

Gulf Swimming Age Group Championships

July 15 - 17, 2022

A Long Course Meters Prelims / Finals Meet

HOSTED BY

INSERT CLUB NAME here

Insert Club Logo here

Sanction Number # GU-LC-##-###

ENTRIES DUE TO THE HOST (Insert email address here) BY 11:59 PM, FRIDAY, JULY 1, 2022

LOCATION: Enter information here

SPECIAL INSTRUCTIONS: Enter information here

MEET STAFF:

MEET REFEREE:	Enter name here
ADMIN OFFICIAL:	Enter name here
MEET DIRECTOR:	Enter name, email address and phone number here
SAFETY MARSHAL:	Enter name here
COACH:	Enter name here

POOL: One ten lane, 50 meter outdoor 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. Edit as necessary

TIME AND DATE: This is a six session, 3 day, with prelims and finals sessions each day. (The host team and TPC Chair reserve the right to split 10 & U athletes into separate pm sessions if timeline warrants.)

Session 1: Friday AM Prelims—July 15, 2022
Age Groups: 14 & Under girls and boys
Warm-up*: 7:00 am-8:15 am / Meet Start: 8:30 am

Session 2: Friday Finals – July 15, 2022
Age Groups: 14 & Under girls and boys
Warm-up: 4:30-5:15 pm/Meet Start: 5:30 pm.

Session 3: Saturday AM Prelims—July 16, 2022
Age Groups: 14 & Under girls and boys
Warm-up*: 7:00 am-8:15 am / Meet Start: 8:30 am

Session 4: Saturday Finals – July 16, 2022
Age Groups: 14 & Under girls and boys
Warm-up: 4:30-5:15 pm/Meet Start: 5:30 pm.



Session 5: Sunday AM Prelims—July 17, 2022
Age Groups: 14 & Under girls and boys
Warm-up*: 7:00 am-8:15 am / Meet Start: 8:30 am

Session 6: Sunday Finals – July 17, 2022
Age Groups: 14 & Under girls and boys
Warm-up: 4:30-5:15 pm/Meet Start: 5:30 pm.

*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 meet program, and posted on the Gulf Swimming website by Monday, July 11, 2022.

MEET TYPE:

This is a prelims/finals meet with the exception of relays, 400 I.M., 400 and the 800 meter freestyle events, which will be timed finals events. Finals will consist of an A and B final for the 10 & Under, 11 – 12 and 13 - 14 swimmers. All relays will swim in prelims.

The prelims sessions will be run using chase starts, alternating odd and even heats for individual events of 100, 200 meters and the 10 & Under 400 meter freestyle. Odd heats will start at the [Enter Here](#) end of the pool and even heats will start at the [Enter Here](#) end of the pool.

The 11 – 12 400 meter freestyle, 13 – 14 400/800 meter freestyle events will be run using chase starts, alternating girls and boys heats. Girls' heats will start at the [Enter Here](#) end of the pool and the boys' heats will start at the [Enter Here](#) end of the pool.

All 50 meter events will start from the [Enter Here](#) end of the pool.

All relay events will start from the [Enter Here](#) end of the pool.

All heats in the finals sessions will start at the [Enter Here](#) end of the pool with the exception of all 50 meter events which will start at the [Enter Here](#) end of the pool.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

SEEDING:

The meet will be deck seeded. Coaches, please inform your swimmers of seeding on deck rules. Once the check-in period closes at 45 min. BEFORE the session begins, all events will be seeded. All prelims events will be seeded with heats in the order of fastest to slowest. Finals event heats will be run slowest to fastest.

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.

400 FREE:

The 10 & U 400 meter freestyle events will be swum as timed finals, with all



heats being swum in prelims, running all girls' heats then all boys' heats. Swimmers must provide their own timers.

The 11 – 12 and 13 – 14 meter freestyle events will be swum as timed finals. At check in, swimmers may elect to swim the event during prelims. The fastest 10 in each age group and gender who do NOT elect to swim during prelims, will swim in finals on Friday night as the FIRST event. All others will swim at the end of Friday AM prelims, alternating girls and boys heats. Swimmers must provide their own timers at prelims.

800 FREE: The 800 meter freestyle events will be swum as a timed finals. At check in, swimmers may elect to swim the event during prelims. The fastest 10 of each gender who do NOT elect to swim during prelims, will swim in finals on Sunday night as the FIRST event. All others will swim at the end of Sunday AM prelims, alternating girls and boys heats. Swimmers must provide their own timers at prelims and lap counters.

400 IM: The 400 meter I.M. events will be swum as a timed finals. At check in, swimmers may elect to swim the event during prelims. The fastest 10 of each gender who do NOT elect to swim during prelims, will swim in finals on Saturday night as the FIRST event. All others will swim at the end of Saturday AM prelims, alternating girls and boys heats.

RELAYS: Relay events will be swum as timed finals. All relays will be swum in Prelims.

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 11:59 pm, Friday, July 1, 2022 deadline may enter the meet on-deck in the following manner:

1. 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.
2. Swimmers must supply completed entry forms. The swimmers will be seeded according to their best times in deck seeded events.
3. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session'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 that on-deck enter to change their entry time in a deck seeded event,
 - a. must circle-in on the posted circle-in sheets,
 - b. the on-deck entry time will be used for seeding, and
 - c. the on-deck entry fees still apply to these swimmers.
7. 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 – long course meters (L), short course meters (S), or short course yards (Y). Do not convert yard (meter) times to meter (yard) 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., L, S, or Y). 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: None

Qualifying Times: swimmers must have three (3) or more 2021-2022 Gulf Age Group Champs Time Standards in their age group to enter this meet and then may enter and swim any event offered. **This includes events not offered at this meet – i.e. 10 & Under 100 yard I.M., 11 – 12 100 yard I.M. and 11 - 12 400 I.M. See time standards attachment.**

Age: As of July 15, 2022

Number of Events: Swimmers may compete in up to three (3) individual events per day, seven (7) individual events for the 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 emailed to the meet host no later than **11:59 pm, Friday, July 1, 2022**. No late entries will be accepted. Email entries to the host at:
Insert email address here

Eligible Teams: Only Gulf registered swimmers and teams may enter this 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.

Individual Event Entry Fee (per event):	\$12.00
Relay Event Entry Fee (per relay):	\$22.00
Swimmer Surcharge Fee (per swimmer):	\$8.75 (Note: an additional \$2 may be added if host provides free electronic meet programs)
Make entry fee checks payable to:	Enter Club name here

Mail entry fees (**POSTMARKED BY FRIDAY, JULY 8, 2022**) to the address below:

Enter Club address here

Enter Club address here

Enter Club address here

Phone: **Enter Meet Director's phone number here**

Email: **Enter Meet Director's email address here**



TIME TRIALS:

Time permitting, time trials will be conducted after the completion of Saturday's and Sunday's prelims under sanction GU-LC-##-###. Rules for time trials will be:

1. Time trials events are open to any 13 and over Gulf Swimmers, and 12 and under Gulf swimmers with a minimum of 3 USAS BB Motivational times.
2. The course will be 50 meters only.
3. Fees will be \$24.00 for individual and \$42.00 for the relay events. Swimmers not already entered in the meet must also pay the swimmer surcharge fee.
4. Swimmers must supply completed entry forms entered at the swimmers' best times. All entries are due 90 minutes before the published end time of the prelims session each day.
5. Time Trials events do count towards the daily entry limit of 3 events but do not count towards the entire meet entry limit of 7 events.
6. Events will be swum in the order of:
 - 200 Free Relay, 400 Free Relay, 800 Free Relay
 - 200 Medley Relay, 400 Medley Relay
 - 50 Free, 50 Stroke (Back, Breast, Fly)
 - 100 Free, 100 Stroke (Back, Breast, Fly)
 - 200 Free, 200 Stroke (Back, Breast, Fly), 200 IM
 - 400 Free, 400 IM
 - 800 Free, 1500 Free

Events may be combined in the same heats and will be swum mixed genders.
7. Swimmers must provide their own timers and lap counters where needed

AWARDS:

Individual events: Custom Gulf Medals, 1st - 3rd place, Gulf Ribbons, 4th - 10th place.

Relay events: Custom Gulf Medals 1st place, Gulf Ribbons 2nd - 3rd place.

Individual High Points and Runner-up for each age group (10 & U, 11 – 12, 13 – 14) and gender.

Combined team: Custom Gulf Team Awards for 1st - 3rd place.

SCORING:

Individual Events:

1st through 10th: 24-21-20-19-18-17-16-15-14-13

11th through 20th: 11-9-8-7-6-5-4-3-2-1

Relay Events:

1st through 10th: 48-42-40-38-36-34-32-30-28-26

11th through 20th: 22-18-16-14-12-10-8-6-4-2

FINALS AND SCRATCHING:

The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rule 207.11.6D and 207.11.6E, 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 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 the meet and a fine of \$50.00. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals. The alternates, after the existing scratches are tabulated, will not be penalized if they are unavailable to compete in finals.

The USA Swimming National Championships Meets "reserve the right to scratch" rule is not applicable to any Gulf Swimming meet. The "intent to scratch" rule is not applicable to any Gulf Swimming meet.

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.

The Gulf Swimming three (3) event rule DOES apply and the Gulf Swimming up/down rule DOES NOT apply.

POOL MEASUREMENT:

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

The water depth of the competition course is 5.5 feet measured from 1 meter to 5 meters on the starting end of the course, and 5.5 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM:

A Colorado Model 6000 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 meet program. Swimmers in the 400 freestyle/1.M. must provide their own timers at



prelims. 800 freestyle swimmers must provide their own timers at prelims and lap counters.

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.

Add additional information here.

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”.

MAAPP 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.

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.

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 who cannot prove that he/she was eligible to swim an event in this meet will be fined \$20.00 for each event that he/she fails to prove. The fine or proof of time is sent to the Administrative Vice-Chair, Paige Sikkema.

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 for coaches and officials.

OFFICIALS:

USA Swimming Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire for the prelims sessions will be white polo shirts over Navy slacks/skirts/shorts and white shoes. Official attire for finals sessions will be navy polo shirts over Khaki slacks or skirts (no shorts please). There will be an officials' briefing one (1) hour before the start of each session.

USA / GULF SWIMMING 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 Club name** here 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, **Insert Club name**, AND (GULF SWIMMING) 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 THEREWITH.
- **Insert Club name** has taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while at the facility. 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 this event at the **Insert Club name** hosted swim meet, 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.

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, keyword "**Insert here**"



CONCESSIONS: Enter information here

MERCHANDISE: Enter information here

FACILITY RULES: Enter information here

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



TIME STANDARDS:

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

Girls		13-14	Boys	
LCM	Yards		Yards	LCM
29.99	26.29	50 Free	24.89	28.69
1:04.59	56.69	100 Free	53.89	1:01.89
2:20.89	2:03.49	200 Free	1:57.59	2:14.99
4:57.39	5:29.69	500 Free	5:16.09	4:48.49
10:20.49	11:42.29	1000 Free	11:04.49	9:55.99
20:39.79	19:29.19	1650 Free	18:56.19	19:25.39
1:13.99	1:04.59	100 Back	1:01.89	1:13.09
2:39.99	2:19.39	200 Back	2:13.99	2:37.59
1:27.19	1:14.69	100 Breast	1:09.59	1:22.29
3:04.19	2:40.79	200 Breast	2:31.19	2:57.29
1:12.29	1:03.49	100 Fly	59.79	1:09.69
2:52.59	2:23.59	200 Fly	2:16.49	2:35.89
2:40.69	2:19.59	200 IM	2:11.89	2:32.79
5:43.59	4:57.19	400 IM	4:41.99	5:30.19



Gulf Swimming Age Group Championships

July 15 - 17, 2022

A Long Course Meters Prelims/Finals Meet

HOSTED BY

INSERT CLUB NAME here

Entry Rules:

Type of meet	Prelim/Final A/B finals for each age group
Max # individual events	Three (3) per day; seven (7) for the entire meet
Swimmers eligible	Gulf registered swimmers only
Entry times in	LCM, SCM, SCY
Cut-off times	None
Qualifying times	Three (3) or more 2021-2022 Gulf Age Group Champs Time Standards. This includes events not offered at this meet. Then may enter and swim any event offered.
Enter with no time?	Yes
Gulf "three event rule" applies?	Yes
Gulf "up/down rule" applies?	Does not apply
Gulf "Beyond IMX rule" applies?	Does not apply
Fees	Individual – \$12.00 Relay – \$22.00 Facility Surcharge – \$8.75 (Note: an additional \$2 may be added if host provides free electronic meet programs)



Friday, July 15

Prelims: 7:00 am Warmup / 8:30 am Start

Girls Event #		Event Name		Boys Event #
5	10 & Under	50	Fly	6
7	11 - 12	50	Fly	8
9	13 - 14	200	IM	10
11	11 - 12	200	IM	12
13	10 & Under	200	IM	14
15	13 - 14	100	Back	16
17	11 - 12	100	Back	18
19	10 & Under	100	Back	20
21	13 - 14	200	Breast	22
23	11 - 12	200	Breast	24
5 Minute Break				
25	10 & Under	400	Free Relay	26
27	14 & Under	400	Free Relay	28
29	12 & Under	400	Free Relay	30
3	13 - 14	400	Free*	4
1	11 - 12	400	Free*	2

Friday, July 15

Finals: 4:30 pm Warmup / 5:30 pm Start

Girls Event #		Event Name		Boys Event #
1	11 - 12	400	Free*	2
3	13 - 14	400	Free*	4
5	10 & Under	50	Fly	6
7	11 - 12	50	Fly	8
9	13 - 14	200	IM	10
11	11 - 12	200	IM	12
13	10 & Under	200	IM	14
15	13 - 14	100	Back	16
17	11 - 12	100	Back	18
19	10 & Under	100	Back	20
21	13 - 14	200	Breast	22
23	11 - 12	200	Breast	24

* Timed finals events. The 10 fastest who check-in and do not elect to swim in prelims, will swim during the finals session. All other heats swum in prelims.



Saturday, July 16**Prelims: 7:00 am Warmup / 8:30 am Start**

Girls Event #		Event Name		Boys Event #
33	12 & Under	200	Free Relay	34
35	14 & Under	200	Free Relay	36
37	10 & Under	100	Fly	38
39	11 – 12	100	Fly	40
41	13 – 14	100	Fly	42
43	10 & Under	200	Free	44
45	11 – 12	200	Free	46
47	13 – 14	200	Free	48
49	10 & Under	100	Breast	50
51	11 – 12	100	Breast	52
53	13 – 14	100	Breast	54
55	10 & Under	50	Free	56
57	11 – 12	50	Free	58
59	13 – 14	50	Free	60
61	11 – 12	200	Back	62
5 Minute Break				
63	10 & Under	200	Free Relay	64
65	14 & Under	200	Medley Relay	66
67	12 & Under	200	Medley Relay	68
31	13 – 14	400	IM*	32

Saturday, July 16**Finals: 4:30 pm Warmup / 5:30 pm Start**

Girls Event #		Event Name		Boys Event #
31	13 – 14	400	IM*	32
37	10 & Under	100	Fly	38
39	11 – 12	100	Fly	40
41	13 – 14	100	Fly	42
43	10 & Under	200	Free	44
45	11 – 12	200	Free	46
47	13 – 14	200	Free	48
49	10 & Under	100	Breast	50
51	11 – 12	100	Breast	52
53	13 – 14	100	Breast	54
55	10 & Under	50	Free	56
57	11 – 12	50	Free	58
59	13 – 14	50	Free	60
61	11 – 12	200	Back	62

* Timed finals events. The 10 fastest who check-in and do not elect to swim in prelims, will swim during the finals session. All other heats swum in prelims.



Sunday, July 17

Prelims: 7:00 am Warmup / 8:30 am Start

Girls Event #		Event Name		Boys Event #
71	10 & Under	50	Back	72
73	11 – 12	50	Back	74
75	13 – 14	200	Back	76
77	10 & Under	100	Free	78
79	11 – 12	100	Free	80
81	13 – 14	100	Free	82
83	10 & Under	50	Breast	84
85	11 – 12	50	Breast	86
87	13 – 14	200	Fly	88
89	11 – 12	200	Fly	90
5 Minute Break				
91	10 & Under	200	Medley Relay	92
93	14 & Under	400	Medley Relay	94
95	12 & Under	400	Medley Relay	96
97	10 & Under	400	Free**	98
69	13 – 14	800	Free*	70

Sunday, July 17

Finals: 4:30 pm Warmup / 5:30 pm Start

Girls Event #		Event Name		Boys Event #
69	13 – 14	800	Free*	70
71	10 & Under	50	Back	72
73	11 – 12	50	Back	74
75	13 – 14	200	Back	76
77	10 & Under	100	Free	78
79	11 – 12	100	Free	80
81	13 – 14	100	Free	82
83	10 & Under	50	Breast	84
85	11 – 12	50	Breast	86
87	13 – 14	200	Fly	88
89	11 – 12	200	Fly	90

* Timed finals events. The 10 fastest who check-in and do not elect to swim in prelims, will swim during the finals session. All other heats swum in prelims.

** Timed finals events. All heats swum in prelims, running all girls heat then all boys heats.



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



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 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 backstroke 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.

