GULF SENIOR CHAMPIONSHIPS INVITATIONAL

December 11 - 13, 2026

A Short Course Yards Prelims / 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 23, 2026.
NOTE: SWIMMERS MAY ONLY ATTEND ONE (1) FALL CHAMPS SERIES MEET

LOCATION: Your Facility
Your Street
Your City, TX Zip

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 a prelims/finals meet with A, B, C finals. Relays, 400 I.M, 500/1000/1650 Free will be swum as timed finals events. *Split warm-ups will be in effect. Lane assignments for warm-ups and timing will be designated in the psych sheet and posted on the Gulf website by Monday, December 7, 2026. Open warm-ups will be in effect for the Friday PM and Saturday / Sunday Finals sessions.

Friday, Dec. 11, 2026	Timed Finals:	Warm-up: 4:30 pm / Start: 5:30 pm
Saturday, Dec. 12, 2026	Prelims:	*Warm-up: 7:30 am / Start: 9:00 am
	Finals:	Warm-up: 4:30 pm / Start: 5:30 pm
Sunday, Dec. 13, 2026	Prelims:	*Warm-up: 7:30 am / Start: 9:00 am
	Finals:	Warm-up: 4:30 pm / Start: 5:30 pm

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

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, the 400 IM, and 500/1000/1650 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.

Seeding for all events shall be in the following order: Conforming short course yards entries in time order, followed by non-conforming long course entries in time order, followed by non-conforming short course meters entries in time order (YLS).

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 prelim events on Saturday and Sunday, Girls Events will compete in the [NORTH, SOUTH, EAST, WEST] pool and Boys Event will compete in the [NORTH, SOUTH, EAST, WEST] pool. The 1000 and 1650 free events may compete in a single pool at the discretion of the Meet Referee.

All Finals heats on Saturday and Sunday will compete in the [Same as Odd - NORTH, SOUTH, EAST, WEST] pool.

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

All swimmers must circle in on sheets that will be available at the start of warm-up for the session. Check in for the 400 IM and 500 Free is due 45 minutes before the start of the Friday session. Check in for the 1000 and 1650 Free is due at 9:00am each day, respectively. 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.

FINALS AND SCRATCHING:

The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rule 207.11.6D and 207.11.6E, as modified below.

Any finalist who fails to compete in finals or consolation finals, or any other bonus final heat, for which he has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the *USA Swimming Rules and Regulations* and will be assessed a fine of $50.00. A Club, which has not paid the fine, will not be allowed to register for membership in the Gulf LSC until the fine is paid.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals or consolation finals if he has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet and a fine of $50.00. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals. The alternates, after the existing scratches are tabulated, will not be penalized if they are unavailable to compete in finals.

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

400 IM / 500 FREE EVENTS: The 400 IM and 500 Free will be swum as timed finals events, fastest to slowest.

RELAY EVENTS: Relays will be swum in prelims as timed finals events.

1000/1650 FREE EVENTS: The 1000 and 1650 freestyle events will be swum as timed finals events. The fastest 8 women and the fastest 8 men who check-in and do not elect to swim in prelims, will swim during finals sessions on Saturday and Sunday. All other heats will be swum as the last events of the prelims sessions. Swimmers must provide their own timers and lap counters.

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.

Age: As of December 11, 2026. Gulf swimmers aged 13 and older may enter this meet.

Number of Events: Swimmers may compete in up to three (3) individual events per day 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 Open 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 23, 2026. Upload entries at https://entries.gulfswimming.org.

Individual Event Entry Fee (per event):	$15.25
Relay Entry Fee (per relay event):	$27.25
Swimmer Surcharge Fee (per swimmer):	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))
Make entry fee checks payable to:	Enter Your Team Name Here

Mail entry fees **(POSTMARKED BY FRIDAY, DECEMBER 4, 2026)** to the address below:

Enter Your Team Name Here
Enter 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, November 25, 2026. Email entries to the Gulf TPC Chair at: tpc@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 11:59 pm, Monday, November 23, 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.

Heats will be added, if necessary and if the timeline permits.

FINALISTS: All finalists should report directly to the starting blocks. Names of the top 8 finalists will be announced before the start the heat.

AWARDS: Individual events: Custom Gulf Medals for 1st - 3rd places & Ribbons for 4th - 8th places
Relay events: Custom Gulf Medals for 1st place - 3rd places
Combined team: Custom Gulf Awards for 1st -3rd places
Individual high point: 1st place and Runner-up Girls / Boys (highest individual points earned)

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

RULES AND SANCTIONS:

The current USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On deck USA Swimming membership registration will not be permitted. 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 and 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, and ## feet measured from 1 meter to 5 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 at both prelims and finals based on their percentage of swims at the meet. Timing assignments will be published in the meet program or on the Gulf Swimming website. Swimmers in the 400 I.M. must provide their own timers. 500/1000/1650 Free swimmers must provide their own timers and lap counters.

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. Swimmers that have already participated in another 2026 Gulf Fall Champs Series meet are subject to disqualification and a $50 fine for each event in which they competed at this meet. The fine or proof of time shall be made to Gulf Swimming.

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 timed final sessions and preliminary sessions will be white golf shirts over khaki slacks/skirts/shorts and white shoes. Official attire for final sessions will be navy golf shirts over khaki slacks/skirts 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, Gulf Safety Guidelines and Warm-up Procedures
Enter Additional Attachments Here: (Maps, Facility Rules, Hotels, Restaurants, Sponsors)

GULF SENIOR CHAMPIONSHIPS INVITATIONAL

December 11 – 13, 2026

A Short Course Yards Prelim/Finals Meet

HOSTED BY

Your Team Name Here

Entry Rules:	
Type of meet	Prelim/Final C, B, A
Max # individual events per day	Three (3)
Swimmers eligible	Gulf Only – 13 & Over swimmers who have not already competed in another 2026 Gulf Fall Champs Series Meet.
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times	None
Enter with no time?	Yes
Gulf "three event rule" applies?	Does not apply
Gulf "up/down rule" applies?	Does not apply
Gulf "beyond IMX" rule applies?	Does not apply
Fees	Individual – $15.25, Relay - $27.25
Facility Surcharge	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 400 and over are timed finals with positive check in.

Positive check in for 400IM and 500 Free closes 45 minutes before the start of the meet. Positive check in for 1000 and 1650 closes at 9:00am each day, respectively.

Athletes swimming the 1000 and 1650 need to note prelims or finals during check in. The fastest 8 women and the fastest 8 men who check-in for the 1000/1650 Free, and who do not elect to swim in prelims, will swim in finals. All other heats will be swum fastest to slowest in the prelims session. Pool assignments are specified in the Order of Heats section above.

Swimmers in the 400IM, 500/1000/1650 Free must provide 2 timers and laps counters as applicable.

The 400 IM and 500 Free will be swum fastest to slowest. Pool assignments are specified in the Order of Heats section above.

All relays will be swum in prelims as timed finals.

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

Friday, December 11, 2026

Timed Finals

Open Warm-ups 4:30 pm, Session starts 5:30 pm

Women Event#	Event	Men Event#
1	400 I.M.	2
3	500 Free	4

Saturday, December 12, 2026

Prelims: Split Warm-ups 7:30 am, Session starts 9:00 am

Finals: Open Warm-ups 4:30 pm, Session starts 5:30 pm

Women Event#	Event	Men Event#
5	200 Fly	6
7	50 Free	8
9	100 Breast	10
11	200 Free	12
13	50 Breast	14
15	100 Back	16
	5 Minute Break (Prelims)	
17	400 Medley Relay	18
	5 Minute Break (Prelims)	
19	1000 Free	20

Sunday, December 13, 2026

Prelims: Split Warm-ups 7:30 am, Session starts 9:00 am

Finals: Open Warm-ups 4:30 pm, Session starts 5:30 pm

Women Event#	Event	Men Event#
21	200 Back	22
23	50 Fly	24
25	100 Free	26
27	200 Breast	28
29	100 Fly	30
31	50 Back	32
33	200 IM	34
	5 Minute Break (Prelims)	
35	400 Free Relay	36
	5 Minute Break (Prelims)	
37	1650 Free	38

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.