

Gulf 12 & Under Championships

December 10-12, 2021 A Short Course Yards Timed Finals Meet

HOSTED BY

Lone Star Swim Team



Sanction Number # **GU-SC-22-039**

ENTRIES DUE TO GULF TPC CHAIR (TPC@GulfSwimming.org) BY 11:59 PM, FRIDAY, November 19, 2021

LOCATION:

FRIDAY SESSION:

CyRanch High School Pool
10700 Fry Road
Cypress TX 77433

SATURDAY AND SUNDAY SESSIONS:

CFISD Natatorium - CFISD Athletic Complex
12550 Windfern Rd
Houston TX 77064

DIRECTIONS:

TO CY RANCH HIGH SCHOOL: Travel via US-290 West to Cypress area. Exit Spring-Cypress/Cypress-Rosehill/Fry Road from US-290W. Take Fry Road (southbound) for 3.7 miles to Cypress N-Houston Road. Take a left. Pool is on the right corner of the school.

TO CFISD NATATORIUM: Use Beltway 8 (North Sam Houston Parkway). Take the exit for Fallbrook Dr/Windfern Rd/Gessner Rd. Travel northbound on Fallbrook toward FM 1960. Turn right on Perry Road. Turn left on Windfern Road. Destination is on your right. Parking can be accessed from Bobcat Road.

Coming from far North of Houston use US-290 E and take exit for FM 1960 E (Cypress Creek Parkway). Travel East to Bobcat Road. Take Right on Bobcat Road. Destination is on your left.

SPECIAL

INSTRUCTIONS:

CYRANCH HIGH SCHOOL POOL:

No set up on the inside bleacher areas. Please use facility grassy areas around the pool.

CFISD NATATORIUM:

There will be NO SET-UP in the bleachers or standing at the railing in front of the bleachers and other areas that are roped off for spectator viewing. Parents need to watch their swimmer race and then return to their seating area or outside to allow others to see their swimmers. Swimmers are encouraged to sit on deck, in seating area not designated for viewing, or outside as a team. There is ample lawn space for set-up.

Coolers larger than 18 inch length x 18 inch width x 18 inch depth are NOT allowed in the spectator seating area. Coolers with rollers are NOT allowed in the spectator seating area.

No tent set up is allowed on any grassy areas directly adjoining to the natatorium.

WET SWIMMERS: **Absolutely NO WET SWIMMERS ALLOWED IN THE COMMON AREAS. All swimmers are to be fully clothed including shoes before entering the lobby or spectator viewing area. (Parkas, towels, and/or robes over swim suits do not constitute full clothing. Shirt and shorts/pants and shoes must be worn at all times in the spectator area.) All swimmers that do not comply will asked to leave the area.**

MEET STAFF:

MEET REFEREE:	Rick Tobin, tobinrc@comcast.net Doug Davis, dodavis@flowserve.com
ADMIN OFFICIAL:	Jill Wilson, jill09@hotmail.com Doug McGee, mcgedoue@gmail.com
MEET DIRECTOR(S):	Judy Siemer, headcoach@lonestarswimteam.org 281-858-7946
SAFETY MARSHAL:	MyLan Duong, Samantha McGee
COACH(ES):	John Siemer

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.

TIME AND DATE: This is five session, 2 ½ day timed-finals meet with a PM session on Friday and AM/PM sessions on Saturday and Sunday.

Session 1: Friday PM – December 10, 2021

Age Groups: 12 & Under Boys & Girls

Warm-up: 5:00 – 6:15 pm / Meet Start: 6:30 pm

Session 2: Saturday AM – December 11, 2021

Age Groups: 12 & Under Girls

Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 3: Saturday PM – December 11, 2021

Age Groups: 12 & Under Boys

Warm-up*: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

Session 4: Sunday AM – December 12, 2021

Age Groups: 12 & Under Girls

Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 5: Sunday PM – December 12, 2021

Age Groups: 12 & Under Boys

Warm-up*: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

*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, December 6, 2021.

MEET TYPE:

This meet will be run utilizing the “Flyover Starts” procedures unless a waiver is received from the Technical Planning Committee Chair. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the “Flyover Start” procedures.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

SEEDING:

The meet will be pre-seeded, with the exception of relays and 500 Free, which will be deck seeded events. Coaches please inform your swimmers of pre-seeded and deck seeded rules. All events, including relays, 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. Empty lanes will be used for deck entries.

POSITIVE CHECK-IN FOR THE 500 FREE:

All swimmers must circle in on sheets that will be available at the start of warm-up for the session, and due 45 minutes before the start of the session in which the event is scheduled to swim. After the events are officially closed, no one may check-in or scratch. After checking-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, Paige Sikkema, for each event in which he/she fails to appear.

RELAY CARDS:

Relay cards must be turned in to the Clerk of Course 45 minutes before the start of the session in which the event is scheduled to swim or the entry will be considered scratched.

ON-DECK ENTRIES:

Late entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the 11:59pm, Friday, November 19th, 2021 deadline may enter the meet on-deck in the following manner:

- On deck entries are open to those athletes assigned to the meet location by the TPC Chair through the meet entry procedures.
- Swimmers must pay double the entry fee at the time of entry. Swimmers not already entered in the meet must also pay the swimmer surcharge fee.
- Swimmers must supply completed entry forms. The swimmers will be seeded into open lanes in the pre-seeded events and according to their best times in deck seeded events.
- Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
- Swimmers must be qualified to swim the event entered.
- Swimmers must not exceed the allotted number of events allowed each day.
- Swimmers that on-deck enter to change their entry time in a deck seeded event,
 - must circle-in on the posted circle-in sheets,
 - the on-deck entry time will be used for seeding, and
 - the on-deck entry fees still apply to these swimmers.
- Heats will be added, if necessary and if the timeline permits.

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.

Cut-off Times: Swimmers must have 2 or fewer 2021 Gulf Age Group Champs QTs, but may swim any event offered in their age group. **This includes events not offered at this meet – See attached time standards below.**

Qualifying Times: 8&U athletes must have USAS National Motivational Time Standards B time in next shortest event to swim 200/500 free, 200IM.

Age: As of December 10, 2021

Times Eligibility: Not Applicable

Number of Events: Swimmers may compete in up to four (4) individual events per day, but no more than (8) individual events for the entire meet, and one (1) relay event per day.

Entries: All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.

Deadline: Entries must be in the hands of the designee of the Technical Planning Chairman no later than **11:59 PM, Monday, November 19th, 2021**. No late entries will be accepted. Email entries to the designee of the Technical Planning Chair at:
EMAIL: TPC@gulfswimming.org

Eligible Teams: Venues will be balanced by team numbers. The team lists will be posted on the Gulf website. Swimmers attached to a registered Gulf Swimming team, swimmers in the documented process of transferring to a Gulf Swimming team may participate in this invitational meet.

An unattached swimmer not affiliated with a USA Swimming Club must follow the same entry procedures as those swimmers affiliated with a team. In order to be seeded in a Gulf meet, an unattached swimmer not affiliated with a USA Swimming Club, must enter by the entry deadline, following the entry procedures in the Meet Announcement, and provide proof of a registered coach responsible for their supervision on deck during the meet. All unattached athletes will be assigned a meet location by the TPC Chair upon assignments being announced.

Individual Event Entry Fee (per event):	\$8.00
Relay Entry Fee (per relay event):	\$13.00
Swimmer Surcharge Fee (per swimmer):	\$ 6.75 (Free Heat Sheets available on Meet Mobile)
Make entry fee checks payable to:	Lone Star Swim Team

Mail entry fees (**POSTMARKED BY MONDAY, DECEMBER 6, 2021**) to the address below:

Lone Star Swim Team
9597 Jones Road PMB 197
Houston TX 77065

281-858-7946
entries@lonestarswimteam.org

AWARDS: Individual events: Custom Gulf Medals for 1st - 3rd places & Ribbons for 4th - 8th places
Relay events: Custom Gulf Medals for 1st place & Ribbons for 2nd - 3rd places
Combined team: Custom Gulf Trophies for 1st -3rd places
Individual high point: Girls / Boys 6 & U, 7, 8, 9-10, 11-12 (highest individual points earned)

SCORING: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

Individual events will be scored as 6 & U, 7, 8, 9-10, and 11-12.
Relay events will be scored as 8 & U, 9-10 and 11-12.

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. Gulf Swimming teams assigned by the Technical Planning Chairman may only participate in this invitational meet.

The Gulf Swimming three (3) event rule & the Gulf Swimming up/down rule do not apply.

8&U athletes must have USAS National Motivational Time Standards B time in next shortest event to swim 200/500 free, 200IM. Swimmers must have 2 or fewer Gulf Age Group Champs Times, but may compete in any event offered in their age group

POOL MEASUREMENT:

The competition courses have not been certified in accordance with USA Swimming Rule 104.2.2(C). The pools will be measured before the competition begins to ensure that the course length is correct.

The water depth of the competition course is 7 feet measured from 1 meter to 5 meters on the starting end of the course, and 7 feet measured from 1 meter to 5 meters on the turning end of the course.

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 Free must provide 2 timers and a lap counter.

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.

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.

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”.

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.

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.

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.

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 Administrative Vice-Chair, Paige Sikkema.

Once swimmers have qualified for a particular division, PRIOR to the entry deadline stated in the meet invitation, they MAY NOT swim in a slower division. Swimmers entering events in a slower division are subject to disqualification from the meet by the Meet Director or the Referee. Swimmers shall be fined \$50.00 for each event in which they competed.

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).

HOSPITALITY: A hospitality room will be available.

OFFICIALS: USA Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire for all sessions will be white golf shirts over Navy slacks/skirts/shorts and white shoes. There will be an officials’ briefing one (1) hour before the start of each session.

**USA/GULF
SWIMMING/LONE
STAR SWIM
TEAM/CY FAIR ISD
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, LONE STAR SWIM TEAM, CY FAIR ISD, ITS MEMBERS, EMPLOYEES AND AFFILIATES 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, GULF SWIMMING, LONE STAR SWIM TEAM, CY FAIR ISD, ITS MEMBERS EMPLOYEES AND AFFILIATES , EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSESS, 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, FORSEEN OR UNDFORSEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

LONE STAR SWIM TEAM, CY FAIR ISD, ITS MEMBERS, EMPLOYEES AND AFFILIATES have taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while on the property. An inherent risk of COVID-19 exists in any public or private 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 participating in the invitational event at the CyFair ISD Natatorium], you voluntarily assume all risks related to exposure to COVID-19.

**COVID-19
PROCEDURES:**

This meet will be conducted in compliance with local, state, and USA Swimming COVID 19 restrictions.

Participants in the meet will abide by LSST's COVID-19 Preparedness Plans
There will be limited adult volunteers that will be necessary to run the competition. Meet personnel and swimmers will enter through the main doors of the natatorium. Spectators will be allowed inside the facility, with no spectators allowed on deck. Only coaches, officials, swimmers, and lane timers are allowed on the pool deck for the current session and will maintain current social distancing guidelines throughout the meet. Volunteers will be present to help enforce this rule.

Temperature screenings may be administered to all athletes, meet personnel, staff, and volunteers. No person will be allowed to enter with a temperature over 100.4 F in accordance with CDC and local health department recommendations.

Parents must implement the Daily Self Screening for Swimmers Protocol that LSST has implemented. PARENTS MUST SCREEN swimmer(s) daily (**prior** to entering the swim meet) for the following signs and symptoms of COVID-19: 1. Are you experiencing any of the following in a way that is not normal to you? Feeling feverish or a measured temperature greater than or equal to 100.4 F, Loss of taste or smell, Cough, Difficulty breathing, Shortness of breath, Fatigue, Headache, Chills, Sore throat, Congestion, or runny nose, Shaking or exaggerated shivering, Significant muscle pain or ache, Diarrhea, Nausea, or vomiting, 2. Have you had known close contact with a person who has tested positive for COVID-19 within the last 14 days? Temperature checks will still be taken at the gate and any temperature over 100.4 will not be allowed in the facility. Swimmers must stay home if they answer “yes” to any of the above.

Officials, coaches, volunteers, and swimmers 10 years and older are encouraged to wear a face mask except when swimmers are in the water, or if they are appropriate social distancing.

Lane timers are encouraged to remain socially distanced and wear a mask for all sessions. Lane timers will be assigned to each lane.

The sessions will move FAST. We will allow adequate time between each event to provide rest for the swimmers, but each session will move fast. An estimated timeline will be provided to Coaches/ Teams prior to the meet.

Bring a filled water bottle for your session. Bottled water will be for sale. The water fountain will be unavailable, but the Natatorium has 3 water bottle filling stations that will be open.

Swimmers must enter and leave the facility in their swimsuits. Locker rooms may be restroom use only. Spectators allowed inside the facility and will have access to restrooms in the lobby.

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. Unofficial real time results will be available on MEET MOBILE.

CONCESSIONS: Concessions will be available.

MERCHANDISE: Swim gear will be available for sale.

FACILITY RULES: SET UP: There will be NO SET-UP in the bleachers or standing at the railing in front of the bleachers and other areas that are roped off for spectator viewing. Parents need to watch their swimmer race and then return to their seating area or outside to allow others to see their swimmers. Swimmers are encouraged to sit on deck, in seating area not designated for viewing, or outside as a team. There is ample lawn space for set-up.

Coolers larger than 18 inch length x 18 inch width x 18 inch depth are NOT allowed in the spectator seating area. Coolers with rollers are NOT allowed in the spectator seating area.

No tent set up is allowed on any grassy areas directly adjoining to the natatorium.

WET SWIMMERS: Absolutely NO WET SWIMMERS ALLOWED IN THE COMMON AREAS. All swimmers are to be fully clothed including shoes before entering the lobby or spectator viewing area. (Parkas, towels, and/or robes over swim suits do not constitute full clothing. Shirt and shorts/pants and shoes must be worn at all times in the spectator area.) All swimmers that do not comply will asked to leave the area.

ATTACHMENTS: Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form

Gulf 12 & Under Championships

December 10-12, 2021

A Short Course Yards Timed Finals Meet

HOSTED BY

Lone Star Swim Team

Entry Rules:	
Type of meet	Timed Finals
Max # individual events per day	Four (4) per day; eight (8) for the entire meet
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	SCY, SCM, LCM
Qualifying times	8&U athletes must have USAS National Motivational Time Standards B time in next shortest event to swim 200/500 free, 200IM.
Cut-off times	Swimmers must have 2 or fewer Gulf Age Group Champs QTs. This includes events not offered at this meet – See attached time standards below.
Enter with no time?	Yes
Gulf “three event rule” applies?	Does not apply
Gulf “up/down rule” applies?	Does not apply
Gulf “beyond IMX” rule applies?	Does not apply
Times Eligibility	Times must be achieved between Feb 1, 2018 and the entry deadline.
Fees	Individual – \$8.00, Relay - \$13.00
	\$ 6.75 (Free Heat Sheets available on Meet Mobile)

All events will be seeded fastest to slowest.

*500 Free will swim fastest to slowest alternating girls and boys heats. Swimmers must provide their own timers and lap counters.

**Friday – 12 & Under
December 10, 2021**

Girls Event#	Event Name	Boys Event#
1	12 & Under 200 IM	2
3	12 & Under 500 Free*	4

**Saturday AM - Girls
December 11, 2021**

Girls Event#	Event Name
5	12 & Under 100 IM
7	8 & Under 25 Free
9	12 & Under 100 Free
11	12 & Under 50 Fly
13	11-12 200 Fly
5 Minute Break	
15	11-12 200 Free Relay
17	9-10 200 Free Relay
19	8 & Under 100 Free Relay
21	12 & Under 50 Back
23	11-12 200 Back
25	8 & Under 25 Breast
27	12 & Under 100 Breast

**Saturday PM - Boys
December 11, 2021**

Event Name	Boys Event#
12 & Under 100 IM	6
8 & Under 25 Free	8
12 & Under 100 Free	10
12 & Under 50 Fly	12
11-12 200 Fly	14
5 Minute Break	
11-12 200 Free Relay	16
9-10 200 Free Relay	18
8 & Under 100 Free Relay	20
12 & Under 50 Back	22
11-12 200 Back	24
8 & Under 25 Breast	26
12 & Under 100 Breast	28

**Sunday AM - Girls
December 12, 2021**

Girls Event#	Event Name
29	12 & Under 50 Free
31	8 & Under 25 Back
33	12 & Under 100 Back
5 Minute Break	
35	11-12 200 Medley Relay
37	9-10 200 Medley Relay
39	8 & Under 100 Medley Relay
41	11-12 200 Breast
43	12 & Under 50 Breast
45	12 & Under 100 Fly
47	8 & Under 25 Fly
49	12 & Under 200 Free

**Sunday PM - Boys
December 12, 2021**

Event Name	Boys Event#
12 & Under 50 Free	30
8 & Under 25 Back	32
12 & Under 100 Back	34
5 Minute Break	
11-12 200 Medley Relay	36
9-10 200 Medley Relay	38
8 & Under 100 Medley Relay	40
11-12 200 Breast	42
12 & Under 50 Breast	44
12 & Under 100 Fly	46
8 & Under 25 Fly	48
12 & Under 200 Free	50

**2021 - 2022
Gulf Age Group Championships
Time Standards**

(Note: unchanged from 2019 - 2020)

Girls		10&U	Boys	
LCM	Yards		Yards	LCM
35.59	31.89	50 Free	31.89	36.59
1:18.09	1:10.29	100 Free	1:10.09	1:20.29
2:54.09	2:36.49	200 Free	2:35.29	2:57.49
6:08.69	6:49.89	500 Free	6:46.99	6:05.09
43.09	37.79	50 Back	37.79	44.39
1:31.49	1:22.79	100 Back	1:23.09	1:34.29
49.79	43.79	50 Breast	44.19	51.39
1:45.69	1:32.99	100 Breast	1:36.09	1:51.09
40.89	35.69	50 Fly	36.19	41.39
1:39.29	1:29.09	100 Fly	1:30.79	1:40.79
---	1:20.79	100 IM	1:22.59	---
3:17.29	2:54.69	200 IM	2:58.09	3:23.09

Girls		11-12	Boys	
LCM	Yards		Yards	LCM
31.49	27.69	50 Free	27.89	31.99
1:08.69	1:00.59	100 Free	1:01.69	1:09.59
2:30.29	2:12.79	200 Free	2:12.69	2:32.49
5:14.49	5:49.69	500 Free	5:49.49	5:13.49
37.49	32.59	50 Back	33.39	38.29
1:20.69	1:10.29	100 Back	1:11.99	1:22.19
2:53.39	2:31.39	200 Back	2:34.69	2:58.09
42.59	36.79	50 Breast	37.39	43.39
1:31.69	1:20.99	100 Breast	1:20.49	1:31.09
3:14.69	2:52.99	200 Breast	2:57.99	3:24.79
34.49	30.69	50 Fly	31.09	36.09
1:18.19	1:10.49	100 Fly	1:09.89	1:20.89
3:04.19	2:44.09	200 Fly	2:47.69	3:05.99
---	1:10.39	100 IM	1:10.59	---
2:52.79	2:31.29	200 IM	2:31.09	2:52.29
6:16.89	5:29.29	400 IM	5:19.79	6:08.69

GULF 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 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**.
- 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

