

# Open Water Champs (Sept 25, 2016)

Host: RICE

**Gulf Swimming custom medals will be awarded.**

**Entry rules:**

Type of Meet	Timed Finals
Max # individual events per day	Three (3)
Swimmers eligible	All
Entry times in	None
Qualifying times	None
Cut-off times	None
Enter with no time?	No entry times
Gulf "three event" rule applies?	No
Gulf "up/down" rule applies?	No
Fees	Race #1: \$25, Race #2: \$10, Race #3: \$10

**TPC Notes:**

- Gulf Open Water All Star  
Team selection meet  
- Entries due to host by Sept  
22, 2015

Notes:  
No Changes

**Sunday**

1. 9:00am, 800 meter swim, check in 7:30am to 8:30am,
2. 9:30am, 1 mile swim, check in 7:30am to 9:00am
3. 10:30am, 2 mile swim, check in 7:30am to 9:30am

800 meter - all ages  
1 mile - 11&Over  
2 mile - 13&Over

Events will be swum combined and scored separately: Girls and boys 9-10, 11-12, 13-14 and 15&Over  
Medals awarded 1st - 3rd places

## Open Meet (October 8-9, 2016)

**Host:** LSST, MAC, SSAN/STA, PACK DADS, AMBU

**Entry rules:**

Type of Meet	Timed Finals
Entry Limits	4/day; 6 for entire meet
Swimmers eligible	Group X
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times	None
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?	Yes
Fees	Individual - \$5.75
Facility surcharge	See chart at the bottom of page

**TPC Notes:**  
- Entries due to TPC Chair  
by Sept 17, 2016  
(gulftpc@gmail.com)

**Notes:**

Changed Meet Date  
Updated host teams/sites  
Updated entry limits  
Added "beyond IMX" rule  
Changed wording for PM session start  
Re-ordered events as follows:  
--more IMX friendly for all ages  
--combines more like age groups for increased efficiency  
No New events created; no events eliminated

**PM session:** Host team will publish PM session warm-up & start times with timing/warm-up assignments on Gulf webpage.

**Order of Events:**

Saturday AM		Sunday AM	
11-12 Girls	50 Back	11-12 Girls	50 Breast
11&O Girls	200 IM	11&O Girls	200 Free
13&O Boys	200 IM	13&O Boys	200 Free
11&O Girls	100 Free	11&O Girls	100 Fly
13&O Boys	100 Free	13&O Boys	100 Fly
11&O Girls	100 Breast	11&O Girls	50 Free
13&O Boys	100 Breast	13&O Boys	50 Free
11&O Girls	200 Back	11&O Girls	200 Breast
13&O Boys	200 Back	13&O Boys	200 Breast
11-12 Girls	50 Fly	11&O Girls	100 Back
11&O Girls	500 Free	13&O Boys	100 Back
13&O Boys	500 Free	11-12 Girls	100 IM
		13&O Girls	400 IM
		13&O Boys	400 IM

  

Saturday PM		Sunday PM	
10&U Girls	50 Back	10&U Girls	50 Breast
12&U Boys	50 Back	12&U Boys	50 Breast
9-10 Girls	200 IM	9-10 Girls	200 free
9-12 Boys	200 IM	9-12 Boys	200 free
8&U Girls	25 Free	8&U Girls	25 back
8&U Boys	25 Free	8&U Boys	25 back
9-10 Girls	100 Breast	9-10 Girls	100 fly
9-12 Boys	100 Breast	9-12 Boys	100 fly
11-12 Boys	200 Fly	10&U Girls	50 free
10&U Girls	100 Free	12&U Boys	50 free
12&U Boys	100 Free	8&U Girls	25 fly
8&U Girls	25 Breast	8&U Boys	25 fly
8&U Boys	25 Breast	11-12 Boys	200 breast
11-12 Boys	200 Back	9-10 Girls	100 back
10&U Girls	50 Fly	9-12 Boys	100 Back
12&U Boys	50 Fly	10&U Girls	100 IM
9-10 Girls	500 Free	12&U Boys	100 IM
9-12 Boys	500 Free		

All events will be seeded fastest to slowest.

All 13 & Over events will be swum combined but scored separately as 13-14 and 15 & Over.  
 All 11 & Over events will be swum combined but scored separately as 11-12, 13-14, 15 & Over.  
 All 12 & Under events will be swum combined but scored separately as 11-12, 9-10, 8, 7 and 6 & Under.  
 All 10 & Under events will be swum combined but scored separately as 9-10, 8, 7 and 6 & Under.  
 All 8 & Under events will be swum combined but scored separately as 8, 7 and 6 & Under.  
 All 9-12 events will be swum combined but scored separately as 11-12 and 9-10.

\* The 400 I.M. and 500 Freestyle will be swum alternating girls and boys heats.

Facility Surcharge requirements	
8x25 Yard pool with 1 or less warm-up/warm-down lanes	\$2.00
8x25 Yard pool with 2 or more warm-up/warm-down lanes	\$3.50
meet that uses 2x25 yard pools with 8 lanes and 2 or more	\$5.00

## Senior Meet (October 15-16, 2016)

**Host: MARC**

**TPC Notes:**  
- Entries due to meet host by

No Awards	
<b>Entry rules:</b>	
Type of Meet	Timed Finals
Max # individual events per day	Five (5)
Swimmers eligible	All USA Swimming
Entry times in	LCM/SCM/SCY
Qualifying times (15 & over)	None
Qualifying times (14 & under)	15-16 USAS Motivational "AA" times
Cut-off times	None
Enter with no time?	Yes
Gulf "three event" rule applies?	Yes
Gulf "up/down" rule applies?	Yes
Gulf "beyond IMX" rule applies?	No
Fees	Individual - \$5.75
Facility surcharge	Facility Surcharge requirements listed below

Notes:

Changed meet date  
 Changed entry due date  
 Added "beyond IMX" rule  
 Added necessary breaks before distance events  
 --officials will not break unless it's specified  
 Changed order of events on Sunday  
 --helps those swimming dist free

<b>Order of Events:</b>			
<b>Saturday AM</b>		<b>Sunday AM</b>	
Senior	200 I.M.	Senior	200 Fly
Senior	50 Free	Senior	100 Free
Senior	100 Fly	Senior	200 Back
	5 min break	Senior	200 Breast
Senior	500 Free *		10 min break
		Senior	1000 Free *
<b>Saturday PM**</b>			
Senior	200 Free		
Senior	100 Back		
Senior	100 Breast		
	5 min break		
Senior	400 I.M. *		

All events will be seeded fastest to slowest.

\* The 400 I.M. and 500/1000 Freestyle will be swum fastest to slowest, alternating women's and men's heats.

\*\* Warm-up for the Saturday P.M. session will start approximately 2 hours after the conclusion of the Saturday A.M. session. The Saturday P.M. competition will begin approximately 1 hour after the start of warm-up.

<b>Facility Surcharge requirements</b>	
8x25 Yard pool with 1 or less warm-up/warm-down lanes	\$2.00
8x25 Yard pool with 2 or more warm-up/warm-down lanes	\$3.50
meet that uses 2x25 yard pools with 8 lanes and 2 or more	\$5.00

## Senior Meet (November 5-6, 2016)

**Host: PEAK**

**TPC Notes:**  
- Entries due to meet host by Oct 25, 2015

No Awards	
<b>Entry rules:</b>	
Type of Meet	Timed Finals
Max # individual events per day	Five (5)
Swimmers eligible	All USA Swimming
Entry times in	LCM/SCM/SCY
Qualifying times (15 & over)	None
Qualifying times (14 & under)	15-16 USAS Motivational "AA" times
Cut-off times	None
Enter with no time?	Yes
Gulf "three event" rule applies?	Yes
Gulf "up/down" rule applies?	Yes
Gulf "beyond IMX" rule applies?	No
Fees	Individual - \$5.75
Facility surcharge	Facility Surcharge requirements listed below

Notes:

Changed meet date  
Updated entry date  
Added "beyond IMX" rule  
Flipped Saturday sessions  
--didn't want to always swim same events at end  
Flipped days w/ 100 & 200 fly  
--potential HS invites on Saturday  
Added necessary breaks before distance events  
--officials will not break unless it's specified  
Changed order of events on Sunday from October  
--helps with those not swimming dist free or brst

**Order of Events:**

Saturday AM		Sunday AM	
Senior	200 free	Senior	200 fly
Senior	100 back	Senior	100 Free
Senior	100 breast	Senior	200 breast
	5 min break	Senior	200 back
Senior	400 IM*		10 min break
		Senior	1650 Free *
Saturday PM**			
Senior	200 IM		
Senior	50 free		
Senior	100 fly		
	5 min break		
Senior	500 free*		

All events will be seeded fastest to slowest.

\* The 400 I.M. and 500/1650 Freestyle will be swum fastest to slowest, alternating women's and men's heats.

\*\* Warm-up for the Saturday P.M. session will start approximately 2 hours after the conclusion of the Saturday A.M. session. The Saturday P.M. competition will begin approximately 1 hour after the start of warm-up.

Facility Surcharge requirements	
8x25 Yard pool with 1 or less warm-up/warm-down lanes	\$2.00
8x25 Yard pool with 2 or more warm-up/warm-down lanes	\$3.50
meet that uses 2x25 yard pools with 8 lanes and 2 or more warm-up/warm-down lanes	\$5.00

## Open Meet (November 12-13, 2016)

**Hosts:** LSST, SSAN/STA, MAC, SPA, KATY, SHRK

**Entry rules:**

Type of Meet	Timed Finals	
Max # individual events per day	4/day; 6 for entire meet	
Swimmers eligible	Group X	
Entry times in	SCY/SCM/LCM	
Qualifying times	None	<b>TPC Notes:</b> - Entries due to TPC Chair by Oct 22, 2015 (gulftpc@gmail.com)
Cut-off times	None	
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?	Yes	
Fees	Individual - \$5.75	
Facility surcharge	Facility Surcharge requirements listed below	

**Notes:**

Updated meet date, hosts  
 Updated entry deadline  
 Changed Entry limits  
 Added "beyond IMX" rule  
 Changed wording for PM session start  
 Adopted October Order of events  
 --flipped sat/sun events from October, still offer 1000 freestyle for 13&O  
 Changed 400IM/1000 free to "Mixed" for increased efficiency

**PM session:** Host team will publish PM session warm-up & start times with timing/warm-up assignments on Gulf webpage.

**Order of Events:**

Saturday AM		Sunday AM	
13&O Mixed	400 IM	11-12 Girls	50 Back
11-12 Girls	50 Breast	11&O Girls	200 IM
11&O Girls	200 Free	13&O Boys	200 IM
13&O Boys	200 Free	11&O Girls	100 Free
11&O Girls	100 Fly	13&O Boys	100 Free
13&O Boys	100 Fly	11&O Girls	100 Breast
11&O Girls	50 Free	13&O Boys	100 Breast
13&O Boys	50 Free	11&O Girls	200 Back
11&O Girls	200 Breast	13&O Boys	200 Back
13&O Boys	200 Breast	11-12 Girls	50 Fly
11&O Girls	100 Back	11&O Girls	500 Free
13&O Boys	100 Back	13&O Boys	500 Free
11-12 Girls	100 IM		
13&O Mixed	1000 Free		

Saturday PM		Sunday PM	
10&U Girls	50 Breast	10&U Girls	50 Back
12&U Boys	50 Breast	12&U Boys	50 Back
9-10 Girls	200 free	9-10 Girls	200 IM
9-12 Boys	200 free	9-12 Boys	200 IM
8&U Girls	25 back	8&U Girls	25 Free
8&U Boys	25 back	8&U Boys	25 Free
9-10 Girls	100 fly	9-10 Girls	100 Breast
9-12 Boys	100 fly	9-12 Boys	100 Breast
10&U Girls	50 free	11-12 Boys	200 Fly
12&U Boys	50 free	10&U Girls	100 Free
8&U Girls	25 fly	12&U Boys	100 Free
8&U Boys	25 fly	8&U Girls	25 Breast
11-12 Boys	200 breast	8&U Boys	25 Breast
9-10 Girls	100 back	11-12 Boys	200 Back
9-12 Boys	100 Back	10&U Girls	50 Fly
10&U Girls	100 IM	12&U Boys	50 Fly
12&U Boys	100 IM	9-10 Girls	500 Free
		9-12 Boys	500 Free

All events will be seeded fastest to slowest.

All 13 & Over events will be swum combined but scored separately as 13-14 and 15 & Over.  
 All 11 & Over events will be swum combined but scored separately as 11-12, 13-14, 15 & Over.  
 All 12 & Under events will be swum combined but scored separately as 11-12, 9-10, 8, 7 and 6 & Under.  
 All 10 & Under events will be swum combined but scored separately as 9-10, 8, 7 and 6 & Under.  
 All 8 & Under events will be swum combined but scored separately as 8, 7 and 6 & Under.  
 All 9-12 events will be swum combined but scored separately as 11-12 and 9-10.

\* The 500 Freestyle will be swum alternating girls and boys heats.

Facility Surcharge requirements	
8x25 Yard pool with 1 or less warm-up/warm-down lanes	\$2.00
8x25 Yard pool with 2 or more warm-up/warm-down lanes	\$3.50
meet that uses 2x25 yard pools with 8 lanes and 2 or more warm-up/warm-down lanes	\$5.00

# Southern Senior Champs (Dec. 1-4, 2016)

**Host: TWST**

**Entry rules:**

Type of Meet	Prelim/Final A,B,C,D
Max # individual events per day	Three (3)
Swimmers eligible	All USA Swimming
Entry time in	Any - Seeded per National Rules
Qualifying times	Swimmers must have two (2) Southern Senior Champs QT or more to enter this meet; may enter any event if qualified for this meet.
Cut-off times	None
Enter with no time?	Yes
Gulf "three event" rule applies?	Yes
Gulf "up/down" rule applies?	Yes
Gulf "beyond IMX" rule applies?	Does not apply
Fees	Individual - \$9:00; Relays - \$16.50
Facility surcharge	\$5/swimmer

Notes

- Updated Meet dates
- Added "beyond IMX" rule
- Updated entry due date
- Need 2QT to enter meet
- Moved 1000 free & 200 relays to Thursday night

**Order of Events:**

<b>Thursday</b>		<b>Friday</b>	
Senior	200 Medley Relay^	Senior	100 Breast
Senior	1000 Free#	Senior	200 Free
Senior	200 Free Relay^	Senior	100 Fly
		Senior	400 I.M.
		Senior	400 Free Relay**
<b>Saturday</b>		<b>Sunday</b>	
Senior	200 Fly	Senior	100 Free
Senior	50 Free	Senior	1650 Free*
Senior	200 Breast	Senior	200 Back
Senior	100 Back	Senior	200 I.M.
Senior	500 Free	Senior	400 Medley Relay**
Senior	800 Free Relay**		

**TPC Notes:**

- last team to make 175 swimmers from outside the LSC will be allowed.
- Entries due to host by Nov 20, 2016

All Prelim events will be seeded fastest to slowest.

^200 free & 200 medley relays will be timed finals, swum fastest to slowest.

#1000 freestyle will be timed finals, swum fastest to slowest.

\*1650 Freestyle check-in: swimmers may elect to swim the event during prelims. The fastest 8 girls and the fastest 8 boys who check-in for each event, and who do not elect to swim in prelims, will swim during finals. All other heats of the 1650 will be swum as the last heats in Prelims, fastest to slowest.

\*\* Fastest 16 relays that do not elect to swim in Prelims will swim in Finals. Relay heats will swim slowest to fastest and in event order.

Facility Surcharge requirements	
3x25 Yard pool with 1 or less warm-up/warm-down lane	\$2.00
2x25 Yard pool with 2 or more warm-up/warm-down lane	\$3.50
meet that uses 2x25 yard pools with 8 lanes and 2 or more	\$5.00

## Gulf Senior Champs (Dec 2-4, 2016)

**Host: MARC**

### Entry rules:

Type of Meet	Prelim / A, B, C Finals (Sat/Sun)
Max # individual events per day	Three (3)
Swimmers eligible	Gulf Only, 15&O
Entry times in	SCY/SCM/LCM
Qualifying times (15 & over)	None
Cut-off times:	Swimmers with one (1) or fewer Southern Senior Champs QT may enter this meet; may enter any event if qualified for this meet.
Enter with no time?	No
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 - \$9.00; Relays - \$16.50
Facility surcharge	\$3.50/swimmer

### TPC Notes:

- 2nd Sr. Champs meet
- Entries due to host by Nov 22, 2016

### Notes:

- Changed Meet dates, host team
- Removed 500 freestyle A standard
- Meet format changed back to 3 full days per TPC vote 6/8
- Added "beyond IMX" rule - Does not apply
- Added 50's non-free
- Only offering ABC finals, per TPC vote 6/8
- 50's inserted - need discussion on order

### Order of Events:

Friday	Saturday	Sunday
15&O 100 Breast	15&O 200 Fly	15&O 100 Free
15&O 200 Free	15&O 50 Free	15&O 50 Breast
15&O 50 Back	15&O 200 Breast	15&O 1650 Free
15&O 100 Fly	15&O 100 Back	15&O 200 Back
15&O 400 IM	15&O 500 Free	15&O 50 Fly
15&O 400 Free Relay	15&O 800 Free Relay	15&O 200 IM
15&O 1000 Free		15&O 400 Med Relay

Friday Events are timed finals, 4:30pm warm-up; 5:30pm start  
 Saturday & Sunday events are prelim/final format.

All Prelim events will be seeded fastest to slowest.

\* For the 1000 and 1650 Freestyle check-in, swimmers may elect to swim the event during prelims. The fastest 8 girls and the fastest 8 boys who check-in for each event, and who do not elect to swim in prelims, will swim during finals. All other heats of the 1000/1650 will be swum as the last heats in Prelims, fastest to slowest alternating girls and boys.

\*\* Fastest 16 relays that do not elect to swim in Prelims will swim in Finals. Relay heats will swim slowest to fastest and in event order.

## Fall Champs ( Dec. 9-11, 2016)

**Hosts: LSST, HCAP, PACK, CFSC, SSAN**

**Gulf Swimming custom medals will be awarded.**

**Entry rules:**

Type of Meet	Timed Finals
Max # individual events per day	4/day; 7 for entire meet
Swimmers eligible	Group X
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times	14 & Under - Gulf Champs times
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; Relays - \$9.50
Facility surcharge	Facility Surcharge requirements listed below

**TPC Notes:**

**- Entries due to TPC Chair by Nov 14, 2015 (gulftpc@gmail.com)**

**Notes:**

Updated meet date, hosts  
 Updated entry deadline  
 Changed Entry limits  
 Added "beyond IMX" rule  
 Changed wording for PM session start  
 Changed 1650 free to 1000 free  
 --not enough participation, more appropriate for this level  
 Added 5 min break after each relay  
 --quick turn around, kids are always missing events  
 Changed 13-14 1000 to mixed 1000 - saves time in 1 pool

**Order of Events:**

**Friday**

9-14                      500 Free\*

**Saturday            AM**

11-14 Girls            200 Medley Relay \*\*

13-14 Boys            200 Medley Relay \*\*

5 min break

11-14 Girls            200 Free

13-14 Boys            200 Free

11-14 Girls            100 Breast

12-Over Boys        100 Breast

11-14 Girls            50 Free

13-14 Boys            50 Free

11-14 Girls            200 Back

13-14 Boys            200 Back

11-14 Girls            100 Fly

13-14 Boys            100 Fly

11-12 Girls            50 Back

11-12 Girls            100 I.M.

13-14 Girls            400 I.M.\*

13-14 Boys            400 I.M.\*

**Sunday**

11-14 Girls            200 Free Relay \*\*

13-14 Boys            200 Free Relay \*\*

5 min break

11-14 Girls            200 I.M.

13-14 Boys            200 I.M.

11-14 Girls            200 Breast

13-14 Boys            200 Breast

11-12 Girls            50 Fly

11-14 Girls            100 Free

13-14 Boys            100 Free

11-14 Girls            100 Back

13-14 Boys            100 Back

11-14 Girls            100 Back

13-14 Boys            100 Back

11-14 Girls            200 Fly

13-14 Boys            200 Fly

11-12 Girls            50 Breast

13-14 Mixed            1000 Free\*

**Saturday            PM**

9-10 Girls            200 Medley Relay \*\*

9-12 Boys            200 Medley Relay \*\*

5 min break

9-10 Girls            200 Free

9-12 Boys            200 Free

9-10 Girls            100 Breast

9-12 Boys            100 Breast

9-10 Girls            50 Free

9-12 Boys            50 Free

9-10 Girls            50 Back

9-12 Boys            50 Back

9-10 Girls            100 Fly

9-12 Boys            100 Fly

9-10 Girls            200 I.M.

9-12 Boys            200 I.M.

11-12 Boys            200 Back

**Sunday**

9-10 Girls            200 Free Relay \*\*

9-12 Boys            200 Free Relay \*\*

5 min break

9-10 Girls            100 I.M.

9-12 Boys            100 I.M.

11-12 Girls            200 Breast

9-10 Girls            50 Fly

9-12 Boys            50 Fly

9-10 Girls            100 Free

9-12 Boys            100 Free

9-10 Girls            100 Back

9-12 Boys            100 Back

9-10 Girls            100 Back

9-12 Boys            100 Back

9-10 Girls            50 Breast

9-12 Boys            50 Breast

11-12 Boys            200 Fly

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

All events will be seeded fastest to slowest.

\* The 400 I.M. and 500 Free will be swum fastest to slowest, alternating girls and boys heats.

All relays will be entered in the meet as 9-10, 11-12 and 13-14 age groups. Once entered, relays will be seeded combined but scored separately.

Facility Surcharge requirements	
8x25 Yard pool with 1 or less warm-up/warm-down lanes	\$2.00
8x25 Yard pool with 2 or more warm-up/warm-down lanes	\$3.50
meet that uses 2x25 yard pools with 8 lanes and 2 or more warm-up/warm-down lanes	\$5.00



## Gulf Age Group Champs (December 16-18, 2016)

**Host:** AGS

**Gulf Swimming custom medals will be awarded.**

<b>Entry rules:</b>	
Type of Meet	Prelim/Finals A,B (for 11-12 & 13-14) Prelim/Finals A only (for 10 & under)
Max # individual events per day	Three (3)
Swimmers eligible	Gulf Only
Entry time in	Any
Qualifying times	Gulf AG Champs times
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/swimmer

**Notes**

Changed meet date  
 Added Beyond IMX rule  
 Flipped days for 13-14 500/1000 free  
 --13-14 500 free is now timed finals  
 --not practical for P/F 200 & 500 free on same day  
 --only 1 other Gulf meet has 500 P/F  
 Separated 10&U into own session  
 --reduces number of athletes in morning session  
 --increased safety, more efficient meet  
 Events separated by age, no combined events  
 Separated age groups in prelims in order to separate age groups in finals

**10&U Session:**

TPC Chair, AG Chair, Meet director, Meet referee, and athlete rep may elect to run this session in 2-pools and declare when to take necessary breaks, if the session is deemed too big and/or runs too long in 1-pool

**Order of Events:**

**Friday PM**

Fri Timed Finals

13-14 400 IM  
 11-12 500 free  
 10&U 500 free  
 13-14 500 free

Move start up to 6:00pm  
 Staggered circle-in  
 Events 1-4 close 5:15pm  
 Events 5-8 close 6:00pm

**Saturday**

Saturday AM Prelims

11-12 100 IM  
 13-14 200 breast  
 11-12 200 breast  
 13-14 200 back  
 11-12 100 back  
 13-14 50 free  
 11-12 50 free  
 13-14 100 fly  
 11-12 100 fly  
 13-14 200 free  
 11-12 200 free  
 11-12 50 breast  
 13-14 400 Med Rel  
 11-12 400 Med Rel  
 13-14 1000 free#

Sat PM Prelims

10&U 200 Free Relay  
 10&U 100 IM  
 10&U 50 breast  
 10&U 100 back  
 10&U 50 free  
 10&U 100 fly  
 10&U 200 free

Sat Finals

13-14 1000 free#  
 11-12 100 IM  
 10&U 100 IM  
 13-14 200 breast  
 11-12 200 breast\*  
 10&U 50 breast  
 13-14 200 back  
 11-12 100 back  
 10&U 100 back  
 13-14 50 free  
 11-12 50 free  
 10&U 50 free  
 13-14 100 fly  
 11-12 100 fly  
 10&U 100 fly  
 13-14 200 free  
 11-12 200 free  
 10&U 200 free  
 11-12 50 breast

**Sunday**

Sunday AM Prelims

11-12 50 back  
 11-12 200 fly  
 13-14 200 fly  
 11-12 100 free  
 13-14 100 free  
 11-12 100 breast  
 13-14 100 breast  
 11-12 200 back  
 13-14 100 back  
 11-12 200 IM  
 13-14 200 IM  
 11-12 50 fly  
 13-14 400 Free Rel  
 11-12 400 Free Rel  
 13-14 1650 free#

Sun PM Prelims

10&U 200 Medley Relay  
 10&U 50 fly  
 10&U 100 Free  
 10&U 100 breast  
 10&U 50 back  
 10&U 200 IM

Sun Finals

13-14 1650 free#  
 11-12 50 back  
 10&U 50 fly  
 11-12 200 fly\*  
 13-14 200 fly  
 10&U 100 free  
 11-12 100 free  
 13-14 100 free  
 10&U 100 breast  
 11-12 100 breast  
 13-14 100 breast  
 10&U 50 back  
 11-12 200 back  
 13-14 100 back  
 10&U 200 IM  
 11-12 200 IM  
 13-14 200 IM  
 11-12 50 fly

Friday PM warm-up starts 4:30; session starts 6:00pm  
 Sat/Sun AM warm-up starts 8:00am; session starts 9:00am  
 Sat/Sun PM session starts: Not before 1:15pm  
 Finals Warm-up starts Not before 4:00pm; Session starts not before 5pm  
 Sat/Sun Warm-up & Session start times for the PM Prelims & evening finals can be pushed back to a later time with approval from:  
 TPC Chair, AG Chair, Meet Director, Meet referee, athlete rep.

approval from the following individuals:

**TPC Notes:**

**-Finals begins at 5pm**  
**-waive on deck fee for cuts made the weekend before Gulf Champs - new cuts must be submitted to meet management by 6pm the Monday after Fall Champs**  
**-60 sec. Int. between events for finals no parade name swimmers once they are in the water.**  
**-1000/1650 will be swum in 2 pools boys in one and girls in the other for finals**  
**- New cuts were made for this meet for 2016**  
**- Entries due to host by Dec 12, 2016**

All preliminary events 200 & shorter will be seeded fastest to slowest, utilizing two pools, one for odd heats, and one for even heats.

\* The 400 I.M. and 500/1000/1650 Free will be swum with boys & girls in separate pools

\*\* For the 13-14 1000/1650 Freestyle check-in, swimmers may elect to swim the event during prelims. The fastest 8 girls and the fastest 8 boys who check-in for each event, and who do not elect to swim in prelims, will swim during finals. All other 1000/1650 heats will be swum as the last heats in Prelims.

## 8 & Under Gulf Champs (December 17, 2016)

**Hosts: BTA, PFL, COOG**

**Gulf Swimming custom medals will be awarded.**

**Entry rules:**

Type of Meet	Timed Finals	<b>TPC Notes:</b> - Entries due to TPC Chair by Nov 19, 2016 (gulftpc@gmail.com)
Max # individual events per day	Four (4)	
Swimmers eligible	Group X	
Entry times in	SCY/SCM/LCM	
Qualifying times	None	
Cut-off times	None	
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; Relays - \$9.50	
Facility surcharge	Facility Surcharge requirements listed below	

**Notes:**

- Updated hosts/meet date
- Changed entry deadline
- Added "beyond IMX" rule
- Moved Medley Relay to beginning
- Moved Free Relay to middle
- easier to stage medley at beginning of meet
- 20 min break between warm-up and start of meet
- 5 min break before free relay

**Order of Events:**

**Saturday**

8 & Under	100 Medley Relay
8 & Under	100 Free
8 & Under	25 Back
8 & Under	50 Fly
8 & Under	25 Free
8 & Under	50 Breast
5 min break	
8 & Under	100 Free Relay
8 & Under	50 Back
8 & Under	25 Fly
8 & Under	50 Free
8 & Under	25 Breast
8 & Under	100 I.M.

All events will be seeded fastest to slowest.

All individual 8 & under events will be swum combined but scored separately as 6 & under, 7, and 8.

All relays are 8 & under events.

<b>Facility Surcharge requirements</b>	
8x25 Yard pool with 1 or less warm-up/warm-down lanes	\$2.00
8x25 Yard pool with 2 or more warm-up/warm-down lanes	\$3.50
meet that uses 2x25 yard pools with 8 lanes and 2 or more	\$5.00

## Open Meet (January 7-8, 2017)

**Hosts: LSST, NOCH, PLAT, STA**

**Entry rules:**

Type of Meet	Timed Finals
Max # individual events per day	4/day; 6 for entire meet
Swimmers eligible	Group X
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times	None
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?	Yes
Fees	Individual - \$5.75
Facility surcharge	Facility Surcharge requirements listed below

**TPC Notes:**  
**-Entries due to TPC Chair by Dec. 20, 2016**  
 (gulftpc@gmail.com)

Notes:  
 Updated meet date, hosts  
 Updated entry deadline  
 Changed Entry limits  
 Added "beyond IMX" rule  
 Changed wording for PM session start  
 Changed entry deadline to Tuesday after AG Champs

**PM session:** Host team will publish PM session warm-up & start times with timing/warm-up assignments on Gulf webpage.

**Order of Events:**

Saturday AM		Sunday AM	
11&Over Girls	100 Back	11&Over Girls	100 Breast
13&Over Boys	100 Back	13&Over Boys	100 Breast
11-12 Girls	50 Fly	11&Over Girls	50 Free
11&Over Girls	200 Breast	13&Over Boys	50 Free
13&Over Boys	200 Breast	11-12 Girls	200 I.M.
13&Over Girls	100 Free	11&Over Girls	200 Fly
13&Over Boys	100 Free	13&Over Boys	200 Fly
11-12 Girls	200 Back	11-12 Girls	100 Free
11&Over Girls	100 Fly	11&Over Girls	200 Back
13&Over Boys	100 Fly	13&Over Boys	200 Back
11-12 Girls	50 Back	11-12 Girls	50 Breast
13&Over Girls	200 I.M.	11&Over Girls	200 Free
13&Over Boys	200 I.M.	13&Over Boys	200 Free
11-12 Girls	100 I.M.	13&Over Girls	400 I.M.*
11&Over Girls	500 Free*	13&Over Boys	400 I.M.*
13&Over Boys	500 Free*	11&Over Girls	1000 Free*
11&Over Girls	1650 Free*	13&Over Boys	1000 Free*
13&Over Boys	1650 Free*		

Saturday PM		Sunday PM	
9-10 Girls	100 Back	9-10 Girls	100 Breast
9-12 Boys	100 Back	9-12 Boys	100 Breast
10&Under Girls	50 Fly	8&Under Girls	25 Fly
12&Under Boys	50 Fly	8&Under Boys	25 Fly
11-12 Boys	200 Breast	11-12 Boys	200 Fly
8&Under Girls	25 Back	10&Under Girls	100 Free
8&Under Boys	25 Back	12&Under Boys	100 Free
10&Under Girls	50 Free	10&Under Girls	200 I.M.
12&Under Boys	50 Free	12&Under Boys	200 I.M.
9-10 Girls	100 Fly	11-12 Boys	200 Back
9-12 Boys	100 Fly	8&Under Girls	25 Free
10&Under Girls	50 Back	8&Under Boys	25 Free
12&Under Boys	50 Back	10&Under Girls	50 Breast
9-10 Girls	100 I.M.	12&Under Boys	50 Breast
9-12 Boys	100 I.M.	11-12 Boys	200 Free
8&Under Girls	25 Breast	9-10 Girls	500 Free*
8&Under Boys	25 Breast	9-10 Boys	500 Free*
11-12 Boys	500 Free	11-12 Boys	1000 Free*
9-10 Girls	200 Free		
9-10 Boys	200 Free		
11-12 Boys	1650 Free*		

All events will be seeded fastest to slowest.

All 13 & Over events will be swum combined but scored separately as 13-14 and 15 & Over.  
 All 11 & Over events will be swum combined but scored separately as 11-12, 13-14, 15 & Over.  
 All 12 & Under events will be swum combined but scored separately as 11-12, 9-10, 8, 7 and 6 & Under.  
 All 10 & Under events will be swum combined but scored separately as 9-10, 8, 7 and 6 & Under.  
 All 8 & Under events will be swum combined but scored separately as 8, 7 and 6 & Under.  
 All 9-12 events will be swum combined but scored separately as 11-12 and 9-10.

\* The 400 I.M., 500, 1000, and 1650 Freestyle will be swum alternating girls and boys heats.

Facility Surcharge requirements	
8x25 Yard pool with 1 or less warm-up/warm-down lanes	\$2.00
8x25 Yard pool with 2 or more warm-up/warm-down lanes	\$3.50
meet that uses 2x25 yard pools with 8 lanes and 2 or more warm-up/warm-down lanes	\$5.00

## 11 & Over Prelim/Final (February 10-12, 2017)

**Hosts: NOCH**

Gulf Swimming custom medals will be awarded.	
<b>Entry rules:</b>	
Type of Meet	15&O Prelim/Final A,B 14&U Prelim/Final A,B,C
Max # individual events per day	Three (3)
Swimmers eligible	All USA Swim Teams Gulf Teams given priority
Entry times in	SCY/SCM/LCM
Qualifying times	Must have 13-14 BB for all ages time to swim the 1000 and/or the 1650 All other events are open for 13&O 11-12 Must have 3 AA times to enter
Cut-off times	None
Enter with no time?	Yes
Gulf "three event" rule applies?	For 11-12 must have 3 AA times
Gulf "up/down" rule applies?	Does not apply
Gulf "beyond IMX" rule applies?	Does not apply
Fees	Individual - \$5.75; Relays - \$9.50
Facility surcharge	\$3.50/swimmer

Notes:  
 Changed meet host/date  
 Added IMX rule - Does not apply  
 Needs new name

<b>Order of Events:</b>		<b>TPC Notes:</b> - Entries due to host team Jan 30, 2017	
<b>Friday</b>			
11&Over Girls	400 I.M.		
11&Over Boys	400 I.M.		
11&Over Girls	500 Free		
11&Over Boys	500 Free		
<b>Saturday</b>		<b>Sunday</b>	
11&Over Girls	200 Fly	11&Over Girls	200 Back
11&Over Boys	200 Fly	11&Over Boys	200 Back
11&Over Girls	50 Free	11&Over Girls	200 Breast
11&Over Boys	50 Free	11&Over Boys	200 Breast
11&Over Girls	1000 Free	11&Over Girls	1650 Free
11&Over Boys	1000 Free	11&Over Boys	1650 Free
11&Over Girls	50 Fly	11&Over Girls	50 Breast
11&Over Boys	50 Fly	11&Over Boys	50 Breast
11&Over Girls	100 Back	11&Over Girls	100 Free
11&Over Boys	100 Back	11&Over Boys	100 Free
11&Over Girls	100 Breast	11&Over Girls	200 I.M.
11&Over Boys	100 Breast	11&Over Boys	200 I.M.
11&Over Girls	50 Back	11&Over Girls	100 Fly
11&Over Boys	50 Back	11&Over Boys	100 Fly
11&Over Girls	200 Free	11&Over Girls	400 F.R.
11&Over Boys	200 Free	11&Over Boys	400 F.R.
11&Over Girls	400 M.R.		
11&Over Boys	400 M.R.		

All events 400 and over are timed finals and need to have positive check in, swimmers swimming the 1000 and 1650 need to note A.M. or P.M. as the top 8 boys and girls will swim in finals. As well as all relays as the top 8 will swim in finals

The 400 I.M. and the 500 Free Check-In deadline is 45 min. before the start of the meet  
 The 1000 and the 1650 and all relays need to have Check-In done by 10:00 A.M.

All events 400 and over swimmers will need to provide 2 timers and a lap counter if needed

The 1000 and the 1650 will be swum at the end of prelims after the relays.

Warm-ups for finals will begin approximately 3 hours after the conclusion of the last relay of the morning session, but not before 4:30. Finals are to start approximately 1 hour after the start of warm-ups

All Relays are 11 and over events not split by age group  
 All other events will be scored 14&Under and 15 and over

All Preliminary events will be seeded fastest to slowest including relays

Finals will be swum in the event order

# Short Course Champs I (February 11, 2017)

**Hosts: COOG, SHRK, ESA**

**Gulf Swimming custom medals will be awarded.**

**Entry rules:**

Type of Meet	Timed Finals
Max # individual events per day	Five (5)
Swimmers eligible	Gulf Only - Group X
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times	None
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; Relays - \$9.50
Facility surcharge	Facility Surcharge requirements listed below

Notes:  
 Updated meet date, hosts  
 Updated entry deadline  
 Added "beyond IMX" rule  
 Made same changes as to 8&U Champs

**Order of Events:**

**Saturday**

8 & Under	100 Medley Relay
8 & Under	100 Free
8 & Under	25 Back
8 & Under	50 Fly
8 & Under	25 Free
8 & Under	50 Breast
5 min break	
8 & Under	100 Free Relay
8 & Under	50 Back
8 & Under	25 Fly
8 & Under	50 Free
8 & Under	25 Breast
8 & Under	100 I.M.

**TPC Notes:**

- replaced format with December 8&U Gulf Champs format  
 - Can enter with NT and score  
 - Entries due to TPC Chair by Jan 22, 2016 (gulftpc@gmail.com)

All events will be seeded fastest to slowest.

All individual 8 & under events will be swum combined but scored separately as 6 & under, 7, and 8.

All relays are 8 & under events.

Facility Surcharge requirements	
8x25 Yard pool with 1 or less warm-up/warm-down lanes	\$2.00
8x25 Yard pool with 2 or more warm-up/warm-down lanes	\$3.50
meet that uses 2x25 yard pools with 8 lanes and 2 or more	\$5.00

## Short Course Champs II ( Feb. 19-21, 2017)

**Hosts: LSST, MAC, PACK, NOCH, KATY, DADS**

**TPC Notes:**  
 - Entries due to TPC  
 Chair by Jan 28, 2017  
 (gulftpc@gmail.com)

**Gulf Swimming custom medals will be awarded.**

**Entry rules:**

Type of Meet	Timed Finals
Max # individual events per day	4/day; 7/meet
Swimmers eligible	Group X
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times	None
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; Relays - \$9.50
Facility surcharge	Facility Surcharge requirements listed below

**Notes:**

Updated meet date, hosts  
 Updated entry deadline  
 Changed Entry limits  
 Added "beyond IMX" rule  
 Changed wording for PM session start  
 Changed 1650 free to 1000 free  
 --not enough participation, more appropriate for this level  
 Added 5 min break after each relay  
 --quick turn around, kids are always missing events  
 Fixed Cut-Off times  
 Changed 1000 free to Mixed - saves time with 1 pool

**PM session:** Host team will publish PM session warm-up & start times with timing/warm-up assignments on Gulf webpage.

**Order of Events:**

**Friday**

9-14 500 Free\*

**Saturday AM**

11-14 Girls 200 Medley Relay \*\*

13-14 Boys 200 Medley Relay \*\*

5 min break

11-14 Girls 200 Free

13-14 Boys 200 Free

11-14 Girls 100 Breast

12-Over Boys 100 Breast

11-14 Girls 50 Free

13-14 Boys 50 Free

11-14 Girls 200 Back

13-14 Boys 200 Back

11-14 Girls 100 Fly

13-14 Boys 100 Fly

11-12 Girls 50 Back

11-12 Girls 100 I.M.

13-14 Girls 400 I.M.\*

13-14 Boys 400 I.M.\*

**Sunday AM**

11-14 Girls 200 Free Relay \*\*

13-14 Boys 200 Free Relay \*\*

5 min break

11-14 Girls 200 I.M.

13-14 Boys 200 I.M.

11-14 Girls 200 Breast

13-14 Boys 200 Breast

11-12 Girls 50 Fly

11-14 Girls 100 Free

13-14 Boys 100 Free

11-14 Girls 100 Back

13-14 Boys 100 Back

11-14 Girls 200 Fly

13-14 Boys 200 Fly

11-12 Girls 50 Breast

13-14 Mixed 1000 Free\*

**Saturday PM**

9-10 Girls 200 Medley Relay \*\*

9-12 Boys 200 Medley Relay \*\*

5 min break

9-10 Girls 200 Free

9-12 Boys 200 Free

9-10 Girls 100 Breast

9-12 Boys 100 Breast

9-10 Girls 50 Free

9-12 Boys 50 Free

9-10 Girls 50 Back

9-12 Boys 50 Back

9-10 Girls 100 Fly

9-12 Boys 100 Fly

9-10 Girls 200 I.M.

9-12 Boys 200 I.M.

11-12 Boys 200 Back

**Sunday PM**

9-10 Girls 200 Free Relay \*\*

9-12 Boys 200 Free Relay \*\*

5 min break

9-10 Girls 100 I.M.

9-12 Boys 100 I.M.

11-12 Girls 200 Breast

9-10 Girls 50 Fly

9-12 Boys 50 Fly

9-10 Girls 100 Free

9-12 Boys 100 Free

9-10 Girls 100 Back

9-12 Boys 100 Back

9-10 Girls 50 Breast

9-12 Boys 50 Breast

11-12 Boys 200 Fly

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

All events will be seeded fastest to slowest.

\* The 400 I.M. and 500 Free will be swum fastest to slowest, alternating girls and boys heats.

All relays will be entered in the meet as 9-10, 11-12 and 13-14 age groups. Once entered, relays will be seeded combined but scored separately.

Facility Surcharge requirements	
8x25 Yard pool with 1 or less warm-up/warm-down lanes	\$2.00
8x25 Yard pool with 2 or more warm-up/warm-down lanes	\$3.50
meet that uses 2x25 yard pools with 8 lanes and 2 or more warm-up/warm-down lanes	\$5.00

## Short Course Champs III (Feb 24-26, 2017)

**Host: TWST, ECS**

### Entry rules:

Type of Meet	Prelim / A, B, C Finals
Max # individual events per day	Three (3)
Swimmers eligible	Gulf Only
Entry times in	SCY/SCM/LCM
Qualifying times (15 & over)	None
Special Rules (13-14)	Must have 3 or more A times to enter (Elite Meet)
Cut-off times	None
Enter with no time?	No
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 - \$7.50; Relays - \$16.50
Facility surcharge	\$5/swimmer

### Notes

Updated meet date, hosts  
 Updated entry deadline  
 Added "beyond IMX" rule  
 Added 50's non-free on Friday  
 --need to space out 400 IM/500 free

### Order of Events:

Friday - 13&Over	Saturday - 13&Over	Sunday - 13&Over
400 I.M.*	1000 Free**	1650 Free**
50 Fly	200 Fly	100 Back
50 Back	50 Free	200 Breast
50 Breast	200 Back	100 Free
500 Free*	100 Breast	200 I.M.
	200 Free	100 Fly
	400 Medley Relay	400 Free Relay

### TPC Notes:

-No parade keep finals interval at 60 sec.  
 finals need to start no later than 5:30, if host teams wants to and they make sure and post it they can start earlier  
 -1650 and 1000 events will be swum in two pools for the finals  
 - Entries due to TPC by Feb 4, 2017

All preliminary events will be seeded fastest to slowest.

All 13 & over events will be swum combined but scored separately as 13-14 and 15 & over.

\* The 400 I.M. and 500 Free will be swum as timed finals events, fastest to slowest, alternating girls & boys heats.

\*\* For the 1000 and 1650 Freestyle check-in, swimmers may elect to swim the event during prelims. The fastest 8 girls or the fastest 8 boys who check-in for each event, and who do not elect to swim in prelims, will swim during finals. All other heats of the 1000/1650 free will be swum fastest to slowest after the relay events.

All relays swim in prelims.