SOUTHERN SENIOR CHAMPIONSHIPS INVITATIONAL

December 3-6, 2026

Short Course Yards – Prelims / Finals

HOSTED BY

THE WOODLANDS SWIM TEAM

Sanction Number # GU-SC-27-XXX

ENTRIES DUE TO THE HOST BY 11:59 PM, MONDAY, NOVEMBER 23rd, 2026.
NOTE: SWIMMERS MAY ONLY ATTEND ONE (1) FALL CHAMPS SERIES MEET

LOCATION: CISD Natatorium, 19133 David Memorial Drive, Shenandoah, Texas 77385

DIRECTIONS: **From I-45 Northbound:** Exit College Park Dr. (exit 79A). Proceed north on the frontage road and turn right (east) on Ed English Drive (at Discount Tire Co.). Proceed to David Memorial Drive and turn right (south), the Natatorium will be on your left, adjacent to the football stadium. **From I-45 Southbound:** exit Tamina (exit 77). At the intersection of I-45 and Research Forest/Tamina, turn left (east) onto Tamina Road and travel to first stop light. At the stop light turn left (north) onto David Memorial Drive (behind Home Depot), the Natatorium will be on your right.

MEET STAFF:

MEET REFEREE:	[FILL IN]
ADMIN REFEREE:	[FILL IN – NOTE that this is an OQM meet requiring a qualified AR]
MEET DIRECTOR:	[FILL IN]
SAFETY MARSHAL:	[FILL IN]
COACH:	[FILL IN]

POOLS: Two eight lane, 25 yard indoor pools with non-turbulent lane lines will be used for warm-up and competition. Warm-up/warm-down lanes will be available for all sessions.

All individual events on Thursday and all individual events during the preliminary sessions on Friday, Saturday and Sunday will be conducted in two pools as follows:

- Thursday Timed Finals: Women in East Pool, Men in West Pool
- Friday Prelims: Men in East Pool, Women in West Pool
- Saturday Prelims: Women in East Pool, Men in West Pool
- Sunday Prelims: Men in East Pool, Women in West Pool

All finals sessions will be conducted in the East pool.

TIME AND DATE: This is a prelim/finals meet with A, B, C and D finals. There will be a Bonus (E) final for 50-100-200 events. The Bonus (E) final is reserved for swimmers who are aged 18 years and under. Relays, 1000 Free & 1650 Free will be swum as timed finals events. Timing lane assignments will be designated in the psych sheet and posted on the Gulf website by Monday, November 30, 2026. Open warm-up format will be used for all prelim and finals sessions.

Thursday, December 3rd, 2026	Timed Finals	Warm-up: 3:30 pm Meet Start: 5:00 pm
Friday, December 4th, 2026	Prelims Finals:	Warm-up: 7:30 am / Start: 9:00 am Warm-up: 4:30 pm / Start: 5:30 pm
Saturday, December 5th, 2026	Prelims Finals:	Warm-up: 7:30 am / Start: 9:00 am Warm-up: 4:30 pm / Start: 5:30 pm
Sunday, December 6th, 2026	Prelims Finals:	Warm-up: 7:30 am / Start: 9:00 am Warm-up: 3:30 pm / Start: 4:30 pm

MEET TYPE: Preliminary sessions 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

OFFICIALS: All deck officials must be in good standing with USA Swimming and their LSC. Help from visiting officials is always welcome. Officials are asked to please fill out an application to officiate: https://forms.gle/MjNPNjprmfxGinTAA. Feel free to also email the Meet Referee, TBD Name (TBD email) if you have any questions. All officials must attend a mandatory meeting one hour before each session.

The uniform for all Preliminary sessions will be white polo shirt over khaki shorts / pants / skirt. The Finals uniform will be navy blue polo shirt over khaki pants / skirt (no shorts). All officials will be issued credential tags. Only persons with credential tags will be allowed access to the deck. Officials should prominently display their meet credential while on deck. The wearing of name tags is encouraged.

OFFICIALS CERTIFICATION Application for this meet has been submitted for approval as an Officials Qualifying Meet. Officials who are interested in being evaluated need to submit their completed application to officiate (link referenced above) to the Meet Referee by November 12, 2026. The OQM application will request that evaluation be available for all N2 and N3 certifications.

GENERAL MEETING: A general meeting will be held via Zoom on Monday evening November 30th. All swimmers must be represented by a coach at this meeting. Any changes to the conduct of the meet will be decided at this meeting. It is each swimmer and coach's responsibility to be aware of

any changes made during this meeting. Details regarding the Zoom meeting will be distributed to participating teams after entries are received.

SEEDING: The meet will be deck-seeded. Coaches, please inform your swimmers of seeding on deck rules. **Seeding for all events shall be in the following order: Conforming course entries in time order, followed by non-conforming long course entries in time order, followed by non-conforming short course entries in time order (YLS).**

ORDER OF HEATS: Thursday's timed finals events will be swum with heats in the order of fastest to slowest. At Prelims, all events will be swum with heats in the order of fastest to slowest, with the first 3 heats circle seeded. At Finals, events will be swum with heats in the order of slowest to fastest.

PRELIMS AND SCRATCHING: **Procedures:** Scratches prior to the seeding of heats shall be confirmed by properly filling out a scratch card per the deadlines listed below. After the heats have been seeded, any swimmer who fails to compete in an individual event heat in which they have been entered and have not been scratched will be barred from further individual and relay events for that day. No shows will also result in the swimmer being assessed a $5.00 fine, payable to Gulf Swimming for each event in which he/she fails to appear.

Scratch Deadlines:
Thursday's events: Positive check-in required for the 1000 free by 4:15pm Thursday.
Friday's events: Scratches for Friday's events open at the conclusion of Monday Night's General Meeting and close at 8:00 PM on Thursday, December 3rd, 2026. Use the following link for Friday scratches ONLY: https://forms.gle/YN8W1gGuvFwTUY7h9
Saturday's events: 6:00 p.m. on Friday, scratches will be done on deck at the scratch table.
Sunday's events: 6:00 p.m. on Saturday, scratches will be done on deck at the scratch table.

Location of the Scratch Box: The scratch box shall be located at the Scratch table on deck.

Relays: Properly completed relay cards must be turned in to the Clerk of Course 45 minutes prior to the start of the timed finals session on Thursday and prelim sessions on Friday, Saturday and Sunday 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.

RELAY EVENTS: All relays will be timed finals. Teams may enter a maximum of 3 relays per relay event. For the 800 freestyle relay, 400 freestyle relay and 400 medley relay, the fastest 16 women's relays and the fastest 16 men's relays will swim during finals. All other heats will be swum during prelims. Each team shall indicate their preference of swimming during the prelims or finals session on the relay card which is due to the Clerk of Course 45 minutes prior to the start of the day's prelim session. If an election is not made on the relay card, the relay will be seeded as if it is available to swim during the finals session.

1000/1650 FREE EVENTS: The 1000 and 1650 freestyle events will be swum as timed finals event. All swimmers in the 1000 on Thursday must provide their own lap counters and timers for their individual swimmers. For the 1650 Free events, the fastest 8 women and the fastest 8 men who check-in and do not elect to swim in prelims, will swim during Sunday's finals. All other heats will be swum as the last events of Sunday's prelims session. If an election is not made on the check-in sheet, the swimmer will be seeded as if they are available to swim during the finals session. Swimmers must provide their own timers and lap counters during the prelim session heats and lap counters for finals.

Athletes MUST have the Gulf Senior Championship Time Standard in order to compete in these events.

Deadlines: Entrants in the 1000 free and 1650 free must check in with the Clerk of Course and confirm their intention to compete. The check-in deadlines are:
1000 Free: 45 min. prior to the start of the meet on Thursday.
1650 Free: 6:00 p.m., Saturday.

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, Monday November 23rd, 2026 deadline may enter the meet on-deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry. If not already entered in the meet, the swimmer surcharge fee shall also apply ($12.00 per swimmer). A team missing the entry deadline must also pay a penalty fee of $200, payable to Gulf Swimming.
2. Swimmers must supply completed entry forms entered at the swimmers' best times. Swimmers will be seeded into open lanes in pre-seeded events and according to their best times in deck seeded events.

3. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
4. Swimmers must be qualified to swim the event entered.
5. Swimmers must not exceed the allotted number of events allowed each day.
6. Swimmers must present proof of current USA Swimming registration and if athlete is 18 yrs or older, proof of current and completed APT certification.

Swimmers who on-deck enter to change an entry time in a deck-seeded event in which they are already entered must: a. Circle in on posted circle-in sheets b. the on deck entry time will be used for seeding c. the on deck entry fees still apply to these swimmers.

Heats will be added, if necessary and timeline permits.

ENTRY INFORMATION:

Entry Times: 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 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., Y, S, or L). 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: 2026-2027 Gulf Senior Championships Time Standards. See time standards attachment.

Times Eligibility: There is no deadline for having earned the time standards required.

Bonus Rule: Swimmers that have three (3) or more 2026-2027 Gulf Senior Champs time standards may enter/swim any event up to the daily / meet limits with the exception of the 1000 free and 1650 free which require the swimmer to have achieved the Gulf Senior Champs time standard.

Age: As of December 3, 2026.

Number of Events: Swimmers may compete in up to three (3) individual events per day and two (2) relay event per day. Teams may enter a maximum of 3 relays per event.

Eligible Swimmers: All USA Swimming registered swimmers and foreign or other swimmers as permitted by USA Swimming rules. **NOTE: The last team to make 150 out-of-Gulf LSC swimmers will be allowed into the 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, follow the entry procedures in the Meet Announcement, and provide proof of a registered coach responsible for their supervision on deck during the meet as well as proof of their current USA Swimming registration.

Deadline: Entries must be in the hands of the Meet Entry Chair no later than 11:59 pm, Monday, November 23rd 2026. Late fee of $200 per club/team still stands for any entries submitted after that point. Entries will be accepted through Wednesday Nov. 25th at 11:59pm as long as fine is paid to Gulf Swimming. Team entries after Nov. 25th will not be accepted. Team entries received within the accepted entry deadlines will be allowed to update their entry times at the meet host's discretion. **No late entries will be accepted after the deadlines stated above.** Do not send entries via Federal Express, etc. that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required. Mail or hand deliver entries to the Meet Entry Chair at:

[First Name]
c/o [Team Name>
[Street Address]
[City], TX [Zip]

Email: [email address]
Phone: [xxx.xxx.xxxx]

Entries: All teams entering 10 or more swimmers MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software, along with a hard copy printout of the entries. Teams without Hy-Tek should submit their entries on the enclosed Entry Form. A $25.00 fee must be included with the entry fees for teams that enter 10 or more swimmers using an entry form only (without sending Hy-Tek files). Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission.

Teams may electronically mail their Meet Manager files. Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Announcement.

Individual Event Entry Fee (per event):	$15.25
Relay Entry Fee (per relay event):	$27.25
Swimmer Surcharge Fee (per swimmer):	$12.00 (Free heat sheets will be available through Meet Mobile)
Make entry fee checks payable to:	The Woodlands Swim Team

TOP 8 FINALISTS: The top 8 finalists in each individual event (including the 1650 Free) will be paraded to the starting blocks from the ready room.

CONSOLATION, BONUS & RELAY FINALISTS: Consolation, bonus and relay finalists should report directly to the starting blocks. Names will be announced after the start of each of these heats, except the 50 freestyle heats. Names will be announced before the start of each 50 freestyle 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 Trophies 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.

POOL MEASUREMENT:

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 7 feet measured from 1 meter to 5 meters on the starting end of the course, and 7 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM: A 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 meet program. Swimmers in the 1000 must provide their own timers and lap counters and swimmers in the 1650 Free must provide their own timers and lap counters during the prelim session heats and lap counters for finals. Swimmers in the 500 Free must provide their own lap counters during the prelim session heats and for finals.

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 entered in the meet, 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.

Please see attached "Rules, Regulation, Prohibitions, and Deck Access" of the CISD Natatorium. **All meet entries must be accompanied by a signed copy of CISD's "Healthy Swimming Policy"**.

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.
No photography/videography allowed on deck other than by coaches for coaching purposes or by credentialed media personnel approved by the Meet Director prior to the meet start.

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.

MAAP 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.

PROOF OF TIME: Swimmers are not eligible to swim in this meet if they have not achieved one (1) or more 2026-2027 Gulf Senior Champs Qualifying time standards (see standards attached) PRIOR to the entry deadline stated in the meet invitation. 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.

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 should contact the Meet Director and Meet Ref at least two weeks in advance of the meet to reserve a 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.

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: A concession stand will be open during the meet in the lobby on the second level.

MERCHANDISE: Swim Shops of the Southwest is located in the lobby and will be open during the meet to sell swim apparel and swim gear.

FACILITY RULES: Reserving seats between or during sessions is not allowed. Chairs and inflatable mattresses are not allowed. Certain items such as coolers and stadium seat are restricted - please see attached "The CISD Natatorium Rules, Regulation, Prohibitions, and Deck Access" attachment for specific information.

Important Deadlines

Deck Entries

Thursday @ 4:15pm	For Thursday's Events
Friday @ 8:15am	For Friday's Events
Saturday @ 8:15am	For Saturday's Events
Sunday @ 8:15am	For Sunday's Events

Scratches

Thursday @ 8:00pm	For Friday's Prelims
Friday @ 6:00pm	For Saturday's Prelims
Saturday @ 6:00pm	For Sunday's Prelims

Positive Check-Ins

Thursday @ 4:15pm	1000 Free
Saturday @ 6:00pm	1650 Free

Relay Cards

Thursday @ 4:15pm	200 Medley Relays
Thursday @ 4:15pm	200 Free Relays
Friday @ 8:15am	400 Free Relays
Saturday @ 8:15am	800 Free Relays
Sunday @ 8:15am	400 Medley Relays

SOUTHERN SENIOR CHAMPIONSHIPS

December 3-6, 2026

Short Course Yards – Prelims / Finals

HOSTED BY

THE WOODLANDS SWIM TEAM

Entry Rules:	
Type of meet	Prelim/Final EDCBA for 200 & Shorter; DCBA for 400s and 500s. E finals are reserved for 18-under swimmers.
Max # individual events per day	Three (3)
Swimmers eligible	All USA-S (Limit out of LSC to 150 swimmers or to last team over 150 swimmers) who have not already competed in another 2026 Gulf Fall Champs Series Meet.
Entry times in	SCY, LCM, SCM – Seeded per National Rules
Cut-off times	None
Enter with no time?	Yes
Qualifying Times	2026-2027 Gulf Senior Championships Time Standards.
Bonus Rule:	Swimmers that have three (3) 2026-2027 Gulf Senior Champs Qualifying Times may enter any event and swim the daily/meet event limits with the exception of the 1000 and 1650 free events which require the swimmer to have achieved the Senior Champs qualifying standard.
Gulf “three event rule” applies?	No
Gulf “up/down rule” applies?	No
Gulf “beyond IMX” rule applies?	No
Fees	Individual – $15.25, Relay - $27.25
Facility Surcharge	$12.00 per swimmer (Heat sheets will be available through Meet Mobile)

Thursday, December 3, 2026

Timed Finals

Open Warm-up 3:30 pm, Meet Start 5:00 pm

Women	Event	Men
1	200 Medley Relay*	2
	Break: 5 min.	
3	1000 Free**	4
	Break: 5 min	
5	200 Free Relay*	6

* Events will swim in a single pool (East Pool)

** The 1000 Freestyle will be timed finals, swum fastest to slowest. Women will swim in the East Pool and Men will swim in the West Pool. Swimmers must provide 2 timers and a lap counter. In order to swim this event, swimmers MUST have the Gulf Senior Champs time standard.

Friday, December 4, 2026

Prelims

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

Men in East Pool, Women in West Pool Unless Otherwise Indicated

Women	Event	Men
7	100 Breast	8
9	50 Back	10
11	200 Free	12
13	100 Fly	14
	Break: 5 min.	
17	400 Free Relay**	18
	Break: 5 min.	
15	400 IM*	16

Finals

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

All Heats in East Pool

Women	Event	Men
7	100 Breast	8
9	50 Back	10
11	200 Free	12
13	100 Fly	14
15	400 IM	16
	Break: 5 min.	
17	400 Free Relay**	18

* Prelims will swim fastest to slowest, women in the West pool, men in the East pool.

** The fastest 16 women's relays and the fastest 16 men's relays that do not elect to swim in prelims will be swum during finals. Election must be made on relay card.

Saturday, December 5, 2026

Prelims

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

Women in East Pool, Men in West Pool Unless Otherwise Indicated

Women	Event	Men
19	200 Fly	20
21	50 Free	22
23	200 Breast	24
25	100 Back	26
	Break: 5 min.	
29	800 Free Relay**	30
	Break: 5 min.	
27	500 Free*	28

Finals

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

All Heats in East Pool

Women	Event	Men
19	200 Fly	20
21	50 Free	22
23	200 Breast	24
25	100 Back	26
27	500 Free*	28
	Break: 5 min.	
29	800 Free Relay**	30

* Swimmers in the 500 free must provide their own lap counter. Prelims will swim fastest to slowest, women in the East pool, men in the West pool.

** The fastest 16 women's relays and the fastest 16 men's relays that do not elect to swim in prelims will be swum during finals. Election must be made on relay card.

Sunday, December 6, 2026

Prelims

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

Men in East Pool, Women in West Pool Unless Otherwise Indicated

Women	Event	Men
31	100 Free	32
33	50 Breast	34
37	200 Back	38
41	50 Fly	42
43	200 IM	44
	Break: 5 min.	
45	400 Medley Relay*	46
	Break: 5 min.	
35	1650 Free**	40

Finals

Open Warm-ups 3:30 pm, Session starts 4:30 pm

All Heats in East Pool

Women	Event	Men
31	100 Free	32
33	50 Breast	34
35	1650 Free**	--
37	200 Back	38
--	1650 Free**	40
41	50 Fly	42
43	200 IM	44
	Break: 5 min.	
45	400 Medley Relay*	46

* The fastest 16 women's relays and the fastest 16 men's relays that do not elect to swim in prelims will be swum during finals. Election must be made on relay card.

** Swimmers may elect to swim the 1650 Freestyle during prelims. The fastest 8 women and the fastest 8 men who check-in for the event, and who do not elect to swim in prelims, will swim during finals. All other heats of the 1650 will be swum as the last heats in prelims, fastest to slowest with women in the West pool and men in the East pool. Swimmers must provide 2 timers and a lap counter. In order to swim this event, swimmers MUST have the Gulf Senior Champs time standard.

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 will not be allowed on deck and will not compete in the meet.

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**.
   7. No equipment in the warmup pools.
   8. The warmup pool will close 15 minutes after the conclusion of the last heat.

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.

The CISD Natatorium
Rules, Regulation, Prohibitions, and Deck Access

1. All participants must follow the CDC "*Healthy swimming policy*" and shower before warm-up, no exception.

2. Shaving is not permitted anywhere within the entire CISD Natatorium Complex.

3. No chewing gum, food or color based drinks will be allowed on the pool deck, water only.

- Security personnel are empowered to enforce any and all regulations established by CISD Natatorium Policy.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the grandstand.
- Participants in swim suits are not allowed in the Grandstand-seating area. Participants and spectators are not allowed to lean against glass the rails, climb over banisters / railings, or pass any posted barriers.
- Participants and spectators are not allowed to use other areas of the CISD Natatorium complex during this event without securing a pass at the Services Desk located in the facility lobby.
- Lawn Chairs are not allowed in the CISD Natatorium Grandstand-seating area, Stadium seats shall not exceed 17" wide x 13"deep.
- Each competing team is permitted one temporary banner, placed at the discretion of the Aquatic Director. Team banners must not exceed 5' by 8'. No handmade signage is allowed.
- Absolutely no tobacco, alcohol products, or glass containers are allowed on Conroe School District property. This applies to the parking lot.
- Spectators are allowed (1) Cooler for medical use only, dimensions not to exceed 13" wide x 11" deep x 12" tall. The cooler must be placed directly under their seating area. Participant /Teams are allowed an Ice-Chest (1) PER GENDER on the deck provided they do not contain glass items, bottled water is allowed.
- Betting and gambling is strictly prohibited.
- Teams are expected to police their respective areas at the conclusion of the competition.
- Participating or any activity that can be interpreted or described as "*risky*" or "*horseplay*" is prohibited throughout the entire CISD Natatorium Complex.
- Diving equipment such as trampoline, spotting rigs, dry-board apparatus, and the warm-pool are not to be used unless authorized by the CISD Natatorium Director.
- The use of flash cameras or noise-makers at the start, during or end of any race is prohibited.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergency use is prohibited.

Access to the deck of the CISD Natatorium is restricted by pass to the following:

● Athletes from competing teams ● Administrative support personnel ● Coaches of competing teams ● Facility/District Staff ● Officials ● Marshals ● Timing System operators ● Security personnel ● Computer systems operators ● Lifeguards ● Lane timers ● Service and supply vendors ● Credentialed media personnel ● Hospitality personnel ● One photographer from each competing team ● Medical support personnel ● Other personnel on a case-by-case basis at the discretion of the Meet Coordinator, the Meet Director, or the Meet Referee.

CISD Healthy Swimming Policy

CISD is committed to the health and safety of all patrons. *The CISD Natatorium* utilizes advanced training and technology and has adopted the Centers for Disease Controls (CDC) "*Healthy Swimming Policy*". This policy protects our patrons and spectators from poor air or water quality hazards typical with indoor-swimming pools caused by microorganisms and chloramines. The cornerstone of this policy is based on guidelines which mandate safe practices such as requiring all participants to shower before entering the CISD Natatorium.

"*Healthy Swimming Policy*" Acknowledgement Form

Receipt Form

Organization: _____

Representative Name and Title:_____

By my signature below I agree, on behalf of my organization that:

- I have received a copy of both the "*Healthy Swimming Policy*" and the CISD Natatorium General Operating Procedures. I understand the responsibility for ensuring that all members of the organization
  and their guests comply with these rules. I understand that additional copies are available in the office of The Natatorium Coordinator, clerk at the front desk, or at the Facility Manager's office at the CISD Administration Building.

- I affirm that all required staff members of my organization have current CPR/First Aid certifications and specific training or liability certification requirements needed by the organization's national governing body.

- I understand that the District may from time to time modify its policies and I agree to abide by those changes.

_____ _____

Head Coach Signature **Date**

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

Individual Entry Form

Team Name:					Team Code:		
Head Coach:							
Team Address:							
Phone:							
Email:							
Last Name	First Name	MI	USA ID	M/F	Event#	Event Description	Entry Time

Relay Entry Form

Team Name:			Team Code:
Head Coach:			
Team Address:			
Phone:			
Email:			
Event #		Event Description:	
Entry Time:		Relay (A, B, C…)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			
Event #		Event Description:	
Entry Time:		Relay (A, B, C…)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			
Event #		Event Description:	
Entry Time:		Relay (A, B, C…)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			
Event #		Event Description:	
Entry Time:		Relay (A, B, C…)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			

2026-2027
Gulf Senior Championship
Time Standards

Updated October 2026

Girls			Boys	
LCM	Yards		Yards	LCM
29.59	25.99	**50 Free**	23.59	27.19
1:03.69	55.99	**100 Free**	50.69	58.09
2:18.59	2:01.99	**200 Free**	1:50.99	2:06.89
4:45.59	5:19.99	**500 Free**	5:07.99	4:36.29
10:05.99	11:18.99	**1000 Free**	10:33.99	9:28.69
19:18.69	18:55.99	**1650 Free**	17:32.99	17:59.99
33.37	28.23	**50 Back**	25.06	29.75
1:12.19	1:02.99	**100 Back**	59.49	1:09.59
2:36.29	2:16.99	**200 Back**	2:10.99	2:30.79
37.75	33.43	**50 Breast**	28.89	21:36.00
1:28.29	1:17.69	**100 Breast**	1:09.99	1:20.89
3:05.99	2:43.99	**200 Breast**	2:32.99	2:56.29
31.09	28.03	**50 Fly**	24.89	28.09
1:11.29	1:02.99	**100 Fly**	57.99	1:06.09
2:42.39	2:23.99	**200 Fly**	2:08.99	2:27.29
2:37.39	2:17.99	**200 IM**	2:05.99	2:25.39
5:47.09	5:03.99	**400 IM**	4:38.99	5:22.59