

# 2016 GULF AGE GROUP CHAMPIONSHIPS INVITATIONAL

December 16-18, 2016

A Short Course Yards Prelims / Finals Meet

HOSTED BY

AGGIE SWIM CLUB



Sanction Number # GUSC 17-043R1

**ENTRIES DUE TO THE HOST ([clark@comp.tamu.edu](mailto:clark@comp.tamu.edu)) BY 6:00 PM, TUESDAY, DECEMBER 6, 2016**

**LOCATION:** Texas A&M University, Student Recreation Center Natatorium, Olsen Boulevard, College Station, TX 77843

For more information about the TAMU Student Recreation Center Natatorium, visit:  
<http://recsports.tamu.edu/>

**DIRECTIONS:** See attachment and map.

**LOCAL INFORMATION:** **Parking:** Before 5pm Friday, everyone must pay for parking by parking in the West Campus Garage across from the Rec Center (\$2/hour before 5pm – \$0.50/hour after 5pm). Parking is free after 5pm on Friday and on Saturday and Sunday, except where designated. The pay-by-number spaces in front of the Rec Center are never free.

**Sponsoring Hotels:** See attachment and map. Reservations at sponsoring hotels must be made by the cut-off dates. For additional hotel information, contact the Bryan-College Station Convention and Visitors Bureau at (979) 260-9898 or visit their website at <http://visitaggieland.com/>

**MEET STAFF:**

|                         |  |
|-------------------------|--|
| <b>MEET REFEREE:</b>    | Herb Schwab  |
| <b>ADMIN OFFICIALS:</b> | Paul de Figueiredo, Kelly Waguespack, Yunlong Zhang  |
| <b>MEET DIRECTORS:</b>  | Henry Clark, email: <a href="mailto:clark@comp.tamu.edu">clark@comp.tamu.edu</a> , phone: (979) 220-2703<br>Gayden Darnell |
| <b>SAFETY MARSHAL:</b>  | Denyce Quave   |
| <b>COACHES:</b>         | Shannon Clark, Travis Kiser, Carson Kuzawa, Corinne Priest   |

**POOLS:** Two eight lane, 25 yard indoor pools with non-turbulent lane lines will be used for warm-up and competition. A separate eight lane 25 meter diving well will be available for warm-up and warm-down.



**GULF SWIMMING**

**TIME AND DATE:** This is a Prelims/Finals meet with the exception of Friday's events, 1000 Free and 1650 Free which are Timed Finals events. 11 - 12's, 13 - 14's will swim A/B heats in finals and 10&Unders will swim A heat only in finals. Split warm-ups will be in effect. Lane assignments for warm-ups and timing will be designated in the psych sheet and posted on the Gulf website by Monday, December 12, 2016. Open warm-up format will be used for the Friday session and all finals sessions.

|                   |                       |  |
|-------------------|-----------------------|--|
| Friday, Dec 16:   | Timed Finals:         | 4:30 – 5:45 p.m. warm-up / 6:00 p.m. start |
| Saturday, Dec 17: | 11-12, 13-14 Prelims: | 8:00*– 8:50 a.m. warm-up / 9:05 a.m. start |
|                   | 10 & U Prelims: **    |  |
|                   | Finals:               | 4:30 – 5:15 p.m. warm-up / 5:30 p.m. start |
| Sunday, Dec 18:   | 11-12, 13-14 Prelims: | 8:00*– 8:50 a.m. warm-up / 9:05 a.m. start |
|                   | 10 & U Prelims: **    |  |
|                   | Finals:               | 4:30 – 5:15 p.m. warm-up / 5:30 p.m. start |

\* The Rec Center facility and natatorium open at 7:30 a.m.

\*\* The 10 & Under prelim session start times and warm-up/timing assignments will be published on Gulf webpage by Monday, December 12, 2016.

**MEET OPERATION:** 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.

**Friday Timed Finals and Saturday/Sunday Prelims Sessions:** All heats will be swum fastest to slowest.

**Finals Sessions:** All events, except the 1000 Free and 1650 Free will be swum in the Dive Well end pool. A/B heats will be swum slowest to fastest.

**SAFETY GUIDELINES AND WARM-UP PROCEDURES:**

See attached Safety Guidelines and Warm-up Procedures

**OFFICIALS:** The uniform for all preliminary sessions will be white polo shirt over khaki shorts / pants / skirt. The finals uniform will be navy blue polo shirt over khaki pants/skirt (no shorts).

**SEEDING:** This will be a pre-seeded meet with the exception of the 500/1000/1650 Free and the 400 IM. Circle-in is not required for pre-seeded events. All events will be seeded with heats in the order of fastest to slowest. On-deck entries will be added to empty lanes or a heat will be added if necessary and if the timeline permits. As a courtesy to the host, coaches should inform the Clerk of Course of swimmers not attending the meet so that empty lanes can be filled with on deck entries.

**POSITIVE CHECK-IN FOR THE 400IM, 500 FREE, 1000 FREE, 1650 FREE AND RELAYS:**

**Individual Events:** All swimmers must positive check-in with the Clerk of Course for the 500/1000/1650 free and the 400 IM. (See section titled 1000/1650 Free, below, for more



**GULF SWIMMING**

details regarding check-in for those events). Check-in must be done for these events, as applicable, by:

Friday: 5:15 p.m. – 400 IM, 11-12 500 Free  
6:00 p.m. – 10&U 500 Free, 13-14 500 Free  
Saturday: 10:00 a.m. – 1000 Free  
Sunday: 10:00 a.m. – 1650 Free

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.

**Relays:** Relay cards are due by 10:00 a.m. for the 11-14 Sessions and at the start of warm-ups for the 10&U Sessions or the entry will be considered scratched. All relays will be swum in the prelims sessions.

**1000/1650 FREE:** These events will be swum as Timed Finals events. At check-in for the 1000/1650 Free, swimmers may elect to swim the event during prelims. The fastest 8 girls and the fastest 8 boys who check-in, and who do NOT elect to swim in prelims, will swim in finals Saturday/Sunday night as the FIRST event. During finals, the girl's heat will be swum in the Dive Well end pool, and the boy's heat will be swum in the Lobby end pool. All remaining heats will be swum at the END of the Saturday/Sunday prelims session, fastest to slowest.

#### **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.



**GULF SWIMMING**

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.

- 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, Tuesday, December 6, 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. If not already entered in the meet, the swimmer surcharge fee shall also apply (\$5.00 per swimmer)
  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:** None

**Qualifying Times:** Swimmers must be qualified to swim the events entered. Qualifying times are the 2016 Gulf Age Group Championships Time Standards and are included with this announcement. The three (3) event rule DOES NOT apply. The Gulf Up/Down rule DOES apply. A swimmer qualified to swim an event may also enter the next longer (yards) event and/or the next shorter (yards) event in the stroke for which the qualifying time was achieved even if the swimmer's time in that event is not a qualifying time.

**Age:** As of December 16, 2016

**Number of Events:** Swimmers may compete in up to three (3) individual events per day and one (1) relay event per day.

**Eligible Swimmers:** Only Gulf Swimming teams that are USA Swimming registered teams may enter this meet. Only swimmers attached to Gulf Swimming teams or swimmers in the



**GULF SWIMMING**

documented process of transferring to a Gulf Swimming Team may participate in this meet.

**Deadline:** Entries must be in the hands of the Meet Entry Chair no later than **6:00 pm, Tuesday, December 6, 2016**. No late entries will be accepted. Do not send entries via Federal Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required. Mail or hand deliver entries to the Meet Entry Chair at:

Shannon Clark  
9465 Barrow Court  
College Station, TX 77845

Phone: (979) 220-2703  
Email: [clark@comp.tamu.edu](mailto:clark@comp.tamu.edu)

**Entries:** All teams entering 10 or more swimmers MUST submit their entries on a diskette or electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software, along with a hard copy printout of the entries. Teams without Hy-Tek should submit their entries on the enclosed Entry Form. A \$25.00 fee must be included with the entry fees for teams that enter 10 or more swimmers using an entry form only (without sending Hy-Tek files). Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission.

Teams may electronically mail their Meet Manager files. Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Announcement.

|  |                 |
|--|-----------------|
| <b>Individual Event Entry Fee (per event):</b> | \$9.00          |
| <b>Relay Entry Fee (per relay event):</b>      | \$16.50         |
| <b>Swimmer Surcharge Fee (per swimmer):</b>    | \$5.00          |
| <b>Make entry fee checks payable to:</b>       | Aggie Swim Club |

**Late Entries:** For swimmers who achieve a qualifying time after the entries close on December 6, 2016 late entries will be accepted in the following manner:

1. Late entries must be received by 5 p.m., December 12, 2016, the Monday before the meet.
2. Only e-mail entries will be accepted – send to [clark@comp.tamu.edu](mailto:clark@comp.tamu.edu)
3. On-deck entry fees shall not apply – fees will be \$9.00 per Individual Event, \$16.50 per Relay Event and \$5.00 swimmer surcharge (if not already entered in the meet). Fees are due by the beginning of the meet.
4. Improved times for events already entered will not be accepted – only times newly achieved between December 6, 2016 and December 12, 2016 will be accepted.

**FINALISTS:** All finalists should report directly to the starting blocks. Names of all finalists will be announced after the start the heat.

**AWARDS:** Individual events: Custom Gulf Medals for 1st - 3rd places & Ribbons for 4th - 8th places



**GULF SWIMMING**

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: 1st place and Runner-up Girls / Boys (highest individual points earned)

**ALLEN SALINAS  
TEAM SPIRIT  
AWARD:**

An award will be presented to the team that exhibits the highest level of sportsmanship and team spirit throughout the meet. The winner will be decided by a vote and will be announced before the start of finals on Sunday. Each attending team, the meet director, and meet referee will be entitled to one vote. Ballots will be due by the end of prelims on Sunday.

**SCORING:**

Individual Events: 1st through 8th : 20-17-16-15-14-13-12-11  
9th through 16th: 9-7-6-5-4-3-2-1  
Relay Events: 1st through 8th: 40-34-32-30-28-26-24-22  
9th through 16th: 18-14-12-10-8-6-4-2

**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 Up/Down rule is in effect.

**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 7 feet measured from 1 meter to 5 meters on the starting end of the course, and 9 feet measured from 1 meter to 5 meters on the turning end of the course.

**TIMING SYSTEM:**

A 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 meet program. Swimmers in the 400 IM must provide 2 timers and in the 500 / 1000 / 1650 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



**GULF SWIMMING**

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.

**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.

**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](http://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 behind the lobby.

**MERCHANDISE:** Swim Shops of the Southwest will be selling swim gear and apparel.



**GULF SWIMMING**

**FACILITY RULES:****TEXAS A&M UNIVERSITY STUDENT RECREATION CENTER NATATORIUM RULES:**

- Participants and spectators are not allowed to use other areas of the Student Recreation Center Complex during this event.
- Swimming is allowed only when the area is supervised.
- NO glass containers, tobacco, or alcoholic beverages are allowed within the natatorium area.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. All spectators and parents must remain in the grandstand.
- Participants are not allowed to climb over the grandstand railings or pass any posted barriers.
- Don't hang on the lane lines.
- There will be NO SHAVING within the Student Recreational Complex. All shaving should be completed prior to arrival at the natatorium. Safety marshals will be monitoring the locker rooms and restrooms to enforce this policy.
- Safety rules will be enforced during warm-ups before each event session and in the diving well during the meet. The diving well is a warm-up area. Recreational swimming is prohibited.
- Diving Boards will be closed and off-limits to all competitors and spectators.
- Please be neat. Throw your trash in the trash containers.
- NO LAWN CHAIRS are allowed in the facility.
- The Texas A&M Recreational Sports staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited. Team Banners must not exceed 5'X 8' and will be hung by event staff. No handmade signs are allowed in the facility.
- No pets allowed in the Rec Center complex or on the pool deck.



**GULF SWIMMING**



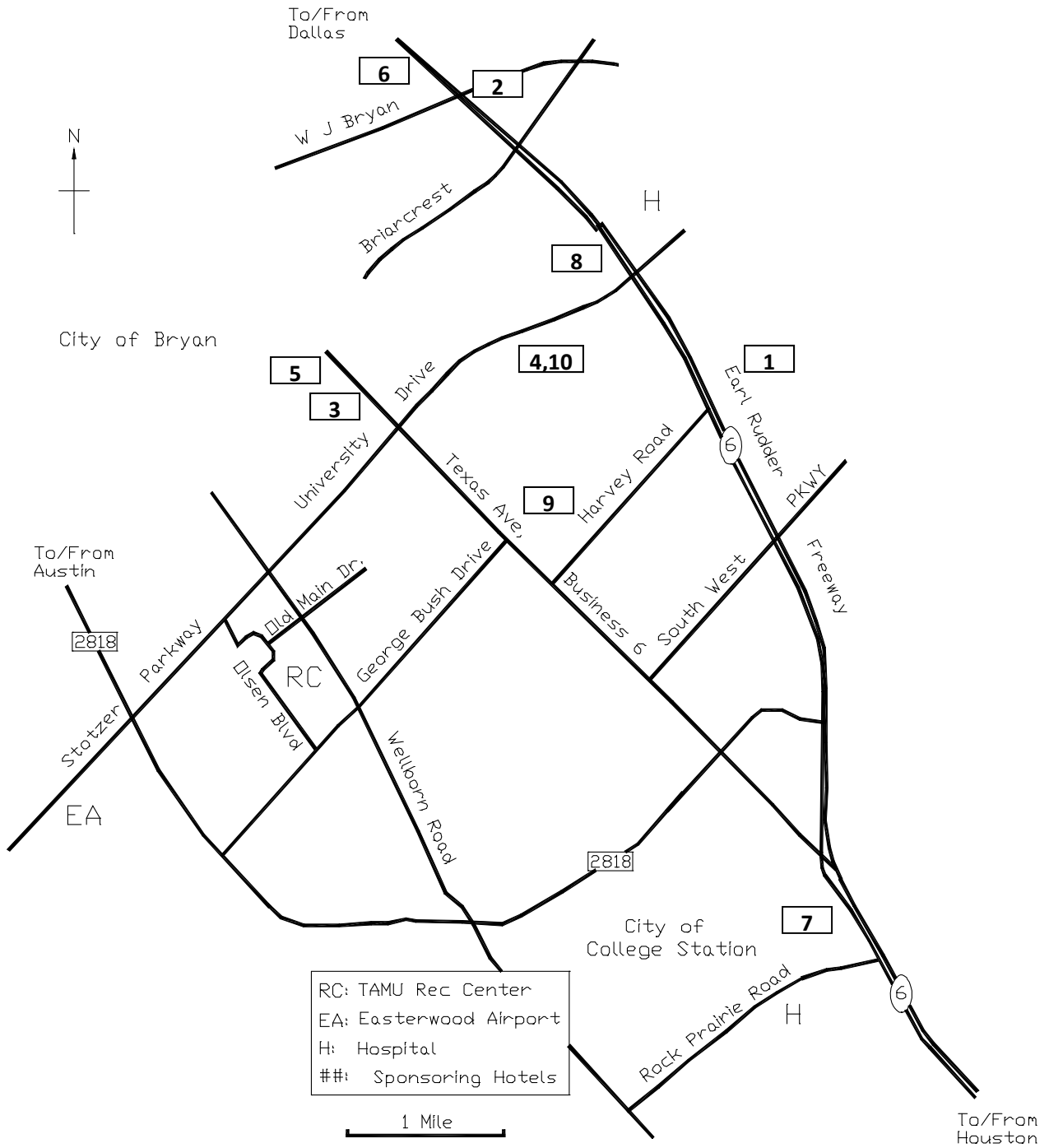
**SPONSORING HOTELS:**

| <b>Hotel</b>   | <b>Phone Number</b> | <b>Rate/night</b> | <b>#on Map</b> | <b>Group Name</b>                 | <b>Cut-off Date</b> |
|--|---------------------|-------------------|----------------|-----------------------------------|---------------------|
| <b><u>Baymont Inn &amp; Suites</u></b><br>2611 Harvey Road<br>College Station, TX 77845  | (979) 680-3000      | \$119             | 1              | Gulf<br>Championships             | Friday,<br>12/2/16  |
| <b><u>Best Western Premier</u></b><br><b><u>Old Town Center</u></b><br>1920 Austins Colony Pkwy<br>Bryan, TX 77802   | (979) 731-5304      | \$120             | 2              | Gulf Swimming<br>Championships    | Friday,<br>12/2/16  |
| <b>Make reservations at this link.....</b> <a href="http://book.bestwestern.com/bestwestern/US/TX/Bryan-hotels/BEST-WESTERN-Premier-Bryan-College-Station/Group-Hotel-Overview.do?propertyCode=44623">http://book.bestwestern.com/bestwestern/US/TX/Bryan-hotels/BEST-WESTERN-Premier-Bryan-College-Station/Group-Hotel-Overview.do?propertyCode=44623</a> |                     |                   |                |                                   |                     |
| <b><u>Home2 Suites</u></b><br>300 Texas Avenue, South<br>College Station, TX 77840   | (979) 703-8288      | \$134             | 3              | Gulf Swimming<br>Championships    | Friday,<br>11/25/16 |
| <b><u>Hawthorn Suites</u></b><br>1100 University Dr East<br>College Station, TX 77840  | (979) 846-9800      | \$149             | 4              | Gulf<br>Championships             | Friday,<br>11/25/16 |
| <b><u>Hyatt Place College Station</u></b><br>1100 University Dr East<br>College Station, TX 77840  | (979) 846-9800      | \$159             | 4              | Gulf<br>Championships             | Friday,<br>11/25/16 |
| <b><u>Hampton Inn</u></b><br>320 Texas Ave South<br>College Station, TX 77840  | (979) 846-0184      | \$139             | 5              | Gulf<br>Championships             | Friday,<br>12/2/16  |
| <b><u>Quality Inn &amp; Suites</u></b><br>1027 North Earl Rudder FWY<br>Bryan, TX 77802  | (979) 703-8979      | \$149             | 6              | Gulf<br>Championships<br>Swimming | Friday,<br>12/2/16  |
| <b><u>Quality Suites</u></b><br>3610 Texas 6 Frontage Road<br>College Station, TX 77845  | (979) 695-9400      | \$189             | 7              | Gulf<br>Championships             | Friday,<br>12/2/16  |
| <b><u>Ramada College Station</u></b><br>506 Earl Rudder FWY<br>College Station, TX 77840   | (979) 846-0300      | \$147             | 8              | Gulf<br>Championships             | Tuesday,<br>11/1/16 |
| <b><u>Vineyard Court</u></b><br><b><u>Designer Suites</u></b><br>1500 George Bush Dr East<br>College Station, TX 77840   | (979) 693-1220      | \$109             | 9              | Gulf<br>Championships<br>2016     | Friday,<br>11/25/16 |
| <b><u>Aloft College Station</u></b><br>1150 University Drive East<br>College Station, TX 77840   | 855-811-0254        | \$129 -<br>\$139  | 10             | Gulf<br>Championships<br>2016     | Friday,<br>11/25/16 |

An entire listing of Bryan/College Station area accommodations can be found at <http://visitaggieland.com/>



**GULF SWIMMING**



**GULF SWIMMING**

# 2016 GULF AGE GROUP CHAMPIONSHIPS INVITATIONAL

December 16-18, 2016

A Short Course Yards Prelims / Finals Meet

HOSTED BY

AGGIE SWIM CLUB

## Entry Rules:

|                                  |  |
|----------------------------------|--|
| Type of meet                     | Prelim/Finals A,B for 11-12 & 13-14<br>Prelim/Finals A only for 10 & Under |
| Max # individual events per day  | Three (3)  |
| Swimmers eligible                | Gulf Only  |
| Entry times in                   | SCY, SCM, LCM  |
| Qualifying times                 | 2016 Gulf Age Group Champs time standards                                  |
| Cut-off times                    | None   |
| Enter with no time?              | Yes  |
| Gulf "three event rule" applies? | Does not apply   |
| Gulf "up/down rule" applies?     | Yes  |
| Gulf "beyond IMX" rule applies?  | Does not apply   |
| Fees                             | Individual – \$9.00; Relays – \$16.50                                      |
| Facility Surcharge               | \$5.00 per swimmer   |

**Friday, December 16, 2016**  
**4:30 p.m. warm-up / 6:00 p.m. start**  
**10 & U, 11-12, 13-14 Timed Finals**

| <b>Girls</b>   |            |                   |  |  | <b>Boys</b>    |
|----------------|------------|-------------------|--|--|----------------|
| <b>Event #</b> |            | <b>Event Name</b> |  |  | <b>Event #</b> |
| 1              | 13 - 14    | 400 I.M.          |  |  | 2              |
| 3              | 11 - 12    | 500 Free          |  |  | 4              |
| 5              | 10 & Under | 500 Free          |  |  | 6              |
| 7              | 13 - 14    | 500 Free          |  |  | 8              |

This is a Timed Finals session – all events are deck-seeded.  
Check-in for the 400 IM, 11-12 500 Free by 5:15 p.m.  
Check-in for the 10&U 500 Free, 13-14 500 Free by 6:00 p.m.  
Swimmers must provide their own timers and lap counters as appropriate.  
All heats will be swum fastest to slowest.



**GULF SWIMMING**

| Saturday, December 17, 2016<br>8:00 a.m. warm-up / 9:05 a.m. start<br>11-12, 13-14 Prelims Session |            |      |         |      | Saturday, December 17, 2016<br>Warm-up / Start: TBD<br>10 & Under Prelims Session |            |     |        |      |
|--|------------|------|---------|------|---|------------|-----|--------|------|
| Girls  | Event Name |      |         | Boys | Girls   | Event Name |     |        | Boys |
| 11   | 11 - 12    | 100  | I.M.    | 12   | 51  | 10 & Under | 200 | Fr Rel | 52   |
| 15   | 13 - 14    | 200  | Breast  | 16   | 13  | 10 & Under | 100 | I.M.   | 14   |
| 17   | 11 - 12    | 200  | Breast  | 18   | 19  | 10 & Under | 50  | Breast | 20   |
| 21   | 13 - 14    | 200  | Back    | 22   | 25  | 10 & Under | 100 | Back   | 26   |
| 23   | 11 - 12    | 100  | Back    | 24   | 31  | 10 & Under | 50  | Free   | 32   |
| 27   | 13 - 14    | 50   | Free    | 28   | 37  | 10 & Under | 100 | Fly    | 38   |
| 29   | 11 - 12    | 50   | Free    | 30   | 43  | 10 & Under | 200 | Free   | 44   |
| 33   | 13 - 14    | 100  | Fly     | 34   |   |            |     |        |      |
| 35   | 11 - 12    | 100  | Fly     | 36   |   |            |     |        |      |
| 39   | 13 - 14    | 200  | Free    | 40   |   |            |     |        |      |
| 41   | 11 - 12    | 200  | Free    | 42   |   |            |     |        |      |
| 45   | 11 - 12    | 50   | Breast  | 46   |   |            |     |        |      |
| 47   | 13 - 14    | 400  | Med Rel | 48   |   |            |     |        |      |
| 49   | 11 - 12    | 400  | Med Rel | 50   |   |            |     |        |      |
| 9  | 13 - 14    | 1000 | Free    | 10   |   |            |     |        |      |

Preliminary heats will be swum fastest to slowest.  
All relays will be swum in prelims.  
11-12, 13-14 relay cards due by 10:00 a.m.  
10&U relay cards due at the start of warm-up.  
1000 Free check-in by 10:00 a.m.  
1000 Free swimmers must provide their own timer and lap counter.

**Saturday, December 17, 2016**  
**4:30 p.m. warm-up / 5:30 p.m. start**  
**Finals Session**

| Girls | Event Name |      |        | Boys |
|-------|------------|------|--------|------|
| 9     | 13 - 14    | 1000 | Free   | 10   |
| 11    | 11 - 12    | 100  | I.M.   | 12   |
| 13    | 10 & Under | 100  | I.M.   | 14   |
| 15    | 13 - 14    | 200  | Breast | 16   |
| 17    | 11 - 12    | 200  | Breast | 18   |
| 19    | 10 & Under | 50   | Breast | 20   |
| 21    | 13 - 14    | 200  | Back   | 22   |
| 23    | 11 - 12    | 100  | Back   | 24   |
| 25    | 10 & Under | 100  | Back   | 26   |
| 27    | 13 - 14    | 50   | Free   | 28   |
| 29    | 11 - 12    | 50   | Free   | 30   |
| 31    | 10 & Under | 50   | Free   | 32   |
| 33    | 13 - 14    | 100  | Fly    | 34   |
| 35    | 11 - 12    | 100  | Fly    | 36   |
| 37    | 10 & Under | 100  | Fly    | 38   |
| 39    | 13 - 14    | 200  | Free   | 40   |
| 41    | 11 - 12    | 200  | Free   | 42   |
| 43    | 10 & Under | 200  | Free   | 44   |
| 45    | 11 - 12    | 50   | Breast | 46   |

The finals heats of 1000 Free will be swum in two pools, simultaneously  
All other finals heat will be swum in one pool.  
A/B finals events will swim slowest to fastest.



**GULF SWIMMING**

| Sunday, December 18, 2016<br>8:00 a.m. warm-up / 9:05 a.m. start<br>11-12, 13-14 Prelims Session |            |      |        |      | Sunday, December 18, 2016<br>Warm-up / Start: TBD<br>10 & Under Prelims Session |            |     |         |      |
|--|------------|------|--------|------|---|------------|-----|---------|------|
| Girls  | Event Name |      |        | Boys | Girls   | Event Name |     |         | Boys |
| 55   | 11 - 12    | 50   | Back   | 56   | 93  | 10 & Under | 200 | Med Rel | 94   |
| 59   | 11 - 12    | 200  | Fly    | 60   | 57  | 10 & Under | 50  | Fly     | 58   |
| 61   | 13 - 14    | 200  | Fly    | 62   | 63  | 10 & Under | 100 | Free    | 64   |
| 65   | 11 - 12    | 100  | Free   | 66   | 69  | 10 & Under | 100 | Breast  | 70   |
| 67   | 13 - 14    | 100  | Free   | 68   | 75  | 10 & Under | 50  | Back    | 76   |
| 71   | 11 - 12    | 100  | Breast | 72   | 81  | 10 & Under | 200 | I.M.    | 82   |
| 73   | 13 - 14    | 100  | Breast | 74   |   |            |     |         |      |
| 77   | 11 - 12    | 200  | Back   | 78   |   |            |     |         |      |
| 79   | 13 - 14    | 100  | Back   | 80   |   |            |     |         |      |
| 83   | 11 - 12    | 200  | I.M.   | 84   |   |            |     |         |      |
| 85   | 13 - 14    | 200  | I.M.   | 86   |   |            |     |         |      |
| 87   | 11 - 12    | 50   | Fly    | 88   |   |            |     |         |      |
| 89   | 13 - 14    | 400  | Fr Rel | 90   |   |            |     |         |      |
| 91   | 11 - 12    | 400  | Fr Rel | 92   |   |            |     |         |      |
| 53   | 13 - 14    | 1650 | Free   | 54   |   |            |     |         |      |

Preliminary heats will be swum fastest to slowest.  
 All relays will be swum in prelims.  
 11-12, 13-14 relay cards due by 10:00 a.m.  
 10&U relay cards due at the start of warm-up.  
 1650 Free check-in by 10:00 a.m.  
 1650 Free swimmers must provide their own timer and lap counter.

**Sunday, December 18, 2016**  
**4:30 p.m. warm-up / 5:30 p.m. start**

| Finals Session |            |      |        |      |
|----------------|------------|------|--------|------|
| Girls          | Event Name |      |        | Boys |
| 53             | 13 - 14    | 1650 | Free   | 54   |
| 55             | 11 - 12    | 50   | Back   | 56   |
| 57             | 10 & Under | 50   | Fly    | 58   |
| 59             | 11 - 12    | 200  | Fly    | 60   |
| 61             | 13 - 14    | 200  | Fly    | 62   |
| 63             | 10 & Under | 100  | Free   | 64   |
| 65             | 11 - 12    | 100  | Free   | 66   |
| 67             | 13 - 14    | 100  | Free   | 68   |
| 69             | 10 & Under | 100  | Breast | 70   |
| 71             | 11 - 12    | 100  | Breast | 72   |
| 73             | 13 - 14    | 100  | Breast | 74   |
| 75             | 10 & Under | 50   | Back   | 76   |
| 77             | 11 - 12    | 200  | Back   | 78   |
| 79             | 13 - 14    | 100  | Back   | 80   |
| 81             | 10 & Under | 200  | I.M.   | 82   |
| 83             | 11 - 12    | 200  | I.M.   | 84   |
| 85             | 13 - 14    | 200  | I.M.   | 86   |
| 87             | 11 - 12    | 50   | Fly    | 88   |

The finals heats of 1650 Free will be swum in two pools, simultaneously  
 All other finals heat will be swum in one pool.  
 A/B finals events will swim slowest to fastest.



**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 -   | <b>50 Free</b>    | 31.99 -   | 36.79 -   |
| 1:19.59   | 1:10.29   | <b>100 Free</b>   | 1:10.09 - | 1:20.29 - |
| 2:58.09 - | 2:37.39 - | <b>200 Free</b>   | 2:35.29 - | 2:57.49 - |
| 6:08.69 - | 6:49.89 - | <b>500 Free</b>   | 6:46.99 - | 6:05.09 - |
| 43.49 -   | 37.79 -   | <b>50 Back</b>    | 37.79 -   | 44.39 -   |
| 1:34.49   | 1:22.79   | <b>100 Back</b>   | 1:24.49 - | 1:38.89 - |
| 49.79     | 43.79     | <b>50 Breast</b>  | 44.19     | 51.39     |
| 1:45.69 - | 1:32.99 - | <b>100 Breast</b> | 1:36.19   | 1:51.09   |
| 40.89 -   | 35.69 -   | <b>50 Fly</b>     | 36.19 -   | 41.39 -   |
| 1:40.49   | 1:29.09   | <b>100 Fly</b>    | 1:31.29   | 1:45.99   |
| ---       | 1:22.39 - | <b>100 IM</b>     | 1:22.99   | ---       |
| 3:19.19 - | 2:54.69 - | <b>200 IM</b>     | 2:58.69   | 3:25.99   |

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

| Girls     |           | 13-14             | Boys       |            |
|-----------|-----------|-------------------|------------|------------|
| LCM       | Yards     |                   | Yards      | LCM        |
| 30.19     | 26.69     | <b>50 Free</b>    | 25.19      | 28.99      |
| 1:04.99   | 57.49     | <b>100 Free</b>   | 53.99 -    | 1:01.89 -  |
| 2:21.49   | 2:04.59   | <b>200 Free</b>   | 1:59.09 -  | 2:16.19 -  |
| 4:57.39   | 5:29.69   | <b>500 Free</b>   | 5:21.59 -  | 4:48.49 -  |
| 10:20.49  | 11:42.29  | <b>1000 Free</b>  | 11:04.49 - | 9:55.99 -  |
| 20:39.79  | 19:29.19  | <b>1650 Free</b>  | 18:56.19 - | 19:25.39 - |
| 1:14.99   | 1:05.39   | <b>100 Back</b>   | 1:02.49    | 1:13.09    |
| 2:39.99 - | 2:20.29 - | <b>200 Back</b>   | 2:16.89    | 2:37.59    |
| 1:27.19   | 1:16.29   | <b>100 Breast</b> | 1:11.29 -  | 1:22.39 -  |
| 3:04.79   | 2:44.59   | <b>200 Breast</b> | 2:35.89 -  | 2:59.59 -  |
| 1:12.39   | 1:04.19   | <b>100 Fly</b>    | 1:01.29    | 1:09.89    |
| 2:52.59   | 2:26.29   | <b>200 Fly</b>    | 2:16.49 -  | 2:35.89 -  |
| 2:40.79   | 2:20.69   | <b>200 IM</b>     | 2:14.79 -  | 2:35.49 -  |
| 5:43.59   | 4:57.19   | <b>400 IM</b>     | 4:45.59 -  | 5:30.19 -  |

Approved 10/12/16



**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 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.



**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**



## Individual Entry Form

|               |            |
|---------------|------------|
| Team Name:    | Team Code: |
| Head Coach:   |            |
| Team Address: |            |
| Phone:        |            |
| Email:        |            |

| Last Name | First Name | MI | USA ID | M/F | Event# | Event Description | Entry Time |
|-----------|------------|----|--------|-----|--------|-------------------|------------|
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |
|           |            |    |        |     |        |                   |            |



**GULF SWIMMING**

## Relay Entry Form

|               |           |                    |        |
|---------------|-----------|--------------------|--------|
| Team Name:    |           | Team Code:         |        |
| Head Coach:   |           |                    |        |
| Team Address: |           |                    |        |
| Phone:        |           |                    |        |
| Email:        |           |                    |        |
| Event #       |           | Event Description: |        |
| Entry Time:   |           | Relay (A, B, C...) |        |
| Swimmer       | Last Name | Frist Name         | USA ID |
| 1             |           |                    |        |
| 2             |           |                    |        |
| 3             |           |                    |        |
| 4             |           |                    |        |
| Event #       |           | Event Description: |        |
| Entry Time:   |           | Relay (A, B, C...) |        |
| Swimmer       | Last Name | Frist Name         | USA ID |
| 1             |           |                    |        |
| 2             |           |                    |        |
| 3             |           |                    |        |
| 4             |           |                    |        |
| Event #       |           | Event Description: |        |
| Entry Time:   |           | Relay (A, B, C...) |        |
| Swimmer       | Last Name | Frist Name         | USA ID |
| 1             |           |                    |        |
| 2             |           |                    |        |
| 3             |           |                    |        |
| 4             |           |                    |        |
| Event #       |           | Event Description: |        |
| Entry Time:   |           | Relay (A, B, C...) |        |
| Swimmer       | Last Name | Frist Name         | USA ID |
| 1             |           |                    |        |
| 2             |           |                    |        |
| 3             |           |                    |        |
| 4             |           |                    |        |



**GULF SWIMMING**