



GULF Age Group Champs

July 13-15, 2018

A Long Course Meters Prelims/Finals Meet

HOSTED BY

Cypress Fairbanks Swim Club – Fleet Swimming

Sanction Number # GULC 18-032R2

Time Trials Sanction # GULC 18-033R1



ENTRIES DUE TO CFSC (atvltt@gmail.com) BY 11:59 PM, FRIDAY, JUNE 29, 2018

LOCATION:

Fleet Aquatic Center
14654 Spring Cypress Rd.
Cypress, TX 77429

DIRECTIONS:

From 290: Exit Telge Road and proceed north on Telge road for 3 miles. Turn right heading east onto Spring Cypress Rd. Continue on Spring Cypress Road for 0.5 miles. FLEET Aquatic Center is located on the left (north) side of Spring Cypress Road.
From I-45 northbound: Exit 71A for TX 99 W/Grand Pkwy. Proceed westbound on TX 99 (Grand Parkway Toll Road) for 14 miles. Exit Telge Road and head south on Telge Road for 4 miles to Louetta Road. Turn left (east) onto Louetta and continue for 0.6 miles to Spring Cypress Road. Turn right (southwest) onto Spring Cypress Road and proceed 0.2 miles to the Fleet Aquatic Center on the right (north) side of Spring Cypress Road.
From 249: Exit Spring Cypress Road and proceed westbound for 4 miles. FLEET Aquatic Center is located on the right (northside) of Spring Cypress Road, approximately 0.2 miles east of Louetta Road.

SPECIAL INSTRUCTIONS:

Parking will be on site. In the instance of inclement weather only, we will be utilizing offsite parking at the local elementary schools for all swimmers. Chairs & set-up is not allowed in the Fleet First warm up/ warm down facility. No set up or chairs allowed on deck in front of the dryland facility. Setup space for popup tents is located on the grass area adjacent to the dryland facility behind the bleachers, as well as to the northeast of the pool. Please access that area through the gates on the field end side as deck access is not permitted. The bleachers are for come and go seating only so everybody has a chance to watch their swimmer. No setup is allowed in the bleachers.

MEET STAFF:

MEET REFEREE: Matt Sale, matt.j.sale@gmail.com
ADMIN OFFICIAL: Meredith Moore, meredithmtx@gmail.com
Richard Griffin, richard@griffinsworld.com
Holger Luebsen, holger@luebsen.com
MEET DIRECTOR(S): Miki Tran, atvltt@gmail.com, 281-221-8398
Huong Le
SAFETY MARSHAL: Paula Mulvihill
Sonja Gurule Griffin



COACH(ES): Ana Maria Mercado
Jim Bocci Head Coach
Colin Kennedy Head Age Group Coach

POOL: One ten lane, 50 meter outdoor pool with non-turbulent lane lines will be used for warm-up and competition. A separate warm-up / warm-down area will be made available during the competition.

TIME AND DATE: This is a six session, 3 day, with prelims and finals sessions each day. (The host team and TPC Chair reserve the right to split 10 & U athletes into separate pm sessions if timeline warrants.)

Session 1: Friday AM prelims—July 13, 2018
Age Groups: 14 & Under girls and boys
Warm-up*: 7:00 am-8:15 am / Meet Start: 8:30 am

Session 2: Friday finals – July 13, 2018
Age Groups: 14 & Under girls and boys
Warm-up: 4:30-5:15 pm/Meet Start: 5:30 pm

Session 3: Saturday AM prelims—July 14, 2018
Age Groups: 14 & Under girls and boys
Warm-up*: 7:00 am-8:15 am / Meet Start: 8:30 am

Session 4: Saturday Finals– July 14, 2018
Age Groups: 14 & U girls and boys
Warm-up: 4:30-5:15 pm/Meet Start: 5:30 pm

Session 5: Sunday AM prelims—July 15, 2018
Age Groups: 14 & Under girls and boys
Warm-up*: 7:00 am-8:15 am / Meet Start: 8:30 am

Session 6: Sunday finals – July 15, 2018
Age Groups: 14 & Under girls and boys
Warm-up: 4:30-5:15 pm/Meet Start: 5:30 pm

*Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website. Lane assignments for warm-ups and timing will be designated and posted on the Gulf Swimming website by Monday, July 9, 2018.

MEET TYPE: This meet will be run utilizing chase start procedures in prelims unless a waiver is received from the Technical Planning Committee Chair. The TPC and the host team will determine starting procedures for the 10 & U prelims if required.

100 and 200 meter events will be run utilizing chase starts alternating odd and even heats. All girls' heats will be swum first utilizing both ends of the pool followed by the boys' heats utilizing both ends of the pool. Odd heats will start at the field end of the pool and



even heats will start at the locker room end of the pool.

All 400/800 meter events will be swum fastest to slowest using chase starts, alternating girls and boys heats, with the exception of the 10 & U 400 free. Girls' heats will start at the field end of the pool and the boys' heats will start at the locker room end of the pool.

All 50's will start at the locker room end of the pool.
All relays will start at the field end of the pool.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

SEEDING:

The meet will be deck seeded. Coaches, please inform your swimmers of seeding on deck rules. Once the check-in period closes at 45 min. BEFORE the session begins, all events will be seeded. All events will be seeded with heats in the order of fastest to slowest.

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, Charlie Fry, for each event in which he/she fails to appear.

400 FREE:

The 10 & U 400 Free will be a positive check in and will be swum as timed finals, with all heats being swum in prelims, running all girls heats then all boys heats.

The 11-14 400 Free will be a positive check in and swum as timed finals. At check in, swimmers may elect to swim the event during prelims. The fastest 10 in each age group and gender who do NOT elect to swim during prelims, will swim in finals on Friday night as the FIRST event. All others will swim ages combined at the end of Friday AM prelims, alternating girls and boys by heat.

800 FREE:

This event will be swum as a timed finals event. At check in, swimmers may elect to swim the event during prelims. The fastest 10 of each gender who do NOT elect to swim during prelims, will swim in finals on Sunday night as the FIRST event. All others will swim at the end of Sunday AM prelims, alternating girls and boys by heat.

400 I.M.:

This event will be swum as a timed finals event. At check in, swimmers may elect to swim the event during prelims. The fastest 10 of each gender who do NOT elect to swim during prelims, will swim in finals on Saturday night as the FIRST event. All others will swim at the end of Saturday AM prelims, alternating girls and boys by heat.

RELAYS:

Relay cards must be turned in to the Clerk of Course at least 45 min. before the start of the session in which the event is scheduled to swim or the entry will be considered scratched.

ON-DECK ENTRIES:

Late entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the 11:59 pm, Friday, June 29, 2018 deadline may enter the meet on-deck in the following manner:

1. On deck entries are open to those athletes assigned to the meet location by the TPC Chair through the meet entry procedures.



2. Swimmers must pay double the entry fee at the time of entry. Swimmers not already entered in the meet must also pay the swimmer surcharge fee.
3. 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.
4. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
5. Swimmers must be qualified to swim the event entered.
6. Swimmers must not exceed the allotted number of events allowed each day.
7. 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.
8. 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 – long course meters (L), short course meters (S), or short course yards (Y). 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., L, S, or Y). 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: Three (3) 2017-2018 Gulf AG Champs time standards (attached)

Times Eligibility: Times must be achieved between July 1, 2016 and the entry deadline.

Three Event Rule: With three (3) qualifying times – may swim any event

Beyond IMX Rule: Does not apply

Age: As of July 13, 2018

Number of Events: Swimmers may compete in up to three (3) individual events per day, seven (7) individual events maximum for the meet.

Entries: All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.

Deadline: Entries must be in the hands of the meet host no later than **11:59 PM, FRIDAY, JUNE 29, 2018**. No late entries will be accepted. Email entries to the meet host at:

Miki Tran: atvltt@gmail.com

Eligible Teams: Swimmers attached to a registered Gulf Swimming team, swimmers in the



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

An unattached swimmer not affiliated with a USA Swimming Club must follow the same entry procedures as those swimmers affiliated with a team. In order to be seeded in a Gulf meet, an unattached swimmer not affiliated with a USA Swimming Club, must enter by the entry deadline, following the entry procedures in the Meet Announcement, and provide proof of a registered coach responsible for their supervision on deck during the meet. All unattached athletes will be assigned a meet location by the TPC Chair upon assignments being announced.

Individual Event Entry Fee (per event): \$9.00
Relay Event Entry Fee (per relay): \$16.50
Swimmer Surcharge Fee (per swimmer): \$8.50: Free heat sheets will be available through Meet Mobile
Make entry fee checks payable to: CFSC

Mail entry fees **(POSTMARKED BY FRIDAY, JULY 6, 2018)** to the address below:

Cypress Fairbanks Swim Club
Attn: Miki Tran
11659 Jones Rd., PMB #351
Houston, TX 77070

281-221-8398
atvltt@gmail.com

TIME TRIALS:

Time permitting, time trials will be conducted after the completion of Saturday's and Sunday's prelims under sanction #GULC 18-033. Rules for time trials will be:

- 1) Time trials events are open to any 13 and over Gulf Swimmers, and 12 and under Gulf swimmers with a minimum of 3 USAS BB Motivational times.
 - 2) The course will be 50 meters only.
 - 3) Fees will be \$18.00 for individual and \$33.00 for the relay events. Swimmers not already entered in the meet must also pay the swimmer surcharge fee.
 - 4) Swimmers must supply completed entry forms entered at the swimmers' best times. All entries are due 90 minutes before the published end time of the prelims session each day.
 - 5) Time Trials events do not count towards the daily entry limit of 3 events nor the entire meet entry limit of 7 events. Swimmers may swim in up to 1 time trials event per day.
 - 6) Events will be swum in the order of:
200 Free Relay, 400 Free Relay, 800 Free Relay
200 Medley Relay, 400 Medley Relay
50 Free, 50 Stroke (Back, Breast, Fly)
100 Free, 100 Stroke (Back, Breast, Fly)
200 Free, 200 Stroke (Back, Breast, Fly), 200 IM
400 Free, 400 IM
800 Free, 1500 Free
- Events may be combined in the same heats and swum mixed genders.



7) Swimmers must provide their own timers and lap counters where needed.

AWARDS:

Individual events: Custom medals 1st-3rd places and ribbons 4th-10th places.
Relay events: Custom medals 1st place and ribbons 2nd-3rd places.
Combined team: Custom Gulf trophies 1st-3rd places.
Individual High Point: 1st place and runner up girls and boys (highest individual points earned) for 10 & U, 11-12, 13-14.

SCORING:

Individual Events 1st-10th : 24-21-20-19-18-17-16-15-14-13
Individual Events 11th-20th: 11-9-8-7-6-5-4-3-2-1
Relay Events 1st-10th : 48-42-40-38-36-34-32-30-28-26
Relay Events 11th-20th : 22-18-16-14-12-10-8-6-4-2

All 11-14 events will be swum combined in prelims and scored 11-12 and 13-14.

**FINALS AND
SCRATCHING:**

The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rules 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 or she 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 Gulf Swimming 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 or any other bonus finals if he or she 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.

The USA Swimming National Championships Meets “reserve the right to scratch” rule is not applicable to any Gulf Swimming meet.

RULES AND SANCTIONS:

The current USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA



Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On deck USA Swimming membership registration will not be permitted. Gulf Swimming teams assigned by the Technical Planning Chairman may only participate in this invitational meet.

POOL MEASUREMENT:

The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming.

The water depth of the competition course is 5.5 feet measured from 1 meter to 5 meters on the starting end of the course, and 5.5 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM:

A Colorado Model 6000 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 warm-up assignment/timeline document. Swimmers in the 400/800 Free and 400 IM must provide 2 timers and a lap counter where applicable.

POOL DECK RESTRICTION:

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive complimentary Heat Sheets and for admission to the Hospitality Room. Coaches must supervise their swimmers.

No set up or chairs allowed on deck. On deck is allowed only for coaches and officials.

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.

DRONES:

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior



written approval by the Vice President of Program Operations.

PROOF OF TIME: Any swimmer that cannot prove that he/she was eligible to swim an event will be fined \$20.00 for each event he/she fails to prove. The fine or proof of time is sent to the Administrative Vice-Chair, Charlie Fry.

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).

OFFICIALS:

USA Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire for prelim sessions will be white golf shirts over Khaki slacks/skirts/shorts and white shoes. Official attire for finals sessions will be navy golf shirts over Khaki slacks or skirts (no shorts please). There will be an officials' briefing one (1) hour before the start of each session.

HOSPITALITY:

A hospitality room will be available.

MEET RESULTS:

Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org), within three days after the conclusion of the meet. Unofficial real time results will be available on MEET MOBILE.

CONCESSIONS:

Concessions will be available.

MERCHANDISE:

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

FLEET AQUATIC CENTER (FAC) FACILITY RULES:

- NO set-up north of the pool in the parking lot. No tents allowed in this parking area.
- NO glass containers, tobacco, or alcoholic beverages are allowed within the FAC area including the parking lot area.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. All spectators and parents must remain in the bleachers and the designated spectator viewing area.
- Spectators are not allowed to enter areas roped off or pass any posted barriers.
- Do not hang on the lane lines in either the FAC or the FLEET FIRST AQUATIC CENTER (FFAC) pool.
- There will be NO SHAVING within the FAC locker rooms. All shaving should be completed prior to arrival at the FAC. Safety marshals will be monitoring the locker rooms to enforce this policy.
- Safety rules will be enforced during warm-ups before each event session and in the Fleet



First Aquatic Center. THE FFAC is a warm-up area. Recreational swimming is prohibited.

- Please be neat. Throw your trash in the trash containers.
- The FAC staff has final authority on all safety matter and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
- No pets allowed at the FAC, the FFAC complex or on the pool deck.

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



GULF Age Group Champs

July 13-15, 2018

A Long Course Meters Prelims/Finals Meet

HOSTED BY

Cypress Fairbanks Swim Club – Fleet Swimming

Entry Rules:

Type of meet	Prelim/Final A/B finals for each age group
Max # individual events per day	Three (3) per day; seven (7) maximum for meet
Swimmers eligible	Gulf only
Entry times in	LCM, SCM, SCY
Qualifying times	Three (3) 2017-2018 Gulf AG Champs times
Cut-off times	None
Enter with no time?	Yes
Gulf “three event rule” applies?	Yes
Gulf “up/down rule” applies?	No
Gulf “Beyond IMX Rule” applies?	No
Times Eligibility	Times must be achieved between July 1, 2016 and the entry deadline.
Fees	Individual – \$9.00 Relays--\$16.50 Facility Surcharge – \$8.50 per swimmer Free heat sheets will be available through Meet Mobile



Girls Event#	Friday AM prelims—July 13, 2018			Boys Event#
	Event Name			
5	10 & U	50	Fly	6
7	11-12	50	Fly	8
9	13-14	200	I.M	10
11	11-12	200	I.M	12
13	10 & U	200	I.M	14
15	13-14	100	Back	16
17	11-12	100	Back	18
19	10 & U	100	Back	20
21	13-14	200	Breast	22
23	11-12	200	Breast	24
25	10 & U	400	Free Relay	26
27	14 & U	400	Free Relay	28
29	12 & U	400	Free Relay	30
1	11-12	400	Free*	2
3	13-14	400	Free*	4

Girls Event#	Friday Finals—July 13, 2018			Boys Event#
	Event Name			
1	11-12	400	Free*	2
3	13-14	400	Free*	4
5	10 & U	50	Fly	6
7	11-12	50	Fly	8
9	13-14	200	I.M	10
11	11-12	200	I.M	12
13	10 & U	200	I.M	14
15	13-14	100	Back	16
17	11-12	100	Back	18
19	10 & U	100	Back	20
21	13-14	200	Breast	22
23	11-12	200	Breast	24

*11-12 & 13-14 400 Free – Top 10 of each age and gender NOT choosing AM (Prelims) option will swim at the start of finals. All others will swim in event order at the end of prelims, alternating girls and boys heats.

All preliminary events 200m and 100m, and the 10 & U 400 Free, will be seeded fastest to slowest, utilizing chase starts, one end for odd heats, and one end for even heats.

All relays swum timed finals during prelim sessions.



Girls Event#	Saturday AM Prelims – July 14, 2018			Boys Event#
	Event Name			
33	12 & U	200	Free Relay	34
35	14 & U	200	Free Relay	36
37	10 & U	100	Fly	38
39	11-12	100	Fly	40
41	13-14	100	Fly	42
43	10 & U	200	Free	44
45	11-12	200	Free	46
47	13-14	200	Free	48
49	10 & U	100	Breast	50
51	11-12	100	Breast	52
53	13-14	100	Breast	54
55	10 & U	50	Free	56
57	11-12	50	Free	58
59	13-14	50	Free	60
61	11-12	200	Back	62
63	10 & U	200	Free Relay	64
65	14 & U	200	Medley Relay	66
67	12 & U	200	Medley Relay	68
31	13-14	400	I.M.**	32

Girls Event#	Saturday Finals—July 14, 2018			Boys Event#
	Event Name			
31	13-14	400	I.M.**	32
37	10 & U	100	Fly	38
39	11-12	100	Fly	40
41	13-14	100	Fly	42
43	10 & U	200	Free	44
45	11-12	200	Free	46
47	13-14	200	Free	48
49	10 & U	100	Breast	50
51	11-12	100	Breast	52
53	13-14	100	Breast	54
55	10 & U	50	Free	56
57	11-12	50	Free	58
59	13-14	50	Free	60
61	11-12	200	Back	62

**13-14 400 IM – Top 10 of each gender NOT choosing AM (Prelims) option will swim at the start of finals. All others will swim at the end of prelims, alternating girls and boys heats.

All preliminary events 200m and 100m, and the 10 & U 400 Free, will be seeded fastest to slowest, utilizing chase starts, one end for odd heats, and one end for even heats.

All relays swum timed finals during prelim sessions.



Girls Event#	Sunday AM Prelims– July 15, 2018			Boys Event#
	Event Name			
71	10 & U	50	Back	72
73	11-12	50	Back	74
75	13-14	200	Back	76
77	10 & U	100	Free	78
79	11-12	100	Free	80
81	13-14	100	Free	82
83	10 & U	50	Breast	84
85	11-12	50	Breast	86
87	13-14	200	Fly	88
89	11-12	200	Fly	90
91	10 & U	200	Medley Relay	92
93	14 & U	400	Medley Relay	94
95	12 & U	400	Medley Relay	96
97	10 & U	400	Free***	98
69	13-14	800	Free****	70

Girls Event#	Sunday Finals—July 15, 2018			Boys Event#
	Event Name			
69	13-14	800	Free****	70
71	10 & U	50	Back	72
73	11-12	50	Back	74
75	13-14	200	Back	76
77	10 & U	100	Free	78
79	11-12	100	Free	80
81	13-14	100	Free	82
83	10 & U	50	Breast	84
85	11-12	50	Breast	86
87	13-14	200	Fly	88
89	11-12	200	Fly	90

*** 10 & U 400 Free – will be swum timed finals with all heats swum in prelims, running all girls heat then all boys heats.

****13-14 800 Free – Top 10 of each gender NOT choosing AM (Prelims) option will swim at the start of finals. All others will swim at the end of prelims, alternating girls and boys heats.

All preliminary events 200m and 100m, and the 10 & U 400 Free, will be seeded fastest to slowest, utilizing chase starts, one end for odd heats, and one end for even heats.

All relays swum timed finals during prelim sessions.



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



SAFETY GUIDELINES AND WARM-UP PROCEDURES

APPENDIX G

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 backstroke 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.



**2017 - 2018
Gulf Age Group Championships
Time Standards**

"-" indicates the 2017 - 2018 standard is faster than the
2016 - 2017 standard

* Relay standards are not qualifying standards.
Relays must achieve the relay standards in order to score.

Girls			Boys		
LCM	Yards	10&U	Yards	LCM	
35.59 -	31.89	50 Free	31.89 -	36.59 -	
1:18.09 -	1:10.29	100 Free	1:10.09	1:20.29	
2:54.09 -	2:36.49 -	200 Free	2:35.29	2:57.49	
6:08.69	6:49.89	500 Free	6:46.99	6:05.09	
43.09 -	37.79	50 Back	37.79	44.39	
1:31.49 -	1:22.79	100 Back	1:23.09 -	1:34.29 -	
49.79	43.79	50 Breast	44.19	51.39	
1:45.69	1:32.99	100 Breast	1:36.09 -	1:51.09	
40.89	35.69	50 Fly	36.19	41.39	
1:39.29 -	1:29.09	100 Fly	1:30.79 -	1:40.79 -	
---	1:20.79 -	100 IM	1:22.59 -	---	
3:17.29 -	2:54.69	200 IM	2:58.09 -	3:23.09 -	

Girls			Boys		
LCM	Yards	11-12	Yards	LCM	
31.49	27.69	50 Free	27.89	31.99 -	
1:08.69	1:00.69	100 Free	1:02.29	1:09.59 -	
2:30.29	2:12.79	200 Free	2:12.69 -	2:32.49 -	
5:14.49	5:49.69	500 Free	5:49.49	5:13.49	
37.49	32.59	50 Back	33.49 -	38.29 -	
1:20.69	1:10.29 -	100 Back	1:11.99 -	1:22.19 -	
2:53.39	2:31.99	200 Back	2:34.69	2:58.09	
42.59	37.29	50 Breast	37.39	43.39	
1:31.69 -	1:20.99 -	100 Breast	1:20.49 -	1:31.09 -	
3:14.69	2:52.99	200 Breast	2:57.99 -	3:24.79 -	
34.49 -	31.09 -	50 Fly	31.09 -	36.09 -	
1:18.19	1:10.49	100 Fly	1:09.89 -	1:20.89 -	
3:04.19	2:44.09	200 Fly	2:47.69	3:05.99	
---	1:10.59	100 IM	1:10.59 -	---	
2:52.79	2:31.49	200 IM	2:31.09 -	2:52.29 -	
6:16.89	5:29.29	400 IM	5:19.79	6:08.69	

Girls			Boys		
LCM	Yards	13-14	Yards	LCM	
29.99 -	26.39 -	50 Free	24.99 -	28.69 -	
1:04.59 -	56.69 -	100 Free	53.89 -	1:01.89	
2:20.89 -	2:03.49 -	200 Free	1:57.59 -	2:14.99 -	
4:57.39	5:29.69	500 Free	5:16.09 -	4:48.49	
10:20.49	11:42.29	1000 Free	11:04.49	9:55.99	
20:39.79	19:29.19	1650 Free	18:56.19	19:25.39	
1:13.99 -	1:05.19 -	100 Back	1:01.89 -	1:13.09	
2:39.99	2:19.99 -	200 Back	2:13.99 -	2:37.59	
1:27.19	1:15.09 -	100 Breast	1:09.99 -	1:22.29 -	
3:04.19 -	2:41.49 -	200 Breast	2:33.09 -	2:57.29 -	
1:12.29 -	1:03.49 -	100 Fly	59.79 -	1:09.69 -	
2:52.59	2:24.99 -	200 Fly	2:16.49	2:35.89	
2:40.69 -	2:19.59 -	200 IM	2:11.89 -	2:32.79 -	
5:43.59	4:57.19	400 IM	4:43.99 -	5:30.19	

Girls			Boys		
LCM	Yards	12&U	Yards	LCM	
4:45.79	4:12.49	400 Free Relay *	4:19.19	4:49.49	
5:32.09	4:53.79	400 Med Relay *	4:56.09	5:36.79	

Girls			Boys		
LCM	Yards	14&U	Yards	LCM	
4:28.69	3:55.89	400 Free Relay *	3:44.19	4:17.49	
5:09.99	4:30.89	400 Med Relay *	4:15.39	4:58.49	

Approved 101117

