

FALL CHAMPIONSHIPS INVITATIONAL

December 9-11, 2016

A Short Course Yards Timed Finals Meet

HOSTED BY

Cy-Fair Swim Club – Fleet Swimming



Sanction Number # GUSC 17-042

ENTRIES DUE TO GULF TPC CHAIR (GULFTPC@GMAIL.COM) BY 6:00 PM, SATURDAY, NOVEMBER 19, 2016

LOCATION: Michael D. Holland Natatorium
14350 FM 1488
Magnolia, Texas 77354

DIRECTIONS: Traveling from I-45 just north of The Woodlands, take FM 1488 west approximately 15 miles toward Magnolia. The pool is located on the Magnolia High School campus (on the east side of the High School). The School is located on the north side of FM 1488 at the corner of FM 1488 & FM 149. Traveling from the west, take Beltway 8 north to Hwy. 249. Take Hwy. 249 north approximately 25 miles to FM 149 (approximately 3 miles north of Tomball). Turn right on FM 149 and go north to FM 1488. The pool is located on the Magnolia High School campus (on the east side of the High School). The school is located on the north side of FM 1488 at the corner of FM 1488 and FM 149.

MEET STAFF:

MEET REFEREE:	Tom Jones, twjones@earthlink.net
ADMIN OFFICIAL:	Holger Luebsen, holger@luebsen.com Jeff Oliver, jeffdeboliver@gmail.com
MEET DIRECTOR(S):	Carolyn Reed, deerc@aol.com , 713-725-4604 Huong Le, lehuongc@yahoo.com , 832-606-4897 Miki Tran, atvltt@gmail.com , 281-221-8398
SAFETY MARSHAL:	Paula Mulvihill
COACH(ES):	Jim Bocci Head Coach Colin Kennedy Head Age Group Coach

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 9, 2016
Age Groups: 9-10, 11-12, 13-14
Warm-up: 5:00 – 6:15 pm / Meet Start: 6:30 pm

Session 2: Saturday AM – December 10, 2016



GULF SWIMMING

Age Groups: 11-12, 13-14 girls and 13-14 boys
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 3: Saturday PM – December 10, 2016

Age Groups: 9-10 girls and 9-10, 11-12 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 11, 2016

Age Groups: 11-12, 13-14 girls and 13-14 boys

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

Session 5: Sunday PM – December 11, 2016

Age Groups: 9-10 girls and 9-10, 11-12 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 5, 2016.

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, the 400 IM, and 500/1000 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 400IM, 500 FREE AND 1000 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, Jason Wedlick, for each event in which he/she fails to appear.

1000 FREE:

The 1000 free will be swum as a mixed event, which means girls and boys seeded together and swum together. It will be scored separately as 13-14 girls and 13-14 boys.



GULF SWIMMING

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 6:00 pm, Monday, November 14, 2016 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 into open lanes in the pre-seeded events and 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 – 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 not have equaled or bettered the cut-off times attached. Cut-off times are the current 2016 Gulf Age Group Championship timestandards and are included with this announcement.

Qualifying Times: None

Age: As of December 9, 2016

Number of Events: Swimmers may compete in up to four (4) individual events per day, but no more than (7) 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 **6:00 PM, SATURDAY, NOVEMBER 19, 2016**. No late entries will be accepted. Email entries to the designee of the Technical Planning Chairman (Joel Beard) at:

EMAIL: GULFTPC@GMAIL.COM



GULF SWIMMING

Eligible Teams: Venues will be balanced by team numbers. The team lists will be posted on the Gulf website. Only 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.

Individual Event Entry Fee (per event): \$6.00
Relay Entry Fee (per relay event): \$9.50
Swimmer Surcharge Fee (per swimmer): \$3.50
Make entry fee checks payable to: CFSC

Mail entry fees (**POSTMARKED BY FRIDAY, DECEMBER 2, 2016**) to the address below:

CFSC
11659 Jones Rd PMB #351
Houston, TX 77070

832-606-4897
lehuongc@yahoo.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 9-10, 11-12, 13-14 (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

All 9-14 events will be swum combined but scored separately as 9-10, 11-12 and 13-14.
All 9-12 events will be swum combined but scored separately as 9-10 and 11-12.
All 11-14 events will be swum combined but scored separately as 11-12 and 13-14.

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 and up/down rule do not apply.

Swimmers are not eligible to swim an event, if they have times equal to or better than the listed cut-off times for that event. Once swimmers have qualified for a particular division in an event, prior to the entry deadline stated in the meet announcement, they may not swim



GULF SWIMMING

that event in a slower division. Swimmers entering events in a slower division are subject to disqualification from the meet by the Referee.

Any swimmer is eligible to be a swimmer of a relay team competing at a meet as long as the swimmer is not competing in a stroke and distance in which they have equaled or bettered the cut-off time for the division in which the relay is competing. Further, swimmers aged 13-14 are not eligible to swim the breast, back or fly leg in a 200 yard/meter medley relay if they have equaled or bettered the cut-off time in the 100 yard/meter distance of that stroke for the division in which the relay is competing.

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 13 feet measured from 1 meter to 5 meters on the starting end of the course, and 5 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 500/1650 Free and 400 IM must provide 2 timers and a lap counter where applicable.

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.



GULF SWIMMING

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, Jason Wedlick.

Swimmers are not eligible to swim an event if they have times faster than the cut-off. Once swimmers have qualified for a particular division in a particular event, PRIOR to the entry deadline stated in the meet invitation, they MAY NOT swim that event 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 and are over qualified.

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.

MEET RESULTS: Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org) and www.fleetswimming.com , within three days after the conclusion of the meet.

Meet Mobile will be utilized by searching CFSC Fall Championships Invitational. Realtime results can be accessed online at <http://results.teamunify.com/gscfsc/>

Meet results and meet timeline will also be shown on the MeetBop app. See <http://www.meetbop.com>

CONCESSIONS: Concessions will be available

MERCHANDISE: D&J Sports will be at the meet selling swim apparel and swim gear.

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



GULF SWIMMING

FALL CHAMPIONSHIPS INVITATIONAL

December 9-11, 2016

A Short Course Yards Timed Finals Meet

HOSTED BY

Cy-Fair Swim Club- Fleet Swimming

Entry Rules:

Type of meet	Timed Finals
Max # individual events per day	Four (4) per day; seven (7) for the entire meet
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	SCY, SCM, LCM
Qualifying times	None
Cut-off times	14 & Under - 2016 Gulf Age Group Champs
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
Fees	Individual – \$6.00, Relay - \$9.50 \$3.50 per swimmer

All events will be seeded fastest to slowest.

*500 Free will be swum alternating girls and boys heats. Swimmers must provide their own timers and lap counters.

*400 I.M. will be swum alternating girls and boys heats. Swimmers must provide their own timers.

All 9-14 events will be swum combined but scored separately as 9-10, 11-12 and 13-14.

All 9-12 events will be swum combined but scored separately as 9-10 and 11-12.

All 11-14 events will be swum combined but scored separately as 11-12 and 13-14.

** The mixed 1000 free will be swum mixed but scored separating genders. Swimmers must provide their own timers and lap counters.

Friday PM
December 9, 2016

Girls Event#	Event Name	Boys Event#
1	9 – 14 500 Free*	2



GULF SWIMMING

**Saturday AM
December 10, 2016**

**Saturday PM
December 10, 2016**

Saturday AM December 10, 2016				Saturday PM December 10, 2016			
Girls Event#	Event Name		Boys Event#	Girls Event#	Event Name		Boys Event#
3	11-12 Girls	200	Medley Relay	23	9-10 Girls	200	Medley Relay
5	13-14 Girls	200	Medley Relay		9-10 Boys	200	Medley Relay
	13-14 Boys	200	Medley Relay	6	11-12 Boys	200	Medley Relay
		5 min. break				5 min. break	
7	11-14 Girls	200	Free	27	9-10 Girls	200	Free
	13-14 Boys	200	Free	8	9-12 Boys	200	Free
9	11-14 Girls	100	Breast	10	9-10 Girls	100	Breast
	13-14 Boys	100	Breast	10	9-12 Boys	100	Breast
11	11-14 Girls	50	Free	12	9-10 Girls	50	Free
	13-14 Boys	50	Free	12	9-12 Boys	50	Free
13	11-14 Girls	200	Back	14	9-10 Girls	50	Back
	13-14 Boys	200	Back	14	9-12 Boys	50	Back
15	11-14 Girls	100	Fly	16	9-10 Girls	100	Fly
	13-14 Boys	100	Fly	16	9-12 Boys	100	Fly
17	11-12 Girls	50	Back	37	9-10 Girls	200	I.M.
19	11-12 Girls	100	I.M.		9-12 Boys	200	I.M.
21	13-14 Girls	400	I.M.*		11-12 Boys	200	Back
	13-14 Boys	400	I.M.*	22			

**Sunday AM
December 11, 2016**

**Sunday PM
December 11, 2016**

Sunday AM December 11, 2016				Sunday PM December 11, 2016			
Girls Event#	Event Name		Boys Event#	Girls Event#	Event Name		Boys Event#
41	11-12 Girls	200	Free Relay	61	9-10 Girls	200	Free Relay
43	13-14 Girls	200	Free Relay		9-10 Boys	200	Free Relay
	13-14 Boys	200	Free Relay	44	11-12 Boys	200	Free Relay
		5 min. break				5 min. break	
45	11-14 Girls	200	I.M.	65	9-10 Girls	100	I.M.
	13-14 Boys	200	I.M.	46	9-12 Boys	100	I.M.
47	11-14 Girls	200	Breast	68	11-12 Boys	200	Breast
	13-14 Boys	200	Breast	48	9-10 Girls	50	Fly
49	11-12 Girls	50	Fly	70	9-12 Boys	50	Fly
51	11-14 Girls	100	Free	71	9-10 Girls	100	Free
	13-14 Boys	100	Free	52	9-12 Boys	100	Free
53	11-14 Girls	100	Back	72	9-10 Girls	100	Back
	13-14 Boys	100	Back	54	9-12 Boys	100	Back
55	11-14 Girls	200	Fly	74	9-10 Girls	50	Breast
	13-14 Boys	200	Fly	56	9-12 Boys	50	Breast
57	11-12 Girls	50	Breast	76	11-12 Boys	200	Fly
59	13-14Mixed	1000	Free**	78			



GULF SWIMMING

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 PACEWORK** 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.



GULF SWIMMING

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 SWIMMING

**2016
Gulf Age Group Championships
Time Standards**

"-" indicates the 2016 standard is faster than the 2015 standard

Girls		10&U	Boys	
LCM	Yards		Yards	LCM
36.09	31.89 -	50 Free	31.99 -	36.79 -
1:19.59	1:10.29	100 Free	1:10.09 -	1:20.29 -
2:58.09 -	2:37.39 -	200 Free	2:35.29 -	2:57.49 -
6:08.69 -	6:49.89 -	500 Free	6:46.99 -	6:05.09 -
43.49 -	37.79 -	50 Back	37.79 -	44.39 -
1:34.49	1:22.79	100 Back	1:24.49 -	1:38.89 -
49.79	43.79	50 Breast	44.19	51.39
1:45.69 -	1:32.99 -	100 Breast	1:36.19	1:51.09
40.89 -	35.69 -	50 Fly	36.19 -	41.39 -
1:40.49	1:29.09	100 Fly	1:31.29	1:45.99
---	1:22.39 -	100 IM	1:22.99	---
3:19.19 -	2:54.69 -	200 IM	2:58.69	3:25.99

Girls		11-12	Boys	
LCM	Yards		Yards	LCM
31.49 -	27.69 -	50 Free	27.89 -	32.09 -
1:08.69 -	1:00.69 -	100 Free	1:02.29 -	1:11.39 -
2:30.29 -	2:12.79 -	200 Free	2:14.29 -	2:33.49 -
5:14.49 -	5:49.69 -	500 Free	5:49.49 -	5:13.49 -
37.49 -	32.59 -	50 Back	33.69 -	39.59 -
1:20.69 -	1:10.39	100 Back	1:12.09	1:24.39
2:53.39 -	2:31.99 -	200 Back	2:34.69 -	2:58.09 -
42.59	37.29	50 Breast	37.39 -	43.39 -
1:31.99	1:21.19	100 Breast	1:20.89 -	1:33.49 -
3:14.69	2:52.99	200 Breast	2:59.59	3:25.99
35.19	31.39 -	50 Fly	31.89 -	36.49 -
1:18.19	1:10.49 -	100 Fly	1:11.69	1:21.69
3:04.19	2:44.09 -	200 Fly	2:47.69	3:05.99
---	1:11.59	100 IM	1:12.29	---
2:52.79	2:31.49	200 IM	2:33.99	2:56.39

Girls		13-14	Boys	
LCM	Yards		Yards	LCM
30.19	26.69	50 Free	25.19	28.99
1:04.99	57.49	100 Free	53.99 -	1:01.89 -
2:21.49	2:04.59	200 Free	1:59.09 -	2:16.19 -
4:57.39	5:29.69	500 Free	5:21.59 -	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 -
1:14.99	1:05.39	100 Back	1:02.49	1:13.09
2:39.99 -	2:20.29 -	200 Back	2:16.89	2:37.59
1:27.19	1:16.29	100 Breast	1:11.29 -	1:22.39 -
3:04.79	2:44.59	200 Breast	2:35.89 -	2:59.59 -
1:12.39	1:04.19	100 Fly	1:01.29	1:09.89
2:52.59	2:26.29	200 Fly	2:16.49 -	2:35.89 -
2:40.79	2:20.69	200 IM	2:14.79 -	2:35.49 -
5:43.59	4:57.19	400 IM	4:45.59 -	5:30.19 -

Approved 10/12/16



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