

USA SWIMMING/GULF SWIMMING RETURN TO COMPETION

## The information provided in this document does not, and is not intended to, constitute legal advice. Instead, all information, content, and materials available in this document are for general informational purposes only. Each club should contact its attorney to obtain advice with respect to any legal matter. Each club should not act or refrain from acting on the basis of information in this document without first seeking legal advice from counsel in the relevant jurisdiction.

#### RETURN TO COMPETITION PLAN

Every club planning to host or attend competition must develop a Return to Competition plan. The plan must address the key considerations above and include the elements listed in the sections below.

Return to competition can only occur when and if your local authorities have deemed it safe to return to competition. USA Swimming in no way endorses conducting practice or competition in violation of any local, state, or federal guidelines. In creating a Return to Competition plan, clubs are encouraged to consider the following:

* When to return, including an ability to add restrictions (move backward in phases) if there are additional waves of infection in your area.
* What operating adjustments your organization will make in hosting and attending competitions.
* A communications plan for all stakeholders.
* A designation of a point person or team responsible for the Return to Competition plan.
* An ability to monitor the outcomes of what is happening as you return to competition so that you can make needed adjustments.

#### PUBLIC HEALTH

**All plans must comply with facility, local, state, and federal public health requirements.**

* If there is an ambiguity between recommended guidelines, the most stringent should apply or local counsel should be consulted to provide guidance to follow.
* Each club should have a COVID-19 liaison/committee responsible for staying up to date on community and state recommendations and any associated changes.
* Each club should have a point person responsible for the club’s Return to Competition plan.
* Mandated capacity limits must be followed.
* Until further notice, eliminate or reduce use of low ventilated spaces as well as rooms that prevent social distancing, (e.g., locker rooms and small dryland rooms) to the extent feasible.
* Until further notice, ingress to facility must include health screening questions and should include temperature screening either at the facility or prior to arrival, no person shall be admitted with a temperature over 100.4 F or in accordance with CDC or local health department recommendations.
* Until further notice, athletes should arrive in their suits and depart in suits if possible. Locker rooms use should be minimized.
* Until further notice, coaches, officials, spectators (parents), must wear masks.
* All expectations for the aforementioned protocols should be communicated ahead of time in the meet announcement, event communication, and posted throughout the venue to ensure that all participants and observers are clearly aware of the requirements.

#### SAFE SPORT

* The [USA Swimming Code of Conduct](https://www.usaswimming.org/docs/default-source/governance/lsc-managementdocuments/interpretations-legislation-bylaws/code-of-conduct-expert-2018.pdf) and the [SafeSport Code f](https://uscenterforsafesport.org/wp-content/uploads/2020/03/2020-SafeSport-Code-04.01.20.pdf)or the U.S. Olympic and Paralympic Movements continue to apply in full.
* The Minor Athlete Abuse Prevention Policy (MAAPP) continues to apply in full.
* USA Swimming Safe Sport Best Practice Guidelines state that parents should be encouraged to appropriately support their child(ren)’s swimming experience and that all swimming practices should be open to observation by parents. This also applies to meet participation.

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#### RESOURCE DOCUMENTS FOR BUILDING YOUR RETURN TO COMPETITION PLAN

National Council of Youth Sports Return to Play Considerations (Editable template to assist creating your return to competition plan)

* [USOPC Coronavirus Resources](https://www.teamusa.org/coronavirus)
* [CDC Coronavirus Updates](https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcases-in-us.html)
* [CDC – Consideration for Youth Sports](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html)
* [CDC – Workplace Decision Tree](https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/workplace-decision-tree.pdf)
* [CDC – Activities and Initiatives Supporting the President’s Plan for Opening America Up Again](https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/CDC-Activities-Initiatives-for-COVID-19-Response.pdf)
* [NFHS Guidance for Opening Up High School Athletics and Activities](https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)
* [USA Swimming Open Water Resource Page](https://www.usaswimming.org/swimmers-parents/swimmers/open-water)

#### APPLYING FOR A MEET SANCTION

Applications for a meet sanction in July 2020, will be evaluated for the following:

1. All participating athletes and clubs must be registered within the GULF LSC.
2. The meet must be pre-seeded, and no deck entries will be allowed.
3. The meet must follow the attached Gulf Template Meet announcement with COVID-19 required statements/waivers.
4. A supplement document to the meet sanction request must include:
   1. A statement of the local protocols and requirements;
   2. The plan for spectator ingress and egress;
   3. The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc.;
   4. Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child; and
   5. An attestation statement in which the meet host attests that the conduct of the meet will adhere to local jurisdictional guidelines. Suggested language:

##### In applying for this sanction (ed event), the Host, (specifically named Club or other entity) agrees to

***comply and to enforce all health and* safety *mandates and guidelines of USA Swimming, GULF Swimming the State of Texas and***

***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (local jurisdiction).***

1. Assumption of risk disclaimer language must be included in the meet information, announcements, and heat sheets. The following is assumption of risk disclaimer language posted by Disney prior to the reopening of Disney Springs. This language is provided as an example only. The meet host should provide its own language reviewed by local counsel:

*“We have taken enhanced health and safety measures – for you, our other guests, and cast members. You must follow all posted instructions while visiting Walt Disney World Resort. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable.*

*By visiting Walt Disney World Resort, you voluntarily assume all risks related to exposure to COVID-19*

1. The meet information, meet announcement and heat sheets must contain the following language:

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease.

Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND GULF SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

(\*A club, geographically isolated within their LSC, may be granted the opportunity to compete in an adjacent LSC with permission from both the club’s LSC and the adjacent LSC.)

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| **GULF Swimming Meet**  INCLUDE DATE HERE  A Short Course Yards Timed Finals Meet HOSTED BY | | | | | | | | | |
| Your Team Name Here | | | | | | | | | |
| Your Team Logo Here | | | | | | | | | |
| **Sanction number #:** | | | | | **(Your sanction number here)** | | | | |
|  | | | | | | | | | |
| **ENTRIES DUE TO MEET HOST (HOST EMAIL ADDRESS HERE) BY 11:59 PM, FRIDAY, OCTOBER 18, 2019** | | | | | | | | | |
| **LOCATION:** | Your Facility  Your Street  Your City, TX Zip | | | | | | | | |
| **DIRECTIONS:** | Directions to Your Facility | | | | | | | | |
| **SPECIAL INSTRUCTIONS:** | Special Instructions about Your Facility (parking, seating, tents, chairs, food on deck...) | | | | | | | | |
| **MEET STAFF:** | **MEET REFEREE:** | | | Name, Email | | | | | |
|  | **ADMIN OFFICIAL:** | | | Name , Email | | | | | |
|  | **MEET DIRECTOR(S):** | | | Name(s), Email, Phone | | | | | |
|  | **SAFETY MARSHAL:** | | | Name | | | | | |
|  | **COACH(ES):** | | | Name(s) | | | | | |
| **POOL:** | One eight lane, 25 yard indoor pool with non-turbulent lane lines will be used for  warm-up and competition. A separate warm-up / warm-down area will be made available during the competition. | | | | | | | | |
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| **TIME AND DATE:** | This is three session, 2 day, timed-finals meet with AM/PM sessions on Saturday. | | | | | | | | |
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|  | **Session 1:** Saturday AM – November 2, 2019  Warm-up\*: 7:30 – 8:45 am Meet Start: 9:00 am | | | | | | | | |
|  |  | | | | | | | | |
|  | **Session 2:** Saturday PM – November 2, 2019  Warm-up/Meet Start\*: warm-up for the PM session will start approximately 2 hours after the conclusion of the Saturday AM session. The PM competition will begin approximately 1 hour after the start of warm-up. | | | | | | | | |
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|  | **Session 3:** Sunday AM – November 3, 2019  Warm-up\*: 7:30 – 8:45 am Meet Start: 9:00 am | | | | | | | | |
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|  | \*Host team will publish the PM session warm-up and start times with the warm-  up/timing assignments on the Gulf webpage. Warm-up is scheduled to start approximately 2 hours after the conclusion of the AM Session, with the PM Session starting 1 hour after PM Warm-ups begin.  \*Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website. Lane assignments for warm-ups and timing will be designated in the heat sheet, and posted on the Gulf Swimming website by Monday, October 28, 2019. | | | | | | | | |
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| **MEET TYPE:** | Intrasquad or Virtual dual/tri meets | | | | | | | | |
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| **SAFETY GUIDELINES AND WARM-UP PROCEDURES:** | | | | | | | | | |
|  | See attached Safety Guidelines and Warm-up Procedures | | | | | | | | |
|  | | | | | | | | | |
| **USA/Gulf Swimming/ Club Disclaimer:** | An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.  USA Swimming, Inc., Gulf Swimming, and (Insert your team name) cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease.  Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.  BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.  (Insert Team COVID disclaimer language here) | | | | | | | | |
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| **COVID-19**  **Procedures:** | Each team participating in the meet will abide by their team’s COVID-19 Preparedness Plans for their facility, including entry/exit procedures into the facility. However, the following items are required for teams to participate in the meet:   1. Ingress to facility must include health screening questions and should include temperature screening either at the facility or prior to arrival, no person shall be admitted with a temperature over 100.4 F or in accordance with CDC or local health department recommendations. 2. Officials, coaches, volunteers, and swimmers must wear a face mask at all times except for swimmers when they are in the water. Swimmers should plan on bringing extra face masks as theirs may get wet and plastic baggies to put used masks in throughout the meet. 3. Swimmers must enter and leave the building in their swimsuits. Locker rooms will be off-limits, and a bathroom for the swimmers will be available for emergency use only, one person at a time. Drinking fountains will also be unavailable. 4. Only coaches, officials, swimmers, and volunteers in the current session are allowed on the pool deck during the meet. USA Swimming Safe Sport Best   Practice Guidelines state that parents should be encouraged to appropriately support their child (ren)’s swimming experience and that all swimming meets should be open to observation by parents. Concession will not be provided.   1. Officials, coaches, volunteers and swimmers must maintain current social distancing guidelines throughout the meet. Some suggestions to help maintain social distancing are, but not limited to:    1. Group swimmers within a session to an assigned area to wait in between races. This will also help with contact tracing if a positive test of COVID- 19 were to be reported after the meet. These swimmers, if not in the water, should only be in their assigned area. Have swimmers bring their own chair to use during the meet or an extra towel to sit on. To comply with Safe Sport/MAAPP ensure at least 1 volunteer (adult) is present with swimmers when they are in areas outside of the pool deck.    2. Add 1-2 volunteers per session to help monitor social distancing during the meet, similar to meet/safety marshals.    3. Line swimmers up off to the side, in order of their lane assignment, for the next heat instead of having the swimmers line up behind the blocks. Once swimmers have exited the water, have the lined up swimmers proceed to the blocks. Interval times should be increased in between heats to allow for social distancing of the swimmers.    4. Add additional tables, if necessary, for the Meet Admin Table to ensure spacing.   Consider using one timer per a lane to simultaneously operate two dissimilar devices (stopwatch and plunger). Otherwise, make sure volunteers are maintaining social distancing behind the blocks or have lane timers from the same household pair up together. Another option is to use every other lane (2,4,6,8 or 1,3,5,7) for each heat to allow space behind the blocks. | | | | | | | | |
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| **SEEDING:** | The meet will be pre-seeded for all events. Coaches please inform your swimmers of pre- seeded rules. All events will be seeded with heats in the order of fastest to slowest. As a courtesy to the host, coaches should inform the clerk of course of swimmers not attending the meet. | | | | | | | | |
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| **ON-DECK ENTRIES:** | There will be no on-deck entries | | | | | | | | |
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| **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 before, put NT where a seed time is requested. Times must be from USA Swimming meets. | | | | | | | | |
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|  | **Cut-off Times:** None | | | | | | | | |
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|  | **Qualifying Times:**  None | | | | | | | | |
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|  | **Times Eligibility:** None | | | | | | | | |
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|  | **Age:** As of November 2, 2019 | | | | | | | | |
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|  | **Number of Events:** | | | | | | | | |
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|  | **Entries:** All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software. | | | | | | | | |
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|  | **Deadline:** Host team will decide | | | | | | | | |
|  | | **EMAIL: ENTER HOST EMAIL** | | | | | | | |
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|  | **Eligible Teams:** Gulf teams are encouraged to enter. | | | | | | | | |
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|  | **Individual Event Entry Fee (per event):** | | | | | | $ Host Team will decide | | |
|  | **Swimmer Surcharge Fee (per swimmer):** | | | | | | Enter Either $2.00 For 1 or Less or $3.50 For 2 or More Warm-up / Warm-down Lanes | | |
|  | **Make entry fee checks payable to:** | | | | | Enter Your Team Name Here | | | |
| Mail entry fees **(POSTMARKED BY FRIDAY, OCTOBER 25, 2019)** to the address below: | | | | | | | | | |
|  |  | | Enter Your Team Name Here | | | | | | |
|  |  | | Enter Entry Fee Street Address Here | | | | | | |
|  |  | | Enter City, TX Zip Code Here | | | | | | |
|  | | | | | | | | | |
|  |  | | Enter Phone Number Here | | | | | | |
|  |  | | Enter Entry Chair Email Address Here | | | | | | |
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| **AWARDS:** | There will be no awards presented at this meet. | | | | | | | | |
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| **SCORING:** | This meet will not be scored. | | | | | | | | |
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| **RULES AND SANCTIONS:** | | | | | | | | | |
|  | The current USA Swimming and Gulf Swimming rules will apply. The meet will be held  under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On deck USA Swimming membership registration will not be permitted. Only Gulf Swimming teams and athletes may participate in this meet. | | | | | | | | |
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| **PROOF OF TIME:** | Any swimmer that 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 Gulf Administrative Vice-Chairman. | | | | | | | | |
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| **POOL MEASUREMENT:** | | | | | | | | | |
|  | Enter Either Statement:  The competition course has been certified in accordance with USA Swimming  Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming.  OR:  The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct. | | | | | | | | |
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|  | The water depth of the competition course is | | | | | | | ## | feet measured from 1 meter to 5 |
|  | meters on the starting end of the course, and | | | | | | | ## | feet measured from 1 meter to 5 |
|  | meters on the turning end of the course. | | | | | | | | |
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| **TIMING SYSTEM:** | A Colorado Model 6000 (or Daktronics Model 2000) electronic timing system with  electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the psych sheet. Swimmers in the 500/1650 Free and 400 IM must provide 2 timers and a lap counter where applicable. | | | | | | | | |
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| **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. | | | | | | | | |
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|  | Coaches and Officials must present their membership cards in order to receive complimentary Heat Sheets and for admission to the Hospitality Room. Coaches must supervise their swimmers. | | | | | | | | |
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|  | Enter Special Pool Deck Restrictions Here | | | | | | | | |
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| **DECK CHANGES:** | Deck Changes are prohibited. Deck Change definition – “changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes”. | | | | | | | | |
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| **AUDIO/VIDEO RECORDING DEVICES:** | | | | | | | | | |
|  | Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event. | | | | | | | | |
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| **MAAP POLICY:** | All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. | | | | | | | | |
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| **DRONES:** | Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, Athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, Coaches, officials and/or spectators are present. Exceptions may be granted with prior Written approval by the Vice President of Program Operations. | | | | | | | | |
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| **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. | | | | | | | | |
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| **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). | | | | | | | | |
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| **HOSPITALITY:** | A hospitality room will be available. | | | | | | | | |
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| **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. | | | | | | | | |
|  | Add if appropriate - Unofficial real time results will be available on MEET MOBILE. | | | | | | | | |
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| **CONCESSIONS:** | Concessions will be available ... (fill in as appropriate) | | | | | | | | |
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| **MERCHANDISE:** | (Vendor Name) will be at the meet selling swim apparel and swim gear. (fill in as  appropriate) | | | | | | | | |
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| **FACILITY RULES:** | Enter Special Facility Rules Here | | | | | | | | |
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| **ATTACHMENTS:** | Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form | | | | | | | | |
|  | Enter Additional Attachments Here: (Maps, Facility Rules, Hotels, Restaurants, Sponsors) | | | | | | | | |
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| **GULF Swimming Senior Meet**  November 2-3, 2019  A Short Course Yards Timed Finals Meet HOSTED BY |
| Your Team Name Here |

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| **Entry Rules:** |  |
| Type of meet | Timed Finals |
| Max # individual events per day | Host Team will decide |
| Swimmers eligible | All USA Swimming |
| Entry times in | SCY, LCM, SCM |
| Qualifying times (15 & Over) | None |
| Qualifying times (14 & Under) | Host Team will decide |
| Enter with no time? | Yes |
| Gulf “three event rule” applies? | NO |
| Gulf “up/down rule” applies? | NO |
| Gulf “beyond IMX” rule applies? | No |
| Times Eligibility | Times must be achieved between Feb 1, 2018  and the entry deadline. |
| Fees | Individual – Host Team will decide |
| Facility Surcharge | Facility Surcharge – Enter either $2.00 or $3.50  per swimmer |

# Saturday, November 2, 2019 (Morning)

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| GIRLS | SCY | SCM | LCM | Event | LCM | SCM | SCY | BOYS |
| 1 | 2:03.09 | 2:16.09 | 2:20.39 | 14&U 200 Free | 2:09.29 | 2:04.69 | 1:52.79 | 2 |
| 1 |  |  |  | 15&O 200 Free |  |  |  | 2 |
| 3 | 1:01.99 | 1:08.49 | 1:12.49 | 14&U 100 Back | 1:06.09 | 1:02.09 | 56.19 | 4 |
| 3 |  |  |  | 15&O 100 Back |  |  |  | 4 |
| 5 | 1:11.39 | 1:18.89 | 1:21.79 | 14&U 100 Breast | 1:13.79 | 1:10.49 | 1:03.79 | 6 |
| 5 |  |  |  | 15&O 100 Breast |  |  |  | 6 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | 5 min. break |  |  |  |  |
| 7 | 4:53.69 | 5:24.59 | 5:35.09 | 14&U 400 IM\* | 5:07.29 | 4:58.69 | 4:30.29 | 8 |
| 7 |  |  |  | 15&O 400 IM\* |  |  |  | 8 |

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| All events will be seeded fastest to slowest. |
| \*The 400 I.M. and 500/1650 free will be swum fastest to slowest, alternating girls and boys heats. Swimmers must provide their own timers and counters (500/1650 free). |

**Saturday, November 3, 2019 (Afternoon)**

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| GIRLS | SCY | SCM | LCM | Event | LCM | SCM | SCY | BOYS |
| 9 | 2:18.19 | 2:32.69 | 2:38.99 | 14&U 200 IM | 2:25.09 | 2:18.69 | 2:05.49 | 10 |
| 9 |  |  |  | 15&O 200 IM |  |  |  | 10 |
| 11 | 26.39 | 29.09 | 29.89 | 14&U 50 Free | 26.79 | 26.19 | 23.69 | 12 |
| 11 |  |  |  | 15&O 50 Free |  |  |  | 12 |
| 13 | 1:01.89 | 1:08.39 | 1:10.29 | 14&U 100 Fly | 1:03.59 | 1:01.999 | 56.09 | 14 |
| 13 |  |  |  | 15&O 100 Fly |  |  |  | 14 |
|  |  |  |  | 5 min. break |  |  |  |  |
| 15 | 5:29.09 | 4:48.09 | 4:54.49 | 14&U 500 Free\* | 4:34.19 | 4:27.89 | 5:06.09 | 16 |
| 15 |  |  |  | 15&O 500 Free\* |  |  |  | 16 |

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| All events will be seeded fastest to slowest. |
| \*The 400 I.M. and 500/1650 free will be swum fastest to slowest, alternating girls and boys heats. Swimmers must provide their own timers and counters (500/1650 free). |
| \*\*Warm-up for Saturday PM session will not start earlier than 2 hours after the conclusion of the Saturday AM session. The Saturday PM competition will begin 1 hour after the start of warm-up. |

**Sunday, November 3, 2019 (Morning)**

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| GIRLS | SCY | SCM | LCM | Event | LCM | SCM | SCY | BOYS |
| 17 | 2:16.99 | 2:31.39 | 2:34.59 | 14&U 200 Fly | 2:21.89 | 2:17.49 | 2:04.39 | 18 |
| 17 |  |  |  | 15&O 200 Fly |  |  |  | 18 |
| 19 | 57.19 | 1:03.19 | 1:05.09 | 14&U 100 Free | 59.39 | 57.09 | 51.69 | 20 |
| 19 |  |  |  | 15&O 100 Free |  |  |  | 20 |
| 21 | 2:34.59 | 2:50.79 | 2:57.69 | 14&U 200 Breast | 2:41.39 | 2:33.09 | 2:18.59 | 22 |
| 21 |  |  |  | 15&O 200 Breast |  |  |  | 22 |
| 23 | 2:14.79 | 2:28.99 | 2:35.29 | 14&U 200 Back | 2:22.69 | 2:15.99 | 2:03.09 | 24 |
| 23 |  |  |  | 15&O 200 Back |  |  |  | 24 |
|  |  |  |  | 10 min. break |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 25 | 18:57.79 | 18:51.19 | 19:29.59 | 14&U 1650\* \*Free\* | 18:11.69 | 17:37.89 | 17:44.09 | 26 |
| 25 |  |  |  | 15&O 1650\* Free\* |  |  |  | 26 |

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| All events will be seeded fastest to slowest. |
| \*The 400 I.M. and 500/1650 free will be swum fastest to slowest, alternating girls and boys heats. Swimmers must provide their own timers and counters (500/1650 free). |

**GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES**

**WARM-UP PROCEDURES**

### 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.

### 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**

### 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.

1. 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.
2. 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.**

### 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**.

### 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.

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| **ENTRY VERIFICATION** |
| 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. |
|  |
| Signature |
|  |
| Title |
|  |
| Date |