GULF FALL CHAMPIONSHIPS

December 18 - 20, 2026

A Short Course Yards Timed Finals Meet

HOSTED BY

Your Team Name Here

Your Team Logo Here

Sanction Number # GU-SC-27-XXX

ENTRIES DUE TO https://entries.gulfswimming.org BY 11:59 PM, MONDAY, NOVEMBER 30, 2026

NOTE: SWIMMERS MAY ONLY ATTEND ONE (1) FALL CHAMPS SERIES MEET

LOCATION: Your Facility
Your Street
Your City, TX Zip

For 2026 – see meet feedback

DIRECTIONS: Directions to Your Facility

SPECIAL INSTRUCTIONS: Special Instructions about Your Facility (parking, seating, tents, chairs, food on deck...)

MEET STAFF:

MEET REFEREE:	Name, Email
ADMIN OFFICIAL:	Name , Email
MEET DIRECTOR(S):	Name, Email, Phone
SAFETY MARSHAL:	Name
COACH(ES):	Name(s)

POOL: Two eight lane, 25 yard indoor pools with non-turbulent lane lines will be used for warm-up and competition. A separate warm-up / warm-down area will be made available during the competition.

TIME AND DATE: This is five session, 2 ½ day timed-finals meet with a PM session on Friday and AM/PM sessions on Saturday and Sunday.

Session 1: Friday PM – December 18, 2026
Age Groups: 12 & Under Boys & Girls
Warm-up: 5:00 – 6:15 pm / Meet Start: 6:30 pm

Session 2: Saturday AM – December 19, 2026
Age Groups: 12 & Under Boys
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 3: Saturday PM – December 19, 2026
Age Groups: 12 & Under Girls
Warm-up*: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

Session 4: Sunday AM – December 20, 2026
Age Groups: 12 & Under Boys
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 5: Sunday PM – December 20, 2026
Age Groups: 12 & Under Girls
Warm-up*: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

*Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website. Lane assignments for warm-ups and timing will be designated in the heat sheet, and posted on the Gulf Swimming website by Monday, December 14, 2026.

MEET TYPE: This meet will be run utilizing the "Flyover Starts" procedures unless a waiver is received from the Technical Planning Committee Chair. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the "Flyover Start" procedures.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:
See attached Safety Guidelines and Warm-up Procedures

SEEDING: The meet will be pre-seeded, with the exception of relays and 500 Free, which will be deck seeded events. Coaches please inform your swimmers of pre-seeded and deck seeded rules. All events, including relays, will be seeded with heats in the order of fastest to slowest. As a courtesy to the host, coaches should inform the clerk of course of swimmers not attending the meet. Empty lanes will be used for deck entries. **Athletes who enter an event with a Long Course Meters (LCM) or Short Course Meters (SCM) time will be seeded last in the order of LCM, SCM.**

ORDER OF HEATS: All events will be swum with heats in the order of fastest to slowest, including relay and distance events.

For Friday's timed final events, Girls will compete in the [NORTH, SOUTH, EAST, WEST] pool and boys will compete in the [NORTH, SOUTH, EAST, WEST] pool. All Friday events may compete in a single pool at the discretion of the Meet Referee.

For individual events on Saturday and Sunday, odd heats will compete in the [NORTH, SOUTH, EAST, WEST] pool and even heats will compete in the [NORTH, SOUTH, EAST, WEST] pool.

All relays will compete in the [Same as Odd - NORTH, SOUTH, EAST, WEST] pool.

POSITIVE CHECK-IN FOR THE 500 FREE:

All swimmers must circle in on sheets that will be available at the start of warm-up for the session, and due 45 minutes before the start of the session in which the event is scheduled to swim. After the events are officially closed, no one may check-in or scratch. After checking-in, failure to appear at the starting blocks will result in the swimmer being assessed a $5.00 fine, payable to Gulf Swimming, for each event in which he/she fails to appear.

RELAY CARDS: Relay cards must be turned in to the Clerk of Course 45 minutes before the start of the session in which the event is scheduled to swim or the entry will be considered scratched.

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y), short course meters (S), or long course meters (L). Do not convert meter (yard) times to yard (meter) times. If 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: 8 & U athletes must have the 2024 - 2028 USAS Motivational 10 & Under B Time Standard in next shortest event to swim the 200 free, 500 free and 200 IM.

Special Rule: **Only swimmers that have no 2026 Short Course Gulf Age Group Champs standards may enter this meet and may swim any event up to the allowed daily/meet limits. No Relay-Only swimmers allowed.**

Age: As of December 18, 2026

Number of Events: Swimmers may compete in up to four (4) individual events per day, but no more than (8) individual events for the entire meet, and one (1) relay event per day.

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

Eligible Swimmers: Swimmers attached to or in the documented process of transferring to a Gulf Swimming club, TST-ST or PLAT-ST may participate in this meet. Athletes shall NOT participate in this competition if they have already participated in a 2026 Gulf Fall Champs Series meet. If found in violation of this rule, athletes are subject to disqualification and a $50 fine for each event in which they competed at this meet.

Unattached Swimmers: 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.

Entries: All teams MUST submit their entries electronically via https://entries.gulfswimming.org.

Deadline: Entries must be in the hands of the Gulf TPC Chair no later than 11:59 pm, Monday, November 30, 2026. Upload entries to https://entries.gulfswimming.org.

Individual Event Entry Fee (per event):	$10.25
Relay Entry Fee (per relay event):	$16.25
Swimmer Surcharge Fee (per swimmer):	Enter Either $4.00 For 1 or Less or $6.00 For 2 or More or $10.00 for 2 pools with 2 more Warm-up / Warm-down Lanes *$2 may be added if free heat sheets are made available (if so include: Free heat sheets will be available through Meet Mobile (or pdf, or other method)
Make entry fee checks payable to:	Enter Your Team Name Here

Mail entry fees **(POSTMARKED BY FRIDAY, DECEMBER 11, 2026)** to the address below:

Enter Your Team Name Here
Enter Entry Fee Street Address Here
Enter City, TX Zip Code Here

Late Entries: Any team missing the entry deadline will be permitted to enter late, subject to the following requirements:

1. Late entries must be submitted electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.
2. These entries must be received no later than 11:59 pm, Wednesday, December 2, 2026. Entries must be uploaded to https://entries.gulfswimming.org.
3. The team must pay the normal meet entry fees to the host and a penalty fee of $200, payable to Gulf Swimming.

ON-DECK ENTRIES: On-deck entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the 11:59pm, Monday, November 30, 2026 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.

AWARDS:

Individual events: Custom Gulf Medals for 1st - 3rd places & Ribbons for 4th - 8th places
Relay events: Custom Gulf Medals for 1st place & Ribbons for 2nd - 3rd places
Combined team: Custom Gulf Awards for 1st -3rd places
Individual high point: Girls / Boys 6 & U, 7, 8, 9-10, 11-12 (highest individual points earned)

SCORING:

Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

12 & Under individual events scored as 8 & Under, 9 – 10 and 11 – 12.
8 & Under individual events scored as 6 & Under, 7 , 8.
12 & Under relay events scored as 12 & Under.
10 & Under relay events scored as 10 & Under.
8 & Under relay events scored as 8 & Under.

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 and unattached swimmers assigned by the Technical Planning Chairman may only participate in this invitational meet.

The Gulf Swimming three (3) event rule & the Gulf Swimming up/down rule do not apply.

POOL MEASUREMENT:

Enter Either Statement:
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.
OR:
The competition course has not been certified in accordance with USA Swimming Rule

104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct.

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

TIMING SYSTEM: A Colorado Model 6000 (or Daktronics Model 2000) electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the psych sheet. Swimmers in the 500 Free must provide 2 timers and a lap counter.

POOL DECK RESTRICTION:

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

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

Enter Special Pool Deck Restrictions Here

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.

MAAPP POLICY: All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

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, Paige Sikkema.

Once swimmers have qualified for a particular division, PRIOR to the entry deadline stated in the meet invitation, they MAY NOT swim in a slower division. Swimmers entering events in a slower division are subject to disqualification from the meet by the Meet Director or the Referee. Swimmers shall be fined $50.00 for each event in which they competed.

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).

MEDICAL SUPERVISION: During the meet an [Enter EMT or Lifeguard] will be present to provide any necessary medical supervision and treatment for athletes participating in the meet. An AED [Enter is or is not] available onsite.

HOSPITALITY: A hospitality room will be available.

OFFICIALS: USA Swimming Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire for all sessions will be white golf shirts over Navy slacks/skirts/shorts and white shoes. There will be an officials' briefing one (1) hour before the start of each session.

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. Add if appropriate - Unofficial real time results will be available on MEET MOBILE.

CONCESSIONS: Concessions will be available ... (fill in as appropriate)

MERCHANDISE: (Vendor Name) will be at the meet selling swim apparel and swim gear. (fill in as appropriate)

FACILITY RULES: Enter Special Facility Rules Here

ATTACHMENTS: Meet Format, Time Standards, Gulf Safety Guidelines and Warm-up Procedures
Enter Additional Attachments Here: (Maps, Facility Rules, Hotels, Restaurants, Sponsors)

GULF FALL Championships

December 18 - 20, 2026

A Short Course Yards Timed Finals Meet

HOSTED BY

Your Team Name Here

Entry Rules:	
Type of meet	Timed Finals
Max # individual events per day	Four (4) per day; eight (8) for the entire meet
Swimmers eligible	Gulf teams assigned to this venue who have not already competed in another 2026 Gulf Fall Champs Series Meet.
Entry times in	SCY, SCM, LCM
Qualifying times	8&U athletes must have the 2024-2028 USAS Motivational 10&U B Time Standard in the next shortest event to swim 200/500 free, 200IM.
Cut-off times	None
Special Rule	**Only swimmers that have no 2026 Short Course Gulf Age Group Champs standards may enter this meet and may swim any event up to the allowed daily/meet limits. No Relay-Only swimmers allowed.**
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 – $10.25, Relay - $16.25 Facility Surcharge – Enter either $4.00, $6.00 or $10.00 per swimmer *$2 may be added if free heat sheets are made available (if so include: Free heat sheets will be available through Meet Mobile (or pdf, or other method)

All events will be seeded fastest to slowest.

*500 Free will swim fastest to slowest alternating girls and boys heats. Swimmers must provide their own timers and lap counters.

Friday – Girls & Boys
December 18, 2026

Girls Event#	Event Name			Boys Event#
1	12 & Under	200	IM	2
3	12 & Under	500	Free*	4

Saturday AM - Boys
December 19, 2026

Boys Event#	Event Name		
5	12 & Under	100	IM
6	8 & Under	25	Free
7	12 & Under	50	Fly
8	12 & Under	100	Free
9	11 - 12	200	Back
	5 Minute Break		
10	12 & Under	200	Free Relay
11	10 & Under	200	Free Relay
12	8 & Under	100	Free Relay
	5 Minute Break		
13	12 & Under	50	Back
14	8 & Under	25	Breast
15	11 - 12	200	Fly
16	12 & Under	100	Breast

Saturday PM - Girls
December 19, 2026

Event Name			Girls Event#
12 & Under	100	IM	17
8 & Under	25	Free	18
12 & Under	50	Fly	19
12 & Under	100	Free	20
11 - 12	200	Back	21
5 Minute Break			
12 & Under	200	Free Relay	22
10 & Under	200	Free Relay	23
8 & Under	100	Free Relay	24
5 Minute Break			
12 & Under	50	Back	25
8 & Under	25	Breast	26
11 - 12	200	Fly	27
12 & Under	100	Breast	28

TEXAS GULF SWIMMING

Sunday AM - Boys
December 20, 2026

Boys Event#	Event Name			
29	12 & Under	50	Free	
30	8 & Under	25	Back	
31	12 & Under	100	Fly	
	5 Minute Break			
32	12 & Under	200	Medley Relay	
33	10 & Under	200	Medley Relay	
34	8 & Under	100	Medley Relay	
	5 Minute Break			
35	11-12	200	Breast	
36	12 & Under	100	Back	
37	8 & Under	25	Fly	
38	12 & Under	50	Breast	
39	12 & Under	200	Free	

Sunday PM - Girls
December 20, 2026

Event Name			Girls Event#
12 & Under	50	Free	40
8 & Under	25	Back	41
12 & Under	100	Fly	42
5 Minute Break			
12 & Under	200	Medley Relay	43
10 & Under	200	Medley Relay	44
8 & Under	100	Medley Relay	45
5 Minute Break			
11-12	200	Breast	46
12 & Under	100	Back	47
8 & Under	25	Fly	48
12 & Under	50	Breast	49
12 & Under	200	Free	50

TEXAS GULF SWIMMING

GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES

WARM-UP PROCEDURES

A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
   1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
   2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.

B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
   1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
   2. Lanes are **ONE WAY ONLY**.

SAFETY GUIDELINES

A. Swimmers Responsibilities
   1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.

B. Coaches Responsibilities
   1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
   2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
   3. Coaches shall actively supervise their swimmers throughout the warm-up session.
   4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
   5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.

C. Safety Marshals
   1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**

D. Miscellaneous
   1. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers.
   2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
   3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
   4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
   5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
   6. All diving boards and equipment are **OFF LIMITS**.

E. Pool Rules
   1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
   2. Glass containers are prohibited.
   3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.

2025-2026
Gulf Age Group Championship
Time Standards
(Note: Revised May 2024)

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	1:21.59	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	31.59
1:08.69	1:00.59	100 Free	1:00.19	1:08.19
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	33.29	37.99
1:20.69	1:10.29	100 Back	1:11.49	1:22.19
2:53.39	2:31.39	200 Back	2:34.69	2:58.09
42.59	36.79	50 Breast	37.39	43.39
1:31.69	1:20.99	100 Breast	1:20.29	1:31.09
3:14.69	2:52.99	200 Breast	2:57.99	3:22.59
34.49	30.69	50 Fly	31.09	35.99
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
---	1:10.39	100 IM	1:10.59	---
2:52.79	2:31.29	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	26.29	50 Free	24.59	27.99
1:04.59	56.69	100 Free	52.99	1:00.99
2:20.89	2:03.49	200 Free	1:56.79	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	1:04.59	100 Back	1:01.89	1:11.59
2:39.99	2:19.39	200 Back	2:13.99	2:37.59
1:27.09	1:14.69	100 Breast	1:09.59	1:22.29
3:04.19	2:40.79	200 Breast	2:31.19	2:57.29
1:12.29	1:03.49	100 Fly	59.79	1:08.69
2:52.59	2:23.59	200 Fly	2:16.49	2:35.89
2:40.69	2:19.59	200 IM	2:09.89	2:32.79
5:43.59	4:57.19	400 IM	4:41.99	5:30.19

TEXAS GULF SWIMMING