

**2010 SE Don Gambril Invitational**  
**June 4-6, 2010**  
**Long Course Competition**

The meet will be conducted under the auspices of Southeastern Swimming, Inc. of United States Swimming, the rules of which will apply.

Sanctioned by Southeastern Swimming, Inc.

**SANCTION #:** 10SECTA6-4

**Course:** Long Course

**HOSTED BY:**

Crimson Tide Aquatics

P.O.Box 870387

Tuscaloosa, AL 35487

205 349-2527 or 205 394-4788

&

Hoover Blue Thunder

Hoover Recreation Center

600 Municipal Drive

Hoover, AL 35216

**LOCATION:**

University of Alabama Aquatic Center

Intersection of Hackberry Lane and Bryant Drive

Tuscaloosa, Alabama

University of Alabama Campus

**FACILITIES:** 8 lane, 50 Meter competition pool with a 6 foot minimum depth, non-turbulent lane lines and fully automatic Colorado electronic timing system and Daktronics scoreboard with lane/time/place display. Separate 25 yard pool available for warm-up/warm-down. Spacious deck area and bleacher seating. A concession stand serving snack items and lunch opens during the first warm up session.

**RULES:** 2010 USA Swimming Rules will govern the meet. Southeastern Swimming scratch rules will govern scratches. All coaches and swimmers are responsible to inform themselves regarding these rules.

**OFFICIALS:** Meet Director: Kim Osborn

Referee: Paul Smith

Meet Marshall: Tracy Camp

Starter: Gwenn McKenzie

Should there be any questions, Meet Officials will recognize **only** coaches or their designated representatives.

**ELIGIBILITY:** All participants must be USA Swimming registered athletes in the Central District of the Southeastern Swimming LSC. Entries will not be accepted without 2010 registration numbers. Coaches and officials must present evidence of certification as required by Southeastern Swimming. A swimmer's age on the first day of the meet will determine his or her age for the entire meet. This is an open meet. Swimmers must be at least 11 years old to enter "Senior" or "Open" events.

**WARM UP: Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet.** The Meet Director will post and announce the warm-up assignments prior to the start of the meet warm-up. Swimmers attending the meet without a coach must report to the Meet Director or Referee to be assigned a coach for warm-up prior to each session.

<b>STARTING TIMES:</b>	<b><u>Warm-up</u></b>	<b><u>Competition</u></b>
Friday PM:	4:45 PM	6:00 PM
Saturday AM:	7:00 AM	8:30 AM
Saturday PM:	Immediately following AM session	Not before 1:00 PM
Sunday AM:	7:00 AM	8:30 AM
Sunday PM:	Immediately following AM session	Not before 1:00 PM

**ENTRIES & DEADLINE:** E-mailed TM HYTEK entries are preferred. Entry disks and/or printouts, summary/release sheets, and entry fees including surcharges must be received by the Entries Chairman on or before MIDNIGHT, Wednesday, May 26, 2010. If entries are emailed, a hard copy (including all information and release forms) must follow by mail and be postmarked prior to the deadline. Email confirmations will be sent out as entries are received. Please make sure the meet entry chair confirms your entries. Only LC Meter times will be accepted. **Late entries** will be accepted on a “lane available” basis and may not appear in the heat sheet. No additional heats will be created for Late Entries.

**Coaches should check the CTA ([www.ctaswim.com](http://www.ctaswim.com)) website to view the Psych Sheet on Sunday, May 30, 2010. All corrections to the Psych Sheet should be emailed to Kim Osborn by 6:00 pm on Monday, May 31st. The warm-up assignments and timeline will be available on Wednesday, June 2nd.**

**LIMITS:** Swimmers are **limited to 2 individual events on Friday, and 4 individual events per day Saturday and Sunday, exclusive of relays.** The host team reserves the right to adjust pool designations for age groups or genders in order to run the meet more smoothly. Age-groups may be combined, but scored separately, to expedite the meet.

**DISABILITIES:** Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers and return it with the entries.

**MEET ENTRY CHAIRMAN:**

Kim Osborn  
 12009 Peachtree Drive  
 Northport, AL 35475  
 205-330-0513 (home)  
 205-792-2059 (cell)  
 email: dosborn0513@charter.net

**FEES:** **\$5.00** per individual event, **\$10.00** per relay; **\$3.00** per SES swimmer surcharge/ **\$5.00 per non SES swimmer surcharge**; **\$5.00** per swimmer facility fee. **Late fees: \$6.00** per individual event, **\$12.00** per relay.

**Please make checks payable to:** Crimson Tide Aquatics (CTA). All entry fees are non-refundable.

**MEET FORMAT:** This is a timed finals meet. All events will be pre-seeded, except the 400 free, 800 free, and 400 IM, which will be deck-seeded. Swimmers must check-in at the Clerk of Course for deck-seeded events as per the stipulation for that event as listed in the Order of Events. Swimmers are encouraged to check-in at the beginning of each session.

## **SCRATCHES/SCRATCH**

**PENALTIES:** All scratches should be submitted to the Clerk of Course as soon as possible to provide lanes for possible late entries. A swimmer may scratch a pre-seeded event on the blocks without any penalty. Swimmers entered in a deck-seeded event, who have checked in for that event, must swim in the event unless they notify the Clerk of Course (before seeding for that event has been done) that they wish to scratch. **Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which they are entered, whether it is that day or the next day.**

**SAFETY:** In the interest of safety and accident prevention, coaches, swimmers, and spectators are asked to observe all posted pool rules and facility rules and to conduct themselves in a safe and prudent manner. **Crimson Tide Aquatics and The University of Alabama will not accept any responsibility for anyone who climbs to an unsafe height for any reason. No one is allowed on the diving boards or diving platforms, other University workout equipment, or in the whirlpool for any reason.** Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet.

**SCORING:** Individual events first through eighth places: 9-7-6-5-4-3-2-1.

**AWARDS:** There will be awards given for each gender in all age groups based on the following: Top 10: 8 and under, 9/10's; Top 8: 11/12's; Top 6: 13/14's and Seniors.

**COACHES' MEETING:** A coaches' meeting will be held Saturday morning, five minutes after the completion of warm-ups, in the Hospitality Room. No swimmers will be allowed in the pool during this time. Competition will not start until after the conclusion of the coaches meeting.

**COACHES AND PARENTS:** Parking is available on lots around the University Pool. Do not park on the street or access roads to the campus, as cars may be towed.

## **MEET EVALUATIONS:**

Please send any comments, suggestions, or evaluations concerning the meet to:

John Woods  
205 Island Avenue  
Chattanooga, TN 37405

## Southeastern Swimming Information Form for Disabled Swimmers

<b>NAME:</b>		<b>AGE:</b>		<b>DATE OF BIRTH:</b>	
<b>ADDRESS:</b>				<b>PHONE NUMBER:</b>	
<b>EVENTS ENTERED:</b>					
<b>EVENT:</b>		<b>NO.</b>	<b>EVENT:</b>		<b>NO.</b>
<b>EVENT:</b>		<b>NO.</b>	<b>EVENT:</b>		<b>NO.</b>
<b>EVENT:</b>		<b>NO.</b>	<b>EVENT:</b>		<b>NO.</b>
<b>DESCRIBE TYPE AND EXTENT OF DISABILITY (Be specific; e.g. totally or partially blind or deaf; loss of limbs, multiple disabilities):</b>					
<b>THE FOLLOWING PERSONS WILL ACCOMPANY THE SWIMMER FOR ANY NEEDED ASSISTANCE:</b>			<b>NAME:</b>		
			<b>NAME:</b>		
<b>SEIZURES?</b>	<b>YES:</b> <input type="checkbox"/>	<b>ARE YOU ON MEDICATION?</b>	<b>YES:</b> <input type="checkbox"/>	<b>MEDICATION/DOSE:</b>	
	<b>NO:</b> <input type="checkbox"/>		<b>NO:</b> <input type="checkbox"/>		
<b>MEDICATION/DOSE:</b>		<b>MEDICATION/DOSE:</b>		<b>MEDICATION/DOSE:</b>	
<b>PARENT OR GUARDIAN'S NAME:</b>				<b>PHONE NUMBER:</b>	
<b>PARENT OR GUARDIAN'S SIGNATURE:</b>			<b>ATHLETE'S SIGNATURE:</b>		
<b>PHYSICIAN'S NAME:</b>				<b>PHONE NUMBER:</b>	
<b>PHYSICIAN'S ADDRESS:</b>					
<b>I HAVE EXAMINED THE ABOVE ENTRANT AND, IN MY OPINION, THERE IS NO MENTAL OR PHYSICAL REASON WHY HE OR SHE SHOULD NOT PARTICIPATE IN USA SWIMMING COMPETITION.</b>					
<b>PHYSICIAN'S SIGNATURE:</b>				<b>DATE:</b>	

**2009-2010 WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:**

I, the undersigned coach or team representative, verify that all of the **swimmers** and **coaches** listed on the enclosed entry form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

501.7

.1 All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition(S) are members of their LSC and USA Swimming.

.2 All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

And as

302.4 False Registration – A host LSC may impose a fine up to \$100.00 per event against a member coach or a member club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed club is not **properly** registered.

I also acknowledge that I am familiar with the rules of USA Swimming and Southeastern Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team's swimmers with those rules during this meet. The Crimson Tide Aquatics, University of Alabama, City of Tuscaloosa, Southeastern Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

I

<b>SIGNATURE OF COACH OR CLUB OFFICIAL:</b>	
<b>CLUB:</b>	
<b>TITLE:</b>	<b>DATE:</b>

### TEAM INFORMATION

<b>CLUB NAME:</b>		<b>INITIALS:</b>
<b>ADDRESS:</b>		
<b>LSC:</b>	<b>HEAD COACH:</b>	
<b>CONTACT PERSON:</b>		<b>PHONE NUMBER:</b>
<b>FAX NUMBER:</b>	<b>CELL PHONE:</b>	<b>EMAIL:</b>
<b>COACHES ATTENDING:</b>	<b>NAME</b>	<b>COACHES CARD EXPIRATION DATE</b>
	1.	
	2.	
	3.	
<b>CERTIFIED OFFICIALS WHO MAY WISH TO WORK:</b>	1.	
	2.	
	3.	
	4.	
<b>NUMBER OF SWIMMERS ENTERED:</b>	<b>ATTACHED:</b>	
	<b>UNATTACHED:</b>	
	<b>TOTAL:</b>	

### SUMMARY OF FEES

<b>NUMBER OF SWIMMERS:</b>		<b>X \$3.00 SES SURCHARGE =</b> <b>X \$5.00 Non SES SURCHARGE =</b> <b>X \$5.00 FACILITY SURCHARGE =</b>	
<b>NUMBER OF IND. EVENTS:</b>		<b>X \$5.00 PER EVENT ENTRY FEE =</b>	
<b>NUMBER OF RELAYS:</b>		<b>X \$10.00 PER RELAY ENTRY FEE =</b>	
<b>TOTAL DUE:</b>			



**2010 “Don Gambril” Invite**  
**June 4-6, 2010**  
**Order of Events-Friday**

**Friday Afternoon Session-All Swimmers**  
**Warmups at 4:30 PM and Competition at 5:45 PM**

<b>GIRLS</b>	<b>EVENTS</b>		<b>BOYS</b>
1	13-14	200 IM	2
3	Senior	200 IM	4
5	13-14	50 Free	6
7	Senior	50 Free	8
15 minute break if needed			
9A	13-14	400 Free#*	10A
9B	Senior	400 Free#*	10B

# Deck-seeded events: Positive check-in is due by 5:45 PM for the 400 Free. If a swimmer is not checked in, that swimmer will not be seeded nor allowed to swim the event.

\* The 400 Free events will be deck seeded together with heats arranged from fastest to slowest, alternating girls then boys, but will be scored separately (13-14, Senior). This event may be limited to the fastest 40 females and males entered (combined 13-14, Senior) at the discretion of the meet referee and the meet director.

Note: Swimmers are allowed to swim two (2) events on Friday evening.

## ORDER OF EVENTS - SATURDAY

Saturday Morning Session - 12 & Under Swimmers  
Warmups at 7:00 AM and Competition at 8:30 AM

<b>GIRLS</b>	<b>EVENTS</b>	<b>BOYS</b>
11	11-12 200 Free Relay	12
13	10 & U 200 Free Relay	14
15	11-12 200 IM	16
17	10 & U 200 IM	18
19	11-12 50 Butterfly	20
21	10 & U 50 Butterfly	22
23	8 & U 50 Butterfly	24
25	11-12 100 Free	26
27	10 & U 100 Free	28
29	8 & U 100 Free	30
31	11-12 50 Back	32
33	10 & U 50 Back	34
35	8 & U 50 Back	36
37	11-12 100 Breast	38
39	10 & U 100 Breast	40

## ORDER OF EVENTS - SATURDAY

Afternoon Session - 13 Through Senior  
Warmups at conclusion of Morning Session but not before 12 Noon  
Competition not before 1:00 PM

GIRLS	EVENTS	BOYS
41	13-14 400 Free Relay	42
43	Senior 400 Free Relay	44
45	13-14 200 Butterfly	46
47	Senior 200 Butterfly	48
49	13-14 100 Free	50
51	Senior 100 Free	52
53	13-14 200 Breast	54
55	Senior 200 Breast	56
57	13-14 100 Back	58
59	Senior 100 Back	60
	15 minute break if needed	
61A	13-14 400 IM#*	62A
61B	Senior 400 IM#*	62B

# Deck-seeded events: Positive check-in is due by 1:30 PM for the 400 IM. If a swimmer is not checked in, that swimmer will not be seeded nor allowed to swim the event.

\* The 400 IM events will be deck seeded together with heats arranged from fastest to slowest, alternating girls then boys, but will be scored separately (13-14, Senior). This event may be limited to the fastest 40 females and 40 males entered (combined 13-14, Senior) at the discretion of the meet referee and the meet director.

## ORDER OF EVENT - SUNDAY

Sunday Morning Session - 12 & Under Swimmers  
Warmups at 7:00 AM & Competition at 8:30 AM

<b>GIRLS</b>	<b>EVENTS</b>	<b>BOYS</b>
63	11-12 200 Medley Relay	64
65	10 & U 200 Medley Relay	66
67	11-12 200 Free	68
69	10 & U 200 Free	70
71	11-12 100 Back	72
73	10 & U 100 Back	74
75	11-12 50 Free	76
77	10 & U 50 Free	78
79	8 & U 50 Free	80
81	11-12 50 Breast	82
83	10 & U 50 Breast	84
85	8 & U 50 Breast	86
87	11-12 100 Fly	88
89	10 & U 100 Fly	90
91A	11-12 400 Free#*	92A
91B	10 & U 400 Free#*	92B

# Deck-seeded events: Positive check-in is due by 8:30 AM for the 400 Free. If a swimmer is not checked in, that swimmer will not be seeded nor allowed to swim the event.

\* The 400 Free events will be deck-seeded together with heats arranged from fastest to slowest, alternating girls then boys, but will be scored separately (11-12, 10-U). The event may be limited to the fastest 32 females and 32 males entered (combined 11-12, 10-U) at the discretion of the meet referee and the meet director.

## ORDER OF EVENTS - SUNDAY

Afternoon Session - 13 Through Senior  
Warm-ups at the conclusion of the Morning Session but not before 12 Noon  
Competition not before 1:00 PM

<b>GIRLS</b>		<b>EVENTS</b>	<b>BOYS</b>
93	13-14	400 Medley Relay	94
95	Senior	400 Medley Relay	96
97	13-14	200 Free	98
99	Senior	200 Free	100
101	13-14	100 Breast	102
103	Senior	100 Breast	104
105	13-14	200 Back	106
107	Senior	200 Back	108
109	13-14	100 Fly	110
111	Senior	100 Fly	112
		15 minute break if needed	
113A	13-14	800 Free#*	114A
113B	Senior	800 Free#*	114B

# Deck-seeded events: Positive check-in is due by 1:00 PM for the 800 Free. If a swimmer is not checked in, that swimmer will not be seeded nor allowed to swim the event.

\* The 800 Free events will be deck-seeded together with heats arranged from fastest to slowest, alternating girls then boys, but will be scored separately (13-14, Senior). This event may be limited to the fastest 32 females and 32 males entered (combined 13-14, Senior) at the discretion of the meet referee and the meet director.





