



**WEEKEND SCHEDULE:**

Friday, May 20	Saturday, May 21	Sunday, May 22
TBD: Team Check-In	<b>Session 1:</b> 9:00 AM: Warm-ups 10:00 AM: Start of Session 1	<b>Session 3:</b> 9:00 AM: Warm-ups 10:00 AM: Start of Session 3
TBD: Team Practices	<b>Session 2:</b> 4:00 PM: Warm-ups 5:00 PM: Start of Session 2	
TBD: Duel in the Pool Banquet	7:30 PM: Team Dinner at TBD	

**EVENT ORDER & INFORMATION:**

Session 1			Session 2			Session 3		
Girls	Event Name	Boys	Girls	Event Name	Boys	Girls	Event Name	Boys
1	13-14 200 Mixed FR	1	32	13-14 400 Free	33	63	11-12 400 Free	64
2	15-16 200 Mixed FR	2	34	15-16 400 Free	35	65	13-16 800 Free*	66
3	11-12 200 Mixed FR	3	36	11-12 100 Back	37	67	11-12 50 Back	68
4	13-14 400 IM	5	38	13-14 100 Back	39	69	13-14 200 Back	70
6	15-16 400 IM	7	40	15-16 100 Back	41	71	15-16 200 Back	72
8	11-12 100 Breast	9	42	11-12 50 Breast	43	73	11-12 100 Free	74
10	13-14 100 Breast	11	44	13-14 200 Breast	45	75	13-14 100 Free	76
12	15-16 100 Breast	13	46	13-14 200 Breast	47	77	15-16 100 Free	78
14	11-12 200 Free	15	48	11-12 50 Free	49	79	11-12 50 Fly	80
16	13-14 200 Free	17	50	13-14 50 Free	51	81	13-14 200 Fly	82
18	15-16 200 Free	19	52	15-16 50 Free	53	83	15-16 200 Fly	84
20	11-12 100 Fly	21	54	11-12 200 IM	55	85	11-12 200 MR	86
22	13-14 100 Fly	23	56	13-14 200 IM	57	87	13-14 200 MR	88
24	15-16 100 Fly	25	58	15-16 200 IM	59	89	15-16 200 MR	90
26	11-12 200 FR	27	60	11-12 200 Mixed MR	60	*Note: the 13-16 800 Free will be swum combined but scored as 13-14, 15-16.		
28	13-14 200 FR	29	61	13-14 200 Mixed MR	61			
30	15-16 200 FR	31	62	15-16 200 Mixed MR	62			

All-Star teams from Illinois, Gulf, and Indiana Swimming will be competing at the University of Houston Campus Recreation Center Natatorium on Saturday and Sunday, May 21 & 22, at the second annual Age Group Duel in the Pool. This long course meet will showcase the fastest athletes, ages 11 – 16, from three of USA Swimming's highest performing LSCs and promises to be an exciting two days of fast swimming.

#### MEET FORMAT:

- Each LSC may enter up to 72 swimmers – 12 girls and 12 boys in each age group: 11-12, 13-14, 15-16. Swimmers are limited to four (4) individual events for the meet with no more than two (2) individual events per session excluding relays. Each LSC may enter only one (1) swimmer per gender in each age group in the 13-16 800 Free. Each LSC may enter three (3) relays in each relay event. Every swimmer will compete on the relays in his/her age group and gender and on one of the two mixed gender relays.

#### SELECTION PROCEDURE:

- Each applicant's age and corresponding age group shall be determined by the first day of the competition, May 21, 2022.
- For the **11-12 age groups**, applicants with the fastest **yards times** in the 50 Free, 100 Free, 200 Free, 500 Free, 50 Fly, 100 Fly, 50 Back, 100 Back, 50 Breast, 100 Breast or 200 IM will automatically make the team.
- For the **13-14 and 15-16 age groups**, applicants with the fastest times in the 50 Free, 100 Free, 200 Free, 500 Free, 100 Fly, 200 Fly, 100 Back, 200 Back, 100 Breast, 200 Breast, 200 IM or 400 IM will automatically make the team.
- The remaining spots for each age group will be filled by applicants with the most power points for their **TWO** highest scoring events. **ONLY** power point scores for those events swum at the Duel in the Pool meet will be considered. (11-12 age group events: 50-100-200-500 Free, 50-100 Fly-Back-Breast and 200 IM. 13-14 and 15-16 age group events: 50-100-200-500-1000 Free, 100-200 Fly-Back-Breast and 200-400 IM.) The Age Group Power Point Systems calculator in Meet Manager 8.0 will be used. Note: 11-12 yr-old swimmers will use the 12-yr-old power points, 13-14 yr-old swimmers will use the 14-yr-old power points, and 15-16 yr-old swimmers will use the 16-yr-old power points.
- Only **yards times** achieved in 2021 – 2022 short course yards season from September 1, 2021 through April 3, 2022 that are listed on the USA Swimming SWIMS database for this qualifying period will be eligible for consideration. In order to be selected for the All-Star team, applicants must have swum in at least one (1) Gulf Swimming sanctioned meet in the 2021 – 2022 season.
- Each applicant must submit the required Swimmer Application form by the entry deadline. Additionally, the coach/team shall enter each applicant into the meet titled "GULF SWIMMING DUEL IN THE POOL SWIMMER APPLICATION" on USA Swimming's Online Meet Entry (OME) system. Coaches/Teams - enter each applicant into all events where a **yards time** was achieved within the qualifying period. Do not enter "Override Times" in OME. Check out from OME only when all applicants from your team have been entered at their fastest yards times within the qualifying period.
- All **applications** are due by 11:59 PM on April 4, 2022. The final All-Star team will be announced on April 11, 2022. Deposits of \$200 will be due after the final All-Star team is published. Payments shall be made by credit card through Gulf Swimming's Gulf Pay system. The deposit is non-refundable.

#### TRAVEL / LODGING / MEALS:

- All Gulf Swimming All-Star team members, coaches and staff will stay together at a designated hotel on Friday and Saturday nights. Team members, coaches and staff will have meals together and will travel together to/from the hotel/pool.

**Athlete Application** (click to fill out)