

Gulf 12 & Under Championships

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

HOSTED BY



Sanction Number # **GU-SC-22-041**

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

LOCATION: Klein High School Natatorium
16715 Stuebner Airline
Klein, TX 77379



DIRECTIONS: See map on the last page of this document.

SPECIAL INSTRUCTIONS: Indoor set-up in athletic building hallways in the same building as pool.
Warm Up/Down – a separate 3 lane pool is available.

MEET STAFF:

MEET REFEREE:	Matt Sale, matt.j.sale@gmail.com
ADMIN OFFICIAL:	Lyne Santhin, James Smith
MEET DIRECTOR(S):	Sandy Oquendo, Jason Blakey, Roger Hsieh, Seth Keggin meetcoordinator@packswimming.com
SAFETY MARSHAL:	Lisa Burleson, Jessica Dominguez
COACH(ES):	Mike McCauley, Shane McCauley

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
Make entry fee checks payable to:	Premier Aquatics

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

Premier Aquatics
PO BOX 11108
Spring, TX 77391

832-296-5800
entries@packswimming.com

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 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 12 feet measured from 1 meter to 5 meters on the starting end of the course, and 6 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM:

A Daktronics 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
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 Premier Aquatics 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, PREMIER AQUATICS 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 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 UNDFORSEEN, IN CONNECTION THEREWITH.

Premier Aquatics 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 Premier Aquatics 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.

Swimmers, volunteers, spectators, officials and coaches in the meet agree to abide by PACK's COVID-19 Safety Procedures and Protocols.

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

The Meet Referee has final authority over conduct of this event and will be working with the Meet Director, Facility Management, and PACK Covid-19 Task Force to enforce Covid-19 safety guidelines and resolve any issues.

Prior to coming to the pool, everyone should self-screen by answering the following questions. If you answer yes to ANY question below, you should not come to the pool.

- *Do I feel sick in any way, dizzy, have a cough, have shortness of breath or difficulty breathing?*
- *Do I have a fever, sore throat, chills, headache, loss of taste or smell or diarrhea?*
- *Have I been in contact with anyone known to have tested positive for COVID-19?*

No person will be allowed to enter with a temperature over 100.4 F in accordance with CDC and local health department recommendations.

We strongly encourage masks to be worn by athletes, coaches, officials and spectators but it is not required.

Only coaches, officials, swimmers, lane timers and volunteers required to be on-deck are allowed on the pool deck.

We will allow adequate time between each event to provide rest for the swimmers by inserting short breaks in the timeline in between events as needed. An estimated timeline will be published for each session and will be posted on the PACK website.

When a swimmer's heat is 4 heats after the heat in the water, the swimmer will move to a Ready Area on the side of the pool on the spectator side. There will be dots on ground, numbered 1-8 and they will stand on their dot that matches their lane #. Please do not gather in that area early, as we do have plenty of time in between heats, so nobody has to rush. The volunteer at that ready station will let them know when it is time to go to next ready area. Then, once the starting block area is clear for their heat, the volunteer in that area will direct the swimmers to approach the block area.

Swimmers must enter and leave the facility in their swimsuits. **Locker rooms and restrooms will be for restroom use only, no changing allowed.** Restrooms in locker rooms are for swimmer use only. Spectator restrooms are available off deck.

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 meet results will be available via Meet Mobile app. Free Heat sheets available at packswimming.com and via Meet Mobile app.

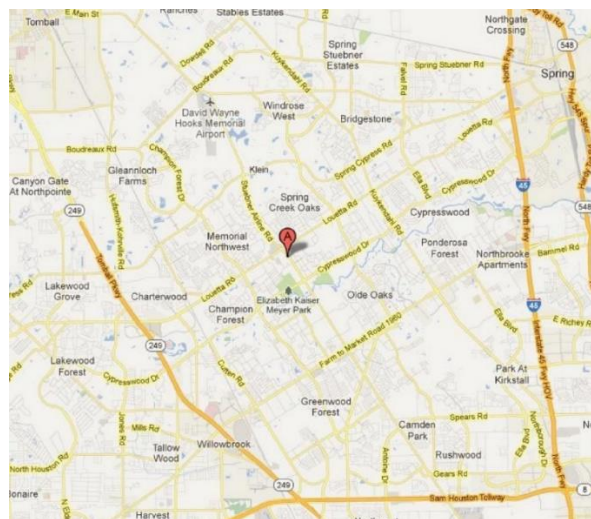
CONCESSIONS: Limited drinks and snacks will be available.

MERCHANDISE: D&J Sports will be at the met selling Champs Apparel, swim apparel and swim gear on Saturday & Sunday.

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



Klein High School Natatorium.
16715 Stuebner Airline
Klein, Texas 77379



KLEIN HIGH SCHOOL POOL



Near By Hotels & Restaurants

Spring Hill Suites by Marriott Houston Northwest

20303 Chasewood Park Drive
Houston, TX 77070
832-953-2220

Courtyard by Marriott Houston Northwest

11050 Louetta Road
Houston, TX 77070
281-374-6464

Hyatt Place Houston NW Vintage Park

20330 Tomball Parkway
Houston, TX 77070
832-930-8090

Hasta La Pasta

Italian Restaurant
6915 Cypresswood Drive
Spring, TX 77379

Gringo's

Mexican Kitchen
6925 Cypresswood Drive, Ste G
Spring, TX 77379

Broken Yolk Café

Breakfast/Brunch - CLOSING AT 2 PM
16803 Stuebner Airline Road
Spring, TX 77379

Black Walnut Café

American Food Cafe
10623 Louetta Road
Houston, TX 77070



Gulf 12 & Under Championships

December 10-12, 2021

A Short Course Yards Timed Finals Meet

HOSTED BY



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
	Facility Surcharge - \$6.75

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

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 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

the announcement.

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

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