 35 | 12&Under | 100   | Breast | 36  |
|  | 37 | 13&Over  | 50    | Free   | 38  |
|  | 39 | 12&Under | 50    | Free   | 40  |
|  | 41 | 11-12    | 200   | Fly    | 42  |
|  | 43 | 13&Over  | 400   | IM     | 44  |



**Long Course Elite Invitational Meet  
June 22-24, 2012**

**Sunday, June 24, 2012**

**Morning Session**

|          |          |          | Women | Event |      |        | Men |          |          |          |
|----------|----------|----------|-------|-------|------|--------|-----|----------|----------|----------|
| SCY      | SCM      | LCM      |       |       |      |        |     | SCY      | SCM      | LCM      |
| 2:23.89  | 2:38.99  | 2:44.29  | 53    | Sr.   | 200  | Back   | 54  | 2:12.39  | 2:26.29  | 2:31.29  |
| 2:27.29  | 2:42.79  | 2:47.39  | 53    | 13-14 | 200  | Back   | 54  | 2:18.19  | 2:32.79  | 2:40.69  |
| 1:00.79  | 1:07.09  | 1:08.59  | 57    | Sr.   | 100  | Free   | 58  | 55.19    | 1:00.99  | 1:03.09  |
| 1:02.19  | 1:08.69  | 1:10.39  | 57    | 13-14 | 100  | Free   | 58  | 57.39    | 1:03.49  | 1:05.99  |
| 2:42.79  | 2:59.89  | 3:05.69  | 61    | Sr.   | 200  | Breast | 62  | 2:30.09  | 2:45.89  | 2:54.29  |
| 2:46.79  | 3:04.29  | 3:11.99  | 61    | 13-14 | 200  | Breast | 62  | 2:36.29  | 2:52.69  | 3:01.99  |
| 1:06.29  | 1:13.29  | 1:14.19  | 65    | Sr.   | 100  | Fly    | 66  | 1:00.09  | 1:06.39  | 1:07.69  |
| 1:07.79  | 1:14.89  | 1:16.49  | 65    | 13-14 | 100  | Fly    | 66  | 1:02.89  | 1:09.49  | 1:11.09  |
| 19:58.89 | 19:51.99 | 20:28.39 | 69    | Sr.   | 1500 | Free   | 70  | 18:47.99 | 18:41.39 | 19:13.39 |
| 20:12.19 | 20:05.09 | 20:39.79 | 69    | 13-14 | 1500 | Free   | 70  | 19:15.69 | 19:08.99 | 19:55.69 |

**Afternoon Session**

|         |         |         | Women | Event    |     |        | Men |         |         |         |
|---------|---------|---------|-------|----------|-----|--------|-----|---------|---------|---------|
| SCY     | SCM     | LCM     |       |          |     |        |     | SCY     | SCM     | LCM     |
| 33.89   | 37.49   | 38.99   | 55    | 11-12    | 50  | Back   | 56  | 33.49   | 36.99   | 38.69   |
| 38.09   | 42.09   | 43.69   | 55    | 10&Under | 50  | Back   | 56  | 38.29   | 42.29   | 43.89   |
| 1:03.09 | 1:09.69 | 1:13.49 | 59    | 11-12    | 100 | Free   | 60  | 1:02.69 | 1:09.19 | 1:11.39 |
| 1:11.89 | 1:19.49 | 1:21.89 | 59    | 10&Under | 100 | Free   | 60  | 1:10.79 | 1:18.19 | 1:20.59 |
| 37.79   | 41.69   | 42.09   | 63    | 11-12    | 50  | Breast | 64  | 37.29   | 41.19   | 43.09   |
| 41.99   | 46.49   | 48.29   | 63    | 10&Under | 50  | Breast | 64  | 42.19   | 46.69   | 48.49   |
| 1:13.19 | 1:20.89 | 1:22.89 | 67    | 11-12    | 100 | Fly    | 68  | 1:11.69 | 1:19.19 | 1:21.49 |
| 1:26.69 | 1:35.79 | 1:37.89 | 67    | 10&Under | 100 | Fly    | 68  | 1:25.59 | 1:34.59 | 1:36.49 |

**Evening Finals**

| Women | Event |        | Men |
|-------|-------|--------|-----|
| 53    | 200   | Back   | 54  |
| 55    | 50    | Back   | 56  |
| 57    | 100   | Free   | 58  |
| 59    | 100   | Free   | 60  |
| 61    | 200   | Breast | 62  |
| 63    | 50    | Breast | 64  |
| 65    | 100   | Fly    | 66  |
| 67    | 100   | Fly    | 68  |



**Long Course Elite Invitational Meet  
June 22-24, 2012**

**ENTRY VERIFICATION FORM**

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.

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Signature

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Title

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Team

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Date

# 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 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

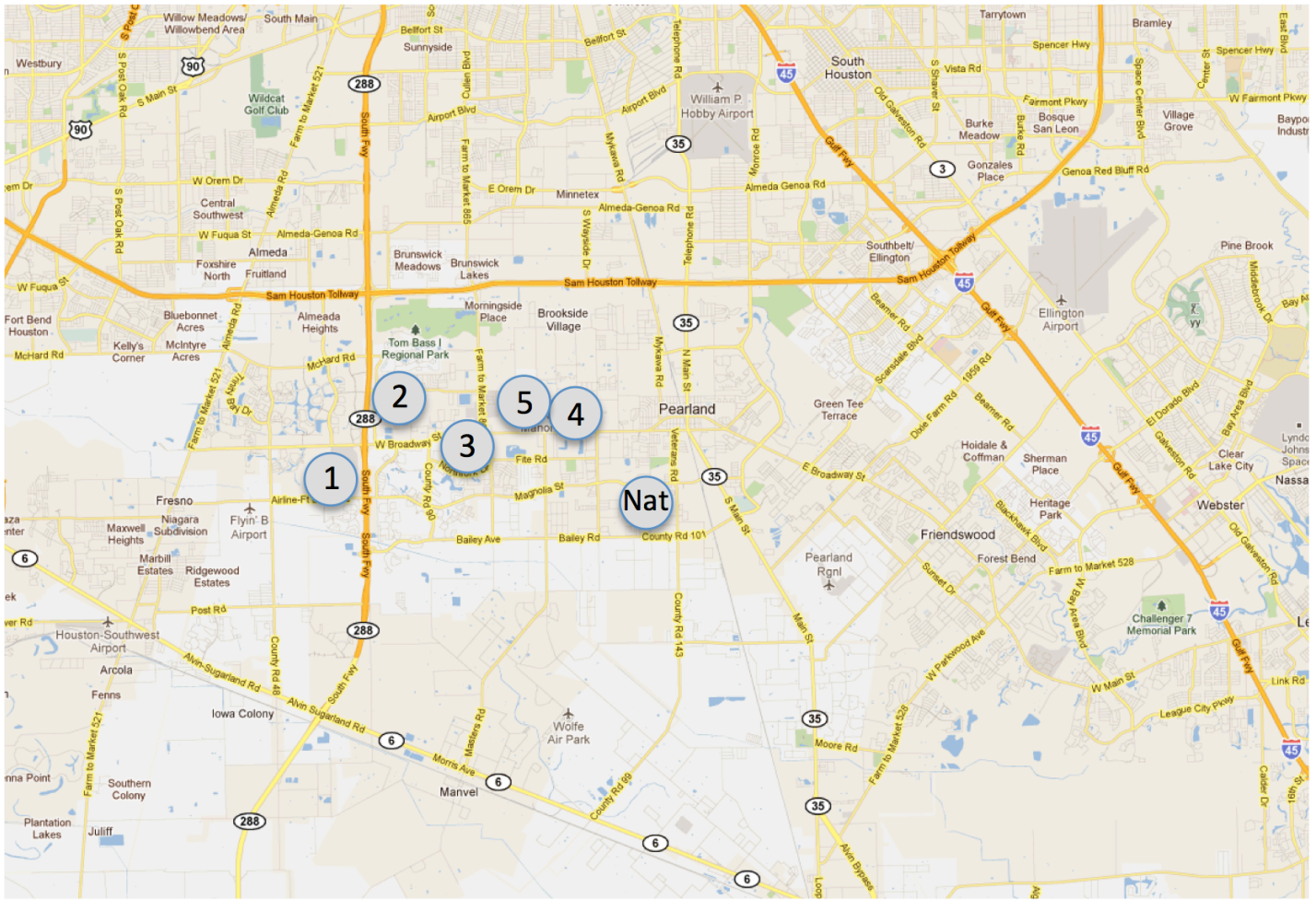
- A. **Swimmers Responsibilities**
  - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers 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 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.
  - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.
  - 4. See complete Pearland Recreation and Natatorium rules attached.



**Long Course Elite Invitational Meet  
June 22-24, 2012**

**Hotel Information**

1. **Courtyard Marriott Pearland** – 11200 Broadway, Pearland, TX 77584
  - Call Marriott Reservations, 1-800-321-2211
  - Amenities Include – Local restaurant delivery, and wireless internet access
  -
2. **Comfort Suites Pearland** – 2806 Miller Ranch Rd., CR 94, Pearland, TX 77584
  - Room Rate - \$89.99 for a Suite or Double – **Rate Subject to Change**
  - Rooms subject to availability
  - Call Comfort Suites Pearland, 713-340-1705
  - Amenities include free hot breakfast, free Wi-Fi, laundry facility, salt water pool, walking distance to Restaurant.
  - Contact Person – Kay Patel
  -
3. **LaQuinta Inn & Suites Pearland** – 9002 Broadway, Pearland, TX 77584
  - Call LaQuinta Inn & Suites Pearland, 281-412-5454
  - Amenities include: free breakfast, free Wi-Fi, business center, laundry. Refrigerator in room, walking distance to Restaurants.
  - Contact Person – Sam Patel
4. **Hampton Inn Houston – Pearland** – 6515 Broadway Street, Pearland, TX 77581
  - **BLOCK OF 25 ROOMS**
  - Pearland Aquatics Room Rate - **\$79** for a King with pull out.
  - Call Hampton Inn Houston-Pearland, 832-736-9977
  - Use reference code: **PAQ to receive the \$79 room rate.**
  - **MUST BOOK ROOMS BY JUNE 1, 2012**
  - Amenities Include: Free hot breakfast, free Wi-Fi, refrigerator in room, walking distance to restaurants.
  - Contact Person – Nancy Wernet
5. **Candlewood Suites Pearland** – 9015 Broadway, Pearland, TX 77584
  - Room Rate: \$99.99 for Double Studio Suite – **Rate Subject to Change**
  - Rooms subject to availability
  - Amenities include: Full kitchen, free Wi-Fi, free laundry, outdoor grills, and walking distance to Restaurants.
  - Contact Person – Alpesh Shukla
  - Phone number: 281-412-7400



1. Courtyard Marriott Pearland - 11200 Broadway, Pearland, TX 77584
  2. Comfort Suites Pearland - 2806 Miller Ranch Rd. CR 94, Pearland, TX 77584
  3. La Quinta Inn & Suites Pearland - 9002 Broadway, Pearland, TX 77584
  4. Hampton Inn Houston-Pearland - 6515 Broadway Street, Pearland, TX 77581
  5. Candlewood Suites Pearland - 9015 Broadway, Pearland, TX 77584
- Nat: Pearland Recreation Center and Natatorium

**Pearland Recreation Center & Natatorium  
Rules, Regulation, Prohibitions, and Deck Access**

- All participants must follow the CDC “Healthy Swimming Policy” and shower before warm-up, no exception.
- Event personnel are empowered to enforce any and all regulations that have been established by the City of Pearland.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the viewing stands.
- Participants are not allowed to climb over banisters or railings, or pass any posted barriers.
- Participants and spectators are not allowed to use other areas of the Pearland Recreation Center & Natatorium complex during this event without purchasing a Day Pass at the Services Kiosk located within the Recreation Center.
- Each competing team is permitted one temporary banner, placed at the discretion of the Aquatics Manager. Team banners must not exceed 5’ by 8’.
- Absolutely no tobacco, alcohol products, or glass containers are allowed anywhere within the Pearland Natatorium. This also applies to the parking lot.
- Portable coolers only (no rolling coolers) are allowed on the pool deck, provided they do not contain glass items; no coolers allowed in the spectator bleacher area.
- No flash photography is allowed at the start of any race. Video or photo capable devices are prohibited in the men’s and women’s locker rooms.
- Teams are expected to clean up their respective areas at the conclusion of the competition.
- Running or any other sort of activity that might be interpreted or described as “horseplay” is prohibited.
- Folding/portable chairs are not allowed in the spectator area. The walkways must stay clear at all times, as per Fire Marshall regulations. Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited.
- Face-painting or body painting of any kind is not permitted at the Natatorium.

Access to the deck of the PEARLAND Natatorium is restricted by pass to the following:

Athletes • Administrative support personnel • Coaches • Facility/District Staff • Officials • Marshals • Service and supply vendors • Credentialed media personnel • Hospitality personnel • Medical support personnel • Other personnel on a case-by-case basis at the discretion of the Meet Director or the Meet Referee.

**Pearland Recreation Center & Natatorium  
Healthy Swimming Policy**

The City of Pearland is committed to the health and safety of all patrons. The Pearland Parks and Recreation Center & Natatorium utilizes advanced training and technology and has adopted the Centers for Disease Control’s “Healthy Swimming Policy.” The policy protects our patrons and spectators from poor air or water quality hazards typical with indoor swimming pools caused by microorganisms and chloramines. The cornerstone of this policy is based on guidelines which mandate safe practices such as requiring all participants to shower before entering either pool located within the Pearland Recreation Center & Natatorium.

“Healthy Swimming Policy”  
Acknowledgement Form

Organization: \_\_\_\_\_

Representative Name and Title: \_\_\_\_\_

By my signature below I agree, on behalf of my organization that:

- I have received a copy of the “Healthy Swimming Policy” and understand the Pearland Recreation Center & Natatorium’s “Healthy Swimming Policy” Procedure; as coach or sponsor I understand the responsibility for ensuring that all members of the organization and their guests comply with these rules. I understand that additional copies are available upon request.
- I affirm that all required staff members of my organization have current CPR/First Aid certifications and specific training or liability certification requirements needed by the organization’s national governing body.
- I understand that the City of Pearland may from time to time modify its policies and I agree to abide by those changes.

\_\_\_\_\_  
Team Official/Head Coach

\_\_\_\_\_  
Date