



**Gulf Swimming, Inc.
Gulf Swimming Board of Directors Meeting
January 11, 2012**

Reminder Next **Board of Directors** Meeting
Wednesday April 25, 2012 7:30 PM

Reminder Next **House of Delegates** Meeting
Wednesday May 16, 2012 8:00 PM

Herb Schwab, General Chairman, called the Gulf Swimming Board of Directors meeting to order at 7:30 PM in the DADS Club meeting room 1006 Voss Rd. Houston, TX. 77055.

The following board members were present:

Herb Schwab	Henry Clark	Linda Brenneke	Tom Hasz
Clayton Cagle	Jennie Shamburger	Ron Lusk	Annette Leach
Chris Day	Rick Tobin	Matt Wagner	Natalie Nation
Thomas Norman	Allison Beebe	Seth Huston	Gilbert Legaspi
Rick Kehlenbach	Travis Sandifer	Matt Sale	

It was moved, seconded, and passed to approve the November 2, 2011 Board of Directors Meeting minutes as posted.

OFFICER REPORTS

GENERAL CHAIRMAN

Herb Schwab

Tim Bauer, chairman of the Competition Task Force. will present the report on the groups' proposed actions and modifications to the 2012-2013 schedule.

Thanks to Pat Hogan of USAS for all his help looking at retention rates and meets.

ADMINISTRATIVE VICE CHAIRMAN

Henry Clark

Henry presented a report on the USAS growth and the Gulf growth from 2002-2010 showing that USAS has had a 26% increase in that time frame while Gulf Swimming has experienced a 47% growth with a 60% retention rate.

SECRETARY

Linda Brenneke

No report given due to time constraints

TREASURER

Tom Hasz

No report given due to time constraints

**SENIOR VICE
CHAIRMAN**

Clayton Cagle

Clayton made a motion to increase the amount of swimmer reimbursement for the 18 and under non-collegiate swimmers competing in Olympic Trials. A friendly amendment was made to pay 100% of bona-fide expenses with receipts, or a max of \$1750 and increase the hotel per diem to \$140. The amended motion was seconded and passed.

**AGE GROUP
VICE CHAIRMAN**

Jennie Shamburger

No report given due to time constraints

**TECHNICAL COMMITTEE
CHAIRMAN**

Ron Lusk

See attached reports from January 4, 2012 Technical Planning meeting.

**ATHLETE REGISTRATION
COORDINATOR**

Annette Leach

No report given due to time constraints

**NON-ATHLETE REGISTRATION
COORDINATOR**

Chris Day

No report given due to time constraints

OFFICIALS CHAIRMAN

Rick Tobin

No report given due to time constraints

SAFETY COORDINATOR

Matt Wagner

No report given due to time constraints

**PAST GENERAL
CHAIRMAN**

Jay Cookingham

Not present, no report

ATHLETE REPRESENTATIVES

Natalie Nation

No report given due to time constraints

Thomas Norman

No report given due to time constraints

COACH REPRESENTATIVE

Allison Beebe

No report given due to time constraints

SANCTION COORDINATOR

Linda Brenneke No report given due to time constraints

NTV COORDINATOR

Rick Kehlenbach No report given due to time constraints

**ADAPTED SWIMMING
COORDINATOR**

Matt Sale No report given due to time constraints

**TOP 10 RECORDS
COORDINATOR**

Rick Kehlenbach No report given due to time constraints

**COMPUTER INFORMATION
COORDINATOR**

Sharon Bourne Not present, no report

**MATERIAL AND EQUIPMENT
COORDINATOR**

Gary Baker Not present, no report

**CLUB DEVELOPMENT
LIAISON**

Chris Day A new team has been formed in the Mont Belvieu area, Eagle Point Recreation Center, EPRC. A motion was made seconded and passed to accept the team pending approval from USA Swimming.

PUBLICITY COORDINATOR

Robert Kelly Not present, no report

DIVERSITY COORDINATOR

Gilbert Legaspi No report given due to time constraints

OPEN WATER COORDINATOR

Seth Huston No report given due to time constraints

CAMP COORDINATOR

Lindsie Micko Not present, no report

**Competition Task Force
Tim Bauer Chairman**

Tim stated that the Competition Task Force committee's opinion was that the current Gulf Swimming schedule did not provide a foundation to place Gulf Swimmers in the Top 16 at Olympic Trials. In their opinion revamping the Gulf schedule is crucial to placing swimmers in the Top 16. It is a fact that no Gulf swimmers placed in the top 16 at the 2008 Olympic Trials.

A motion was made seconded and passed to pull the proposal to pre-seed meets and the proposal to enforce the USAS 4 hour swimmers for 12 and under swimmers.

A motion was made seconded and passed to pass the Competition Task Force report onto the House of Delegates with no recommendation.

See attached report of the Competition Task Force

OLD BUSINESS

None

NEW BUSINESS

A motion was made seconded and passed to accept the audit committee of Henry Clark chairman, Linda Brenneke and Rick Kehlenbach.

ANNOUNCEMENTS

None

A motion was made seconded and passed to adjourn at 11:01 PM.

Respectfully Submitted,

Linda Brenneke

Linda Brenneke
Board of Directors, Secretary
Gulf Swimming, Inc.

Date: 1/4/12

Meeting called to order by Chair Ron Lusk at 8:00 pm

Roll Call performed; See attached for attendees, Quorum established

Items:

1. The Schedule for the 2012-2013 season was discussed. The proposed change to the format and schedule that was to come from the coaches committee was not ready. It is at 90 %. The committee will forward to the chair next week. He will send out for an email vote on a recommendation to send to the Board of Gulf swimming. See below for result.
2. There was an email vote to make changes to the Spring Champs III meet. It was due to entry with no times and scoring. Henry Clark will set up a file to post for entries and the host to use. It was approved by all.
3. The next TPC meeting was set for 4/4/12

With no other business before the committee the Meeting adjourned by the Chair at 9:15 pm

The results of the email vote on the schedule are as follows:

All votes were cast by Tuesday 1/10/12 at 7:30 pm

4 votes for C no recommendation to LSC Board

3 votes for A Coaches Plan

3 votes for B Traditional plan

The TPC committee has no recommendation to the LSC Board as to a calendar to support.

To the Gulf Board of Directors and Technical Planning Committee:

This task force was charged with making comprehensive changes to our current meet schedule format to meet the needs of all swimmers and increase competition opportunities in anticipation of the potential “Olympic bump.” By doing this, we will make our LSC meets more family friendly while giving coaches the freedom to design their own meet schedules to fit the competitive needs of their swimmers. Consequently, we will improve our swimmer and coach retention rates, allowing our LSC to “build the base, promote the sport, and achieve competitive success”.

The task force looked at projected LSC growth, retention rate challenges, achievement results, historical success at the Olympics and US Olympic Trials, and alternative meet formats and schedules from around the country. A number of people were consulted, including USA Swimming’s Tom Avischious and Dave Thomas, various LSC Senior and Age Group Chairs, and members from USA Swimming’s Age Group committee, Senior committee, and Club Development committee. Consultation with and guidance from Pat Hogan was also a critical part of the process.

Current Gulf System

As of the 2011-2012 season, the Gulf currently utilizes the Technical Planning Committee to create the competitive structure of the LSC. The Technical Planning Committee chooses the dates, number of meet hosts, and meet formats for the competitive season. Meets are generally divided by age and ability, with one competitive opportunity for Seniors, 9-14 swimmers with three or more “A” times (called Elite meets), 9-14 swimmers with less than three “A” times (called Junior meets), and 8 & unders. Some of the benefits of the system include having a set schedule, guaranteeing every athlete a competitive opportunity, and tracking the swimmers by age/ ability. Since moving to this format, the LSC has continued to grow. As of the 2011-2012 season, both the Senior and Elite meets have been split into two sites, and the Junior meets have grown to five sites. With the anticipated Olympic bump, there is a strong possibility of having to add a third site to the Senior and Elite meets, while also adding additional Junior and 8 & under meets.

Historical Overview

One of the goals assigned to the Meet Task Force was to present a plan to improve competitive swimming in the LSC. In order to do so, it was necessary to evaluate Gulf Swimming’s success at the National level over the past four decades. Since there is no historical section on the Gulf website, the Task Force researched Gulf Swimming’s performance at the US Olympic Trials and Olympics. Reviewing Olympic Trials results and interviewing Gulf members were the methods used in gathering this information. For the purpose of this proposal, the Task Force followed the same guidelines that USA Swimming uses when crediting developmental coaches for National Team athletes. Any athlete who trained and competed in the Gulf for three years after the age of 11 is considered a Gulf swimmer.

Given the number of 50m pools and the resource abundance in the Houston area, consistently placing athletes on the US Olympic team should be a realistic standard for the LSC. The following table represents the number of Gulf developed athletes who either placed in the Top 16 at the US Olympic Trials or made the US Olympic team.

	Number of Top 16 swimmers	Number of Olympians
2008	2	
2004	4	
2000	8	Jamie Rauch (800 free relay)
1996	6	
1992	2	
1988	?	
1984	1	
1980	4	
1976	3	Renee Magee (100 back)
1972	?	
1968	3	

The Gulf had the most success in 1996 and 2000. During the developmental years of these athletes, the Gulf used an open meet system.

While the introduction of professional and post grad swimming changed the swimming scene dramatically, the Gulf should not use this as an excuse for underachieving at the Olympic Trials. Gulf Swimming has more 50m pools than most LSCs, and because we are located in the Houston area, the access to resources, both financial and other, is above average. Our graduates should be at the top end of the college and post grad competitors.

It is evident that the current competitive schedule is not providing the competitive foundation needed to routinely place Gulf swimmers in the Top 16 at the Olympic Trials and ultimately making the US Olympic Team. To paraphrase Albert Einstein, continuing to use the same schedule and expecting different results is the definition of insanity. A revamping of the current competitive model is crucial to improving our success rate at the highest level.

Athlete Retention

While it is virtually impossible to pin point the exact reasons the Gulf LSC routinely ranks in the lower 20% of retention, annually losing 35 - 40% of the Gulf Swimming membership is a concern. The proposed meet schedule includes multiple methods of improving athlete retention by making meets more family and athlete friendly with the intention of increasing excitement for competing while reducing the burden that many families face each weekend. Suggestions for accomplishing this goal includes the following:

1. Adhere to USA Swimming rule 205.3.1F that limits meet sessions to 4 hours for 12 & unders.
2. Consolidate meets to one weekend per month for families.

3. Create meets with different challenges or themes from month to month generating more excitement at meets.
4. Provide the opportunity for stronger team affiliation by allowing a team to compete as one.

Taking everything into account, the Meet Task Force was challenged with creating a schedule that accommodates an increase in LSC numbers, entices more than 60% of the membership to continue swimming each year, and improves our success rate at the highest level.

The end result is a proposal that includes a quadrennial competitive meet calendar that is the combination of a free market schedule with one protected weekend per month for Gulf sponsored meets. The free market weekends will give coaches the flexibility to design meet formats and a meet schedule that fits the needs of their teams, while the Gulf sponsored meets guarantee a competitive opportunity for every Gulf swimmer through an LSC meet each month. This proposal also takes a proactive approach in preparing for the additional 600-700 swimmers projected to join Gulf Swimming after the 2012 Olympics.

The Gulf Schedule

LSC Meet Schedule¹

- Six open meets per month to be held concurrently.²
- Twice a year, the Gulf will co-sponsor a distance meet, wherein the Gulf will pay for the pool rental. This should happen once during the short course season and once during the long course season.
- LSC Championship meets run at the end of the short course season (February/ March) and long course season (July) representing a culmination of a full season of training and competing.
- No other meets can be held on LSC meet weekends without Technical Planning Committee approval for extreme cases.³

Sanction Process⁴

- The Technical Planning Chair will distribute meet dates/ formats to all clubs within 48 hours of the January Technical Planning Committee Meeting.
- All bids will be due on January 15th.
- Meet hosts will be decided by a vote of the House of Delegates at the January House of Delegates Meeting.

Other

- The Meet Task Force recommends that the Gulf purchase a fourth stocked equipment trailer to be used for these meets.

¹ See Appendix A- Proposed 2012-2016 Quad Plan

² See Appendix B- Pacific Northwest Age Group Invitational

³ An example of an extreme case would be the 2009 Swine Flu make up meet.

⁴ For the 2012-2013 schedule, meet dates and formats will be distributed 48 hours after the January 2012 House of Delegates meeting provided that this proposal passes. A special House Meeting will need to be held in February to approve these meet hosts.

- The Meet Task Force recommends that all meets be pre-seeded for events less than 400 meters or 400 yards. Events 400 meters or 400 yards and longer should require a positive check-in.
- The Meet Task Force recommends compliance with USA Swimming's four hour rule in Article 205.3.1F.⁵

The Free Market Schedule

Sanction Process

- All teams will submit bids on any non-Gulf structured meet to the Technical Planning Chair by March 15.⁶
- Bids will be discussed and voted upon at the April Technical Planning Meeting.
- Once approved, meets may not be added to the schedule without the consent of meet hosts currently running similar meets on the proposed weekend.
- A Meet Calendar will be added to the Gulf website that includes all Gulf sponsored and club sponsored meets. To help Gulf clubs plan their competitive season, the calendar will include meet type, entry fees, and other logistical information.⁷

*Meet Formats*⁸

- The following is a list of suggested meet themes for the free enterprise system:
 - IMX or IM Ready Meet
 - Pentathlon
 - Intrasquad Meet, Dual Meet, Tri Meet, Quad Meet
 - Holiday Theme Meets (i.e. Mardi Gras Meet)
 - Distance or Sprint Meet
 - Single Day Meets
 - Social Meets (Example- Meet Barbeque after the Saturday session)
 - Time Standard Meet (high and low)
 - Single Age Meet
 - "Opposite Age Group" Meet (age groups are scored 8-9, 10-11, 12-13, 14-15, 16 & over)
 - Developmental or Novice Meets for the first year swimmer (and family)
 - Single Stroke Meet (i.e. "Backstroke Meet" where the 50, 100, and 200 is offered)
 - College Meet or High School Meet (use college or high school meet event order)
 - 8 & Under Meet

⁵ See Appendix C- Southeastern Swimming Session Limit Guidelines

⁶ See Appendix D- Sample Meet Bid Form.

⁷ See Appendix E- Free Market Meet Schedule

⁸ For the purpose of this proposal, Open Invitationals are defined as competitive meets available to all teams, limited to the first X number of swimmers whose entries are received to comply with the four hour rule. Closed Invitationals are defined as specific competitive opportunities between two or more teams.

- The Meet Task Force recommends that all meets be pre-seeded for events less than 400 meters or 400 yards. Events 400 meters or 400 yards and longer should require a positive check-in.
- The Meet Task Force recommends compliance with USA Swimming's four hour rule in Article 205.3.1F.

With over thirty Gulf teams, the current meet schedule forces every program to compromise their needs to fit a single structure created by the Technical Planning Committee. Our history shows that the result has been an unfavorable retention rate and lack of success at the most elite level. Rather than making every team conform to one centralized structure, coaches will have the flexibility to create meet schedules that fall in line with their coaching philosophy, whether that program is a distance program, sprint program, IM program, or other.

With the end of the current quad approaching, Gulf Swimming is at an opportune time to make changes. Taking into account the predicted Olympic bump, Gulf Swimming can keep the current structure (with an increased timeline), keep the current formats and add additional sites (watering down the meets), or try something new. Offering a schedule that combines a free market system with one LSC sponsored weekend per month allows Gulf Swimming to experience the best of both worlds.

To quote Winston Churchill, "To improve is to change; to be perfect is to change often." Rather than using old solutions to current problems, Gulf Swimming is in a position to make positive changes and advance the state of our sport. While there will be minor obstacles in transitioning to a new format, with an open mind, Gulf Swimming will be one of the pioneers in preparing for the next quad.

Appendix Table of Contents

Appendix A- Proposed Gulf Quad Working Competition Calendar- 2012-2016

Appendix B- Sample Meet Formats used in Pacific Northwest Swimming for LSC hosted meets

Appendix C- Southeastern Swimming Guidelines for setting up meets that adhere to USA Swimming's four hour rule in Article 205.3.1F- Teams can use this in determining how many entries to accept in order to keep sessions under four hours.

Appendix D- Sample Meet Bid Form from Wisconsin Swimming- This will be modified to fit Gulf Swimming's needs. The TPC is welcomed to put this together; if the Task Force is needed to do this, we are willing to do so.

Appendix E- Example of a Meet Schedule from Southeastern Swimming who uses the Free Market System- Their calendar includes type of meet, location, entry fees, etc.

Appendix F- Proposal for November Meet Entry Pilot Program

Appendix G- Proposal for PreSeeding

Appendix H- Proposal for enforcing Article 205.3.1F

Appendix A:

Proposed Gulf Swimming Working Quad Calendar

Gulf Swimming		2012-2013 Short Course/Long Course							
WK	Dates		Meet	Groups	Notes	Entries	Other	Host	Sw/count
1	September	01-02					Labor Day 09/03		
2		08-09					ASCA Clinic-Las Vegas 04-09		
3		15-16					USAS Aquatics Sports Conv.		
4		22-23							
5		29-30							
6	October	06-07	Open Water Swim Meet	1			TSA Annual Meetings		
7		13-14							
8		20-21	9&Over Open 8&Under Open	6	2	2 Days; scored , split session, no1000&1650 1 Day; score single age group scoring 6&Un, 7, 8	4/day 4/day		
9		27-28							
10	November	03-04							
11		10-11					Prior Senior Meet Weekend		
12		17-18	9&Over Open 8&Under Open	6	2	2 Days; scored , split session, no1000&1650 1 Day; score single age group scoring 6&Un, 7, 8	4/day 4/day	Combined Entry Pilot (2012)	
13		24-25						Thanksgiving Day 11/22	
14	December	01-02						Prior Gulf Senior Champs Date	
15		08-09						AT&T SC Nationals@ Utenn Dec. 5-7	
16		15-16	9&Over Open 8&Under Open	6	2	2 Days; scored , split session, no1000&1650 1 Day; score single age group scoring 6&Un, 7, 8	4/day 4/day	Speedo SC Junior 12-14	
17		22-23							
18		29-30						Christmas Day 12/25/12	
19	January	05-06	Gulf Sponsored Distance Weekend			1000 & 1650 only (Formating option for 1 to 2/lane depending on facility)		Prior Senior Schedule/ New Year's Day 01/01/13	
20	2013	12-13	9&Over Open 8&Under Open	6	2	2 Days; scored , split session, no1000&1650 1 Day; score single age group scoring 6&Un, 7, 8	4/day		
21		19-20						High School Districts	
22		26-27						High School Districts, MLK Day 01/21	
23	February	02-03							
24		09-10						High School Regions	
25		16-17	8&Under Spring LSC Invite	2		1 Day, score single age group scoring 6&Un, 7, 8	4/day		
26		23-24	Gulf Spring LSC Invites	5		2 1/2 Day; time final; sored, cut-off 9&Over	4/day	High School State	
27	March	02-03	SC Gulf LSC Championships	1		2 1/2 Day; P/F; A/B finals 11&O, A finals 10&Under, scored, Qualifier	3/day	Sectionals	
28		09-10						TAGS Championship	
29		16-17							
30		23-24							
31		30-31						Easter 03/31	
32	April	06-07							
33		13-14							
34		20-21	Open Meets	3		21/2 Day; scored; split session;	3/day		
35		27-28	Gulf Open Water Champs	1					
36	May	04-05							
37		11-12						Mother's Day 05/12	

38		18-19	Open Meets	3	21/2 Day; scored; split session;	3/day	Senior Circuit 1		
39		25-26					Memorial Day 05/27		
40	June	01-02					Senior Circuit 2,		
41		08-09							
42		15-16					Senior Circuit 3, Texas A&M, Fathers Day 6/16		
43		22-23							
44		29-30	Open Meets	3	21/2 Day; scored; split session;	3/day			
45	July	06-07					Senior Circuit 4, 4th of July		
46		13-14							
47		20-21	8-12 B& Under Summer LSC Invite	2	2 Day; 8&Un, 9-10, 11-12	4/day	TAGS		
48		28-29	Gulf Summer LSC Invites	2	2 1/2 day ; scored, cutt off gulf champs	3/day			
49	August	03-04	LC Gulf LSC Championships(8/02-04)	1	3 Days; P/F; A/B finals 11&O, A finals 10&Under, scored, qualifier	3/day	Sectionals (7/30-03); Zones (July 7/30-03)		
50		10-11					World Championship Trials (Indy)		
51		17-18					Juniors (12-16 Irvine)		
52		24-25							

notes

- 1 Entries due 3 weeks prior to meet
- 2 ensure everybody in lsc has an opportunity to swim outside of free market system
- 3 fund distance meet, Gulf fund facility cost
- 4 meets all preseeded, 0 heats for deck swimmers
- 5 positive check-in for 400 and above both short course and long course
- 6 Keep Zone selection same as in the past.

Gulf Swimming

2013-2014 Short Course/Long Course

WK	Dates	Meet	Groups	Notes	Entries	Other	Host
1	September 31-01					Labor Day 09/02	
2	07-08					ASCA Clinic	
3	14-15					USAS Convention	
4	21-22						
5	28-29						
6	October 05-06	Open Water Swim Meet?	1			TSA Annual Meetings	
7	12-13						
8	19-20	9&Over Open 8&Under Open	6 1	2 1/2 Days; scored gulfwide?, split session, no1000&1650 1 Day; score single age group scoring 6&Un, 7, 8	4/day		
9	26-27						
10	November 02-03						
11	09-10						
12	16-17	9&Over Open 8&Under Open	6 1	2 1/2 Days; scored gulfwide?, split session, no1000&1650 1 Day; score single age group scoring 6&Un, 7, 8	4/day		
13	23-24					Thanksgiving Day 11/28	
14	December 07-08						
15	14-15	9&Over Open 8&Under Open	6 1	2 1/2 Days; scored gulfwide?, split session, no1000&1650 1 Day; score single age group scoring 6&Un, 7, 8	4/day		
16	21-22						
17	28-29					Christmas Day 12/25	
18	January 04-05	Gulf Sponsored Distance Weekend?		1000 & 1650 only		New Year's Day 01/01/14	
19	2014 11-12	9&Over Open 8&Under Open	6 1	2 1/2 Days; scored gulfwide?, split session, no1000&1650 1 Day; score single age group scoring 6&Un, 7, 8	4/day		
20	18-19					High School District	
21	25-26					High School District; MLK Day 01/19	
22	February 01-02					High School Region	
23	08-09						
24	15-16					High School State	
25	22-23	Gulf Fall LSC Invites					
26	March 01-02	SC Gulf LSC Championships		7 Day: 400, 400, 800, 1100, 400, 1000m, scored		Sectionals	
27	08-09					TAGS	
28	15-16						
29	22-23						
30	29-30						
31	April 05-06						Easter 04/05
32	12-13						
33	19-20	Open Meets	3	2 1/2 Day; scored; split session; No 200's of stroke, 800 or 1500 free	3/day		
34	26-27						
35	May 03-04						
36	10-11						
37	17-18	Open Meets	3	2 1/2 Day; scored; split session; No 200's of stroke, 800 or 1500 free	3/day	Senior Circuit 1	
38	24-25						
39	31-01						Memorial Day 05/25
40	June 07-08					Senior Circuit 2	
41	14-15						
42	21-22					Senior Circuit 3	
43	28-29	Open Meets	3	2 1/2 Day; scored; split session; No 200's of stroke, 800 or 1500 free	3/day		
44	July 05-06					Senior Circuit 4	
45	12-13						
46	19-20					TAGS	
47	26-27	Gulf Summer LSC Invites					
48	August 02-03	LC Gulf LSC Championships(8/02-04)		7 Day: 400, 400, 800, 1100, 400, 1000m, scored		Sectionals	
49	09-10						
50	16-17						
51	23-24						
52	30-31						

Gulf Swimming Quadrennial Plan

2014		Senior Focus		Age Group Focus		Notes	Other	
September	06-07						Labor Day 09/01	
	13-14							
	20-21							
	27-28							
October	04-05							
	11-12							
	18-19	Open Meets (09&Over split session)	6	8 & Under (1 day format continued am/pm)	1	Gulf Sponsored Weekend		
	25-26							
November	01-02							
	08-09							
	15-16	Open Meets (09&Over split session)	6	8 & Under (1 day format continued am/pm)	1	Gulf Sponsored Weekend		
	22-23							
December	29-30						Thanksgiving Day 11/27	
	06-07							
	13-14	Open Meets (09&Over split session)	6	8 & Under (1 day format continued am/pm)	1	Gulf Sponsored Weekend		
	20-21							
27-28								
2015								
January	03-04	Gulf Sponsored Distance Weekend						New Year's Day 01/01/14
	10-11	Open Meets (09&Over split session)	6	8 & Under (1 day format continued am/pm)	1	Gulf Sponsored Weekend		
	17-18							
	24-25							
	31-01						MLK Day 01/20	
February	07-08							
	14-15							
	21-22			NON LSC Championships				
	28-01	Sectionals		Gulf LSC Championships				
March	07-08			TAGS Championships				
	14-15							
	21-22							
	28-29							
April	04-05							
	11-12							
	18-19						Easter 04/20	
	25-26	Open Meets -3 events/day	3		2	Gulf Sponsored Weekend	200strk 12&Un, 800 and 1650 out	
May	02-03							
	09-10							
	16-17	Open Meets -3 events/day	3		2	Gulf Sponsored Weekend	200strk 12&Un, 800 and 1650 out	
	23-24							
June	30-31						Memorial Day 05/26	
	06-07							
	13-14							
	20-21							
July	27-28	Open Meets -3 events/day	3		2	Gulf Sponsored Weekend	200strk 12&Un, 800 and 1650 out	
	04-05							
	11-12							
	18-19							
August	25-26			Non-Gulf LSC Championships				
	01-02	Sectionals (30-03)		Gulf LSC Championships(01-03)/Age Group Zones				
	08-09							
	15-16							
	22-23							
29-30								

Swimming Quadrennial Plan

2015		Senior Focus		Age Group Focus		Notes	Other
September	05-06						Labor Day 09/07
	12-13						
	19-20						
	26-27						
October	03-04	Open Water Swim ?					
	10-11						
	17-18	Open Meets (09&Over split session)	6	8 & Under (1 day format continued am/pm)	1	Gulf Sponsored Weekend	
	24-25						
	31-01						
November	07-08						
	14-15	Open Meets (09&Over split session)	6	8 & Under (1 day format continued am/pm)	1	Gulf Sponsored Weekend	
	21-22						
	28-29						Thanksgiving Day 11/26
December	05-06						
	12-13	Open Meets (09&Over split session)	6	8 & Under (1 day format continued am/pm)	1	Gulf Sponsored Weekend	
	19-20						
	26-27						
2016							
January	02-03	Gulf Sponsored Distance Weekend					New Year's Day 01/01/14
	09-10						
	16-17						
	23-24	Open Meets (09&Over split session)	6	8 & Under (1 day format continued am/pm)	1	Gulf Sponsored Weekend	
	30-31						MLK Day 01/18
February	06-07						
	13-14						
	20-21						
	27-28					NON LSC Championships	
March	05-06	Sectionals				Gulf LSC Championships	
	12-13					TAGS Championships	
	19-20						
	26-27						Easter 03/27
April	02-03						
	09-10						
	16-17						
	23-24						
	30-01	Open Water Swim ?					
May	07-08						
	14-15						
	21-22						
	28-29						Memorial Day 05/30
June	04-05						
	11-12						
	18-19						
	25-26						
July	02-03						
	09-10						
	16-17						
	23-24						
	30-31						
August	06-07						
	13-14						
	20-21						
	27-28						

Gulf Swimming Quadrennial Plan

2015	Senior Focus	Age Group Focus	Notes	Other
September	05-06			Labor Day 09/07
	12-13			
	19-20			
	26-27			
October	03-04	Open Water Swim ?		
	10-11			
	17-18	Open Meets (09&Over split session)	6 8 & Under (1 day format continued am/pm)	1 Gulf Sponsored Weekend
	24-25			
	31-01			
November	07-08			
	14-15	Open Meets (09&Over split session)	6 8 & Under (1 day format continued am/pm)	1 Gulf Sponsored Weekend
	21-22			
	28-29			Thanksgiving Day 11/26
December	05-06			
	12-13	Open Meets (09&Over split session)	6 8 & Under (1 day format continued am/pm)	1 Gulf Sponsored Weekend
	19-20			
	26-27			
2016				
January	02-03	Gulf Sponsored Distance Weekend		New Year's Day 01/01/14
	09-10			
	16-17			
	23-24	Open Meets (09&Over split session)	6 8 & Under (1 day format continued am/pm)	1 Gulf Sponsored Weekend
	30-31			MLK Day 01/18
February	06-07			
	13-14			
	20-21			
	27-28			NON LSC Championships
March	05-06	Sectionals		Gulf LSC Championships
	12-13			TAGS Championships
	19-20			
	26-27			Easter 03/27
April	02-03			
	09-10			
	16-17			
	23-24			

	30-01	Open Water Swim ?					
May	07-08						
	14-15						
	21-22						
	28-29						Memorial Day 05/30
June	04-05						
	11-12						
	18-19						
	25-26						
July	02-03						
	09-10						
	16-17						
	23-24						
	30-31						
August	06-07						
	13-14						
	20-21						
	27-28						

Appendix B:

Sample Meet Formats- The Pacific Northwest LSC offers one LSC hosted meet per month.

The following is an example of the order of events that they use. If approved, either the Meet Task Force can create an order of events or we can turn this over to the Technical Planning Committee.

2011 OCTOBER CHALLENGE Order of Events

SESSION 1 - SAT A.M. 10 UNDER, GIRLS 11-12

Event #	Event	Age Group
1,2	200 Free	10U
3	200 Free	G12U
5,6	200 Medley Relay	10U
7	200 Medley Relay	G12U
9, 10	50 Free	10U
11	50 Free	G11-12
13	200 Breast	G11-12
15, 16	50 Fly	10U
17	50 Fly	G11-12
19	200 Backstroke	G11-12
21, 22	50 Breast	10U
23	50 Breast	G11-12
25	200 Butterfly	G11-12
27,28	50 Back	10U
29	50 Back	G11-12
31	400 IM	G11-12

SESSION 2 – SAT P.M. BOYS 11-12, 13 & OVER

32,	200 Free	B11-12
33, 34	200 Free	13 - Over
36	200 Medley Relay	B11-12
37	200 Medley Relay	G13 - Over
38	200 Medley Relay	B11 - Over
40	50 Free	B11-12
41*,42*	50 Free	13 - Over
44	200 Breast	B11-12
45*,46*	200 Breast	13 – Over
48	50 Fly	B11-12
49*,50*	50 Fly	13 - Over
52	200 Back	B11-12
53*,54*	200 Back	13 - Over
56	50 Breast	B11-12
57*,58*	50 Breast	13 – Over
60	200 Fly	B11-12
61*,62*	200 Fly	13 – Over
64	50 Back	B11-12
65*,66*	50 Back	13 - Over
68	400 IM	B11-12
69**	400 IM - Mixed	13-Over

SESSION 3 - SUN A.M. GIRLS 11-12, 13 - OVER

Event #	Event	Age Group
71	200 IM	G11-12
73*, 74*	200 IM	13 – Over
75	200 Free Relay	G11-12
77	200 Free Relay	G11 – Over
78	200 Free Relay	B13 – Over
79	100 IM	G11-12
81*,82*	100 IM	13 – Over
83	100 Free	G11-12
85*,86*	100 Free	13 – Over
87	100 Fly	G11-12
89*,90*	100 Fly	13 – Over
91	100 Breast	G11-12
93*,94*	100 Breast	13 – Over
95	100 Back	G11-12
97*,98*	100 Back	13 – Over
99*	500 Free	G11-12
101**	500 Free - Mixed	13-Over

SESSION 4 – SUN P.M. 10 UNDER, BOYS 11-12

103,104	200 IM	10U
106	200 IM	B12U
107, 108	200 Free Relay	10U
110	200 Free Relay	B12U
111, 112	100 IM	8U
113, 114	100 IM	9-10
116	100 IM	B11-12
117, 118	25 Free	8U
119, 120	100 Free	10U
122	100 Free	B11-12
123, 124	25 Fly	8U
125,126	100 Fly	10U
128	100 Fly	B11-12
129, 130	25 Breast	8U
131, 132	100 Breast	10U
134	100 Breast	B11-12
135, 136	25 Back	8U
137,138	100 Back	10U
140	100 Back	B11-12
141***	500 Free - Mixed	10U
142	500 Free	B11-12

Individual event entry limits: 8 events for the weekend with maximum of 4 per day.

* 13 and over age groups swam together, scored separately 13-14, 15 and over

** 13 and over age groups and gender swam together, scored separately by gender and age (13-14 and 15 and over.)

*** 10 and under genders swam together, scored separately by gender

Appendix C:

Southeastern Swimming Guidelines for creating meets that adhere to USA Swimming's Four Hour Rule. This template will help teams in determining how many entries to accept in order to keep sessions under four hours.

Southeastern Swimming

Session Limit Guidelines

These guidelines show the suggested maximum number of swimmers allowed per session in SES-sanctioned meets in order to meet the four-hour session limit for 12 and Under age group swimmers. The numbers are based on the number of lanes in use, the number of swims allowed per session and the average time for each swim.

Short Course			Long Course		
No. of Lanes	No. of Events	No. of Swimmers	No. of Lanes	No. of Events	No. of Swimmers
4	3	160	6	3	200
	4	125		4	180
	5	100		5	160
5	3	200	7	3	275
	4	150		4	200
	5	125		5	150
6	3	240	8	3	320
	4	180		4	250
	5	150		5	190
7	3	300	10	3	400
	4	225		4	300
	5	175		5	200
8	3	320			
	4	225			
	5	200			
10	3	400			
	4	300			
	5	200			

Appendix D:

Sample Meet Bid Form from Wisconsin Swimming

This will be modified to fit the needs of Gulf Swimming. If the Technical Planning Committee does not want to create a template, the Meet Task Force is willing to do so.

WISCONSIN SWIMMING, INC. - MEET BID (Revised April 2010)



Club Name _____ Prepared By _____
 Telephone _____ Date _____

INSTRUCTIONS: Club: 1. Completes the information for each meet that it wants included on Wisconsin Swimming's "Meet Schedule;" 2. Prepares check for twenty dollars (\$20 for each Meet on the bid form payable to Wisconsin Swimming, Inc. 3. Submits check and "Meet Bid" to Wisconsin Swimming's Administrative Chairman by the second Tuesday in January for the Summer Meet Schedule and by the second Tuesday in June for the Fall-Winter Meet Schedule; 4. Have a representative attend the January and June (Fourth Tuesday) House of Delegates meeting to answer any questions about the Meet Bid.

	Meet 1	Meet 2	Meet 3
Meet Location			
Meet Dates			
Meet Format (A-B-C, Invite, Open)			
Number of Entries (Per Day/Per Swimmer)			
Pool Length: (25Y, 25M, 50M) / Number of Lanes			
Starting Block Height			
Depth @ Starting End/Non-Starting End			
Age Group AM			
PM			
Entry Fee for Individual			
Entry Fee for Relay			
Requesting Reservations (Yes/No)			
SANCTIONED (S) OR APPROVED* (A)			
<small>*if requesting an APPROVED meet – also attach Form F</small>			
QUALITY MEET(Policy 2.8.1c): YES/NO			
Meet Directors Name			
Address			
City/Zip			
Phone (w/area code)			
e-mail address			

MAIL FORM TO: Jeanne Drzewiecki, Sanctioning Chair
 4121 W. Martin Drive – Unit 201
 Milwaukee, WI 53208
 Or email to: NSSwimming@aol.com

Appendix E:

Southeastern Swimming Meet Schedule- Example of a Free Market Schedule

This spreadsheet shows who is hosting a meet, the entry fees, the meet format (IMX, Tri, Open, Intrasquad, etc), contact information, and other details to help teams plan their season.

EXAMPLE OF FREE MARKET C SHORT COURSE SCHEDULE

8/23/11								
Date	Club	Meet Type	Event Cost	Late Entry	Other Fees	Location	Contact	Phone #
August			Ind/Relay	Ind/Relay				
27	PCST	Open	\$25.00/\$10.00	\$30.00/\$12.00	Facility - \$5.00	Panama City Beach	Jonathan Kaplan	(864)-508-2961
September								
3	GPAC	Closed		\$10.00		Pensacola	Philip Kraus	(850) 484-1312
3 - 4	BWB	Quad Meet	\$4.00/\$10.00		Facility fee - \$5.00	Bluewater Bay	Brad Kale	(850)-461-7012
6 - 11	ASCA World Clinic 2011					San Diego		
13 - 18	Convention					Jacksonville		
17	BSC	Open	\$4.00/\$10.00	same		Johnson City	Chris Coraggio	(423) 833-5595
17 - 18	PNY	Open	\$4.00	\$5.00	Facility fee - \$4.00	Pensacola	Vicki Balog	(850) 554-0625
					Waived for outreach			
16 - 18	BXST	Open	\$4.00/\$8.00	\$5.00/\$10.00	Facility fee - \$5.00	Bartlett	Cathy Lyon	(901) 385-6470
23 - 25	XCEL	Open	\$4.50/\$10.00	\$5.00/\$12.00	Facility fee - \$5.00	Nashville	Katie Chronic	(847) 830-7946
23 - 25	PCST	Open	\$4/50/\$10.00	\$6.00/\$12.00	Facility fee - \$5.00	Panama City Beach	Jonathan Kaplan	(864) 508-2961
24 - 25	BSL	Open	\$5.00/\$10.00	\$6.00/\$12.00		Vastavia Hills	Brian Wrighton	(205) 823-5512
24 - 25	SAC	Open	\$5.00/\$10.00	\$6.00/\$12.00		Sevier	Ryan Buechner	(614) 580-0137
24 - 25	NAC	Tri	\$5.00/\$10.00	\$6.00/\$12.00	Facility fee - \$7.00	Nashville	John Morse	(615) 491-6196
24 - 25	H SA	Open	\$5.00/\$10.00	\$6.00/\$12.00	Facility fee - \$5.00	Huntsville	Matt Webber	(256)-885-0226
24 - 25	BASA	Open	\$4.00/\$10.00	Same		Va. High School	Woody Van Nostrand	(276) 644-1123
25	CTA	Open	\$5.00/\$12.00	\$6.00/\$12.00	Facility fee - \$5.00	Tuscaloosa	John Boxmeyer	(205) 348-3916
October								
1 - 2	SOUTHEASTERN SWIMMING MEETINGS					Pensacola		
7 - 9	CMSA	Open	\$4.00/\$8.00	\$6.00/\$12.00	Facility fee - \$5.00	Mobile	Greg Davis	(251) 442-8065
7 - 9	MTAC	Open	\$4.00/\$10.00	\$5.00/\$12.00	Facility fee - \$4.00	Memphis	Dan Schultz	(901) 457-2177
14 - 16	MTS	Open	\$5.00/\$12.00	\$6.00/\$14.00	Facility fee - \$5.00	Memphis	Katie Sentilles	(901) 678-2809
14 - 16	GPAC	Invitational	\$5.00/\$11.00	\$8.00/\$14.00	Facility fee - \$5.00	Pensacola	Philip Kraus	(850) 484-1312
					Hand entries - \$30			
15 - 16	SCAC	Open	\$4.00/\$8.00	\$5.00/\$10.00		Chattanooga	John Woods	(423) 634-7606
15	SSA	Open	\$5.00/\$10.00		Facility fee - \$4.00	Scottsborro	Richard Anderson	(256)-601-9560
22 - 23	NAC	Open	\$5.00/\$10.00	\$6.00/\$12.00	Facility fee - \$7.00	Nashville	John Morse	(615)-491-6196
21 - 23	ACAC	Open	\$4.50/\$10.00	\$5.50/\$12.00		Oakridge	Mike Bowman	(865) 300-2305
21 - 23	HBT	Open	\$5.00/\$10.00	\$6.00/\$12.00		Hoover	David Whitehurst	(205) 933-9551
21 - 23	AUB	Open	\$5.50/\$12.00	\$7.50/\$16.00	Facility fee \$12.00	Auburn	Jeff Dellinger	(334) 707-1980
22 - 23	DDST	Open	\$4.00/\$8.00	\$5.00/\$10.00	Facility fee - \$5.00	Dothan	Laura Martin	
29	TSC	Open	\$4.00/\$8.00	\$5.00/\$10.00	Facility fee - \$3.00	Tulahoma	Susan Farmer	931-393-2759
29 - 30	H SA	Open	\$5.00/\$10.00	\$6.00/\$12.00	Facility fee - \$5.00	Huntsville	Matt Webber	(256) 885-0226
29 - 30	BSC	Open	\$4.00/\$10.00	same		Kingsport	Chris Coraggio	(423) 833-5595
November								
5 - 6	SCAC	Tri Meet	\$4.00/\$8.00	\$5.00/\$10.00		Chattanooga	John Woods	(423) 634-7606
5 - 6	MYB	Open	\$4.00/\$8.00	\$8.00/\$10.00	Facility fee - \$2.00	Montgomery	Paul Mielke	(334) 399-2779
11 - 13	MSA	Open	\$4.00/\$10.00	\$6.00/\$12.00	Facility fee - \$3.00	Madison	Tim Holtcamp	(256) 527-9369
11 - 13	BSL	Open	\$6.00/\$12.00	\$7.00/\$14.00	Facility fee - \$6.00	Birmingham-new pool	Brian Wrighton	(205) 823-5512
11 - 13	CMSA	Open	\$4.00/\$8.00	\$6.00/\$12.00	Facility fee - \$5.00	Mobile	Greg Davis	(251) 442-8065
11 - 13	PACK	TBD	\$6.00/\$10.00	same	Facility fee - \$5.00	Knoxville	Jackie Bussard-Bertucci	(865) 207-7297
12 - 13	BAY	Open	\$5.00/\$8.00	\$9.00/\$13.00	Facility fee - \$5.00	Chattanooga	Laura Pitman	(423) 267-8506 x267
18 - 20	GST	Open	\$4.00/\$10.00	\$5.00/\$12.00	Facility fee - \$5.00	Germantown	Scott Robinson	(901) 674-0377
18 - 20	GPAC	Pre/finals - Invit	\$6.00/\$13.00	\$8.00/\$15.00	Facility fee - \$8.00	Pensacola	Philip Kraus	(850) 484-1312
					Hand entries - \$30			
20	BSC	Open	\$4.00/\$10.00	same		Kingsport	Chris Coraggio	(423) 833-5595

Not hosting

24 - 25

31

CSWM

Open

\$5.00/10.00

\$6.00/12.00

TUNICA, MS

SENIOR SECTIONALS

AGE GROUP SECTIONALS

April

Appendix F:

Proposal for November Meet Entry Pilot Program

- 1. All entries will go to one person, and a committee will split the meet entries by size and location.**
- 2. Entries should be delivered 3 weeks prior to the start of the meet in order to allow time to communicate with all teams.**
- 3. Meet assignments will be posted on the Gulf website.**

Appendix G:

Proposal for PreSeeding

1. Pre Seeding of Gulf Meets will be for events 200 and shorter.
2. 400 and above distances will require a positive check in 45 minutes prior to the start of the meet.
3. Deck entries will be to fill existing heats. If necessary and timeline permitted, a heat zero will be created.
4. Teams are encouraged to notify meet admin and scratch swimmers that are not at the meet in order to make space for more swimmers.
5. Deck entries are due 45 minutes prior to the start of the meet.

Appendix H:

Suggested Enforcement of USA Swimming Article 205.3.1F

12 & Under events in any session must be completed in four hours, except for championship meets. For the purpose of the four hour rule, the start of each session is considered to be the start of the first heat of competition, regardless of whether swimmers in that heat fall within the auspices of the “Four Hour Rule.” Also for the purpose of the Four Hour Rule, the “finish” of each session shall be considered the start of the last swimmer who does fall under the auspices of the “Four Hour Rule,” regardless of whether that is the last heat scheduled in the session.

The penalty for violating this rule will be double the splash fee for each splash for both individual and relay events. The meet director is responsible for these penalties being sent to the Gulf treasurer. Equipment breakdown and weather delays are not considered part of the four-hour limit.

Pre Seeding of Gulf Meets

1. Pre Seeding of Gulf Meets will be for events 200 and shorter.
2. 400 and above distances will require a positive check in 45 minutes prior to the start of the meet.
3. Deck entries will be to fill existing heats. If necessary and timeline permitted, a heat zero will be created.
4. Teams are encouraged to notify meet admin and scratch swimmers that are not at the meet in order to make space for more swimmers.
5. Deck entries are due 45 minutes prior to the start of the meet.