GULF AGE GROUP CHAMPIONSHIPS

December 4 - 6, 2026

A Short Course Yards Prelims / Finals Meet

HOSTED BY

AGGIE SWIM CLUB

Sanction Number # GU-SC-27-XXX

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

LOCATION: Texas A&M University, Student Recreation Center Natatorium, 187 Corrington Drive, College Station, TX 77843. For more information about the TAMU Student Recreation Center Natatorium, visit: http://recsports.tamu.edu/

LOCAL INFORMATION: **Parking:** Before 5pm Friday, everyone must pay for parking by parking in the West Campus Garage across from the Rec Center ($3/hour before 6pm – $1.50/hour after 6pm). Parking is free after 5pm on Friday and on Saturday and Sunday, except where designated. The pay-by-number spaces on the surface lots are never free.

Hotels: go to Visit College Station, VisitCS@cstx.gov (979-260-9898) and Destination Bryan, www.destinationbryan.com (979-721-9506).

MEET STAFF:

MEET REFEREE:	Herbert Schwab, email: herb.schwab@gmail.com
ADMIN OFFICIAL:	Jason Buenemann
MEET DIRECTOR:	Henry Clark, email: clark@comp.tamu.edu, phone: (979) 220-2703
SAFETY MARSHAL:	Denyce Quave
COACH:	Shannon Clark

POOLS: Two eight lane, 25 yard indoor pools with non-turbulent lane lines will be used for warm-up and competition. A separate eight lane 25 meter diving well will be available for warm-up and warm-down.

TIME AND DATE: This is a three-day Prelims/Finals meet with the exception of the 400 IM, 500 Free, 1000 Free, 1650 Free and all relays which are Timed Finals events. All age groups will swim A/B heats in finals. 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, November 30, 2026. General warm-up format will be used for all finals sessions.

Friday, Dec 4:	Prelims:	8:00*– 9:15 a.m. warm-up / 9:30 a.m. start
	Finals:	4:30 – 5:15 p.m. warm-up / 5:30 p.m. start
Saturday, Dec 5:	Prelims:	8:00*– 9:15 a.m. warm-up / 9:30 a.m. start
	Finals:	4:30 – 5:15 p.m. warm-up / 5:30 p.m. start
Sunday, Dec 6:	Prelims:	8:00*– 9:15 a.m. warm-up / 9:30 a.m. start
	Finals:	4:30 – 5:15 p.m. warm-up / 5:30 p.m. start

*** The Rec Center facility and natatorium open at 7:30 a.m.**

MEET OPERATION: 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.

Prelims Sessions: All heats will be swum fastest to slowest.

Finals Sessions: All events will be swum at the Dive Well end pool. A/B heats will be swum slowest to fastest.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

OFFICIALS: USA Swimming Qualified Officials and Apprentices are welcome to come and help officiate the meet. 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). There will be an officials' briefing one (1) hour before the start of each session.

SEEDING: This will be a pre-seeded meet with the exception of the 500/1000/1650 Free and the 400 IM. Circle-in is not required for pre-seeded events. All events will be seeded with heats in the order of fastest to slowest. On-deck entries will be added to empty lanes or a heat will be added if necessary and if the timeline permits. As a courtesy to the host, coaches should inform the Clerk of Course of swimmers not attending the meet so that empty lanes can be filled with on-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.**

500 FREE & 400 IM

The 400 IM and 500 Free events require positive check-in and will be swum as Timed Finals events with the fastest 8 girls and the fastest 8 boys swimming during finals. All other heats will be swum during prelims, fastest to slowest.

For the 10&U 500 Free, athletes must have the Gulf Age Group Time Standard in order to compete in the event.

When checking in, each swimmer shall indicate their preference for swimming during the prelims or finals session on the check-in sheet located at the Clerk of Course. 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.

1000 FREE & 1650 FREE

The 1000 and 1650 Free events require positive check-in and will be swum as Timed Finals events. All heats will be swum fastest to slowest during Prelims.

For these events, athletes must have the Gulf Age Group Time Standard in order to compete in the event.

POSITIVE CHECK-IN DEADLINES

Check-in deadlines for the distance events are as follows:

Friday: 10:00 a.m. – 13-14 400 IM and 13-14 1000 Free
Saturday: 10:00 a.m. – 13-14 500 Free and 11-12 500 Free
Sunday: 10:00 a.m. – 10 & Under 500 Free, 11-12 400 IM and 13-14 1650 Free

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 EVENTS: All relays will be timed finals with the fastest 8 girls relays and the fastest 8 boys relays swimming during finals. All other heats will be swum during prelims, fastest to slowest.

Each team shall indicate their preference for swimming during the prelims or finals session on the relay card which must be turned in to the Clerk of Course prior to 10:00am each day. 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.

Relay cards not turned in by the daily 10:00 a.m. deadline 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.

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.

Qualifying Times: Yes, 2026 Gulf Short Course Age Group Championships Time Standards. See time standards attachment.

Cut-off Times: None

Bonus Rule: Swimmers that have three (3) or more 2026 Gulf Short Course Age Group time standards may enter/swim any event up to the daily/meet limits.

Age: As of December 4, 2026.

Relay Only Swimmers: Relay only swimmers are NOT allowed. To compete in a relay, a swimmer must compete in at least one individual event.

Number of Events: Swimmers may compete in up to three (3) individual events per day and one (1) relay event per day. For the meet, swimmers may compete in up to eight (8) events and three (3) relays.

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, follow the entry procedures in the Meet

Announcement, and provide proof of a registered coach responsible for their supervision on deck during 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, Monday, November 23, 2026. Entries are not accepted until they have been confirmed as being received by the Meet Host. Email entries to the Meet Host at clark@comp.tamu.edu

Individual Event Entry Fee (per event):	$15.25
Relay Entry Fee (per relay event):	$27.25
Swimmer Surcharge Fee (per swimmer):	$12.00 (Fee Includes Electronic Heat Sheets)
Make entry fee checks payable to:	**Aggie Swim Club (Bring payment to the meet in the form of cash, check or credit card).**

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.
3. The team must pay the normal meet entry fees and a penalty fee of $200, payable to Gulf Swimming.
4. Entries are not accepted until they have been confirmed as being received by the Meet Host. Email entries to the Meet Host at clark@comp.tamu.edu

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. 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. The swimmers will be seeded into open lanes in the 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 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: Finalists will report directly to the starting blocks during finals.

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: 1st place and Runner-up Girls / Boys (highest individual points earned)

ALLEN SALINAS TEAM SPIRIT AWARD: An award will be presented to the team that exhibits the highest level of sportsmanship and team spirit throughout the meet. The winner will be decided by a vote and will be announced at the end of finals on Sunday. Each attending team, the meet director, and meet referee will be entitled to one vote. Ballots will be due by the start of Sunday finals.

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 9 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 at both prelims and finals based on their percentage of entries at the meet. Timing assignments will be published in the meet program.

During the prelims sessions, swimmers competing in the 400 IM, 500 Free, 1000 Free and 1650 Free events must provide two timers. During all sessions, swimmers in the 500 Free, 1000 Free and 1650 Free must provide 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.

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".

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.

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.

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 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.

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 behind the lobby at Smoothie King.

MERCHANDISE: Swim Shops of the Southwest will be selling swim gear and apparel.

FACILITY RULES: TEXAS A&M UNIVERSITY STUDENT RECREATION CENTER NATATORIUM RULES:

- Participants and spectators are not allowed to use other areas of the Student Recreation Center Complex during this event.
- Swimming is allowed only when the area is supervised.
- NO glass containers, tobacco, or alcoholic beverages are allowed within the natatorium area.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. All spectators and parents must remain in the grandstand.
- Participants are not allowed to climb over the grandstand railings or pass any posted barriers.
- Don't hang on the lane lines.
- There will be NO SHAVING within the Student Recreational Complex. All shaving should be completed prior to arrival at the natatorium. Safety marshals will be monitoring the locker rooms and restrooms to enforce this policy.
- Safety rules will be enforced during warm-ups before each event session and in the diving well during the meet. The diving well is a warm-up area. Recreational swimming is prohibited.
- Diving Boards will be closed and off-limits to all competitors and spectators.
- Please be neat. Throw your trash in the trash containers.
- NO LAWN CHAIRS are allowed in the facility.
- The Texas A&M Recreational Sports staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited. Team Banners must not exceed 5'X 8' and will be hung by event staff. No handmade signs are allowed in the facility.
- No pets allowed in the Rec Center complex or on the pool deck.

GULF AGE GROUP CHAMPIONSHIPS INVITATIONAL

December 4 - 6, 2026

A Short Course Yards Prelims / Finals Meet

HOSTED BY

AGGIE SWIM CLUB

Entry Rules:	
Type of meet	Prelim/Finals A/B for all age groups
Max # individual events per day	Three (3)
Max # individual events per meet	Eight (8)
Max # relay events per day	One (1)
Swimmers eligible	Gulf Only plus TST-ST and PLAT-ST who have not already competed in another 2026 Gulf Fall Champs Series Meet.
Entry times in	SCY, SCM, LCM
Qualifying times	2026 Gulf Short Course Age Group Champs time standards.
Cut-off times	None
Bonus Rule	Three (3) or more 2026 Gulf Short Course Age Group Champs time standards – may swim any event up to the daily/meet limits.
Enter with no time?	Yes
Gulf “Three Event Rule” applies?	No
Gulf “Up/Down Rule” applies?	No
Gulf “Beyond IMX” Rule applies?	Does not apply
Fees	Individual – $15.25; Relays – $27.25
Facility Surcharge	$12.00 per swimmer (Fee Includes Electronic Heat Sheets)

Friday, December 4, 2026

Prelims

Warmups at 8:00 a.m.
Session Starts at 9:30 a.m.

Assigned Warmup Lanes

Girls in Diving Well Pool
Boys in Lobby End Pool

Girls	Event Name			Boys
3	11-12	100	I.M.	4
5	10 & U	100	I.M.	6
7	13-14	50	Fly	8
9	11-12	50	Fly	10
11	10 & U	50	Fly	12
13	13-14	200	Free	14
15	11-12	200	Free	16
17	10 & U	200	Free	18
19	13-14	100	Back	20
21	11-12	100	Back	22
23	10 & U	100	Back	24
25	13-14	200	Breast	26
27	11-12	200	Breast	28
	5-Minute Break			
29*	10 & U	200	Med. Relay	30*
31*	14 & U	400	Med. Relay	32*
33*	12 & U	400	Med. Relay	34*
	5-Minute Break			
1^	13-14	400	I.M.	2^
35+	13-14	1000	Free	36+

* The fastest 8 girls relays and the fastest 8 boys relays that do not elect to swim in prelims will swim during finals. Elections must be made on relay cards which are due at 10:00 a.m.

^ Positive check-in required by 10:00 am. Swimmers may elect to swim during prelims. Swimmers must provide 2 timers.

+ Positive check-in required by 10:00am. All heats swim during prelims. Swimmers must provide 2 timers and a lap counter. Swimmers must have the Gulf Short Course Time Standard to compete in this event.

Finals

Warmups 4:30 – 5:15 p.m.
Session Starts at 5:30 p.m.

General Warmup
Last 15 mins:
Lanes 1, 8 Push Pace
Lanes 2, 7 Dive 1-Way Sprints

All events in Diving Well Pool.
A/B Final heats swim slow to fast.

Girls	Event Name			Boys
1^	13-14	400	I.M.	2^
3	11-12	100	I.M.	4
5	10 & U	100	I.M.	6
7	13-14	50	Fly	8
9	11-12	50	Fly	10
11	10 & U	50	Fly	12
13	13-14	200	Free	14
15	11-12	200	Free	16
17	10 & U	200	Free	18
19	13-14	100	Back	20
21	11-12	100	Back	22
23	10 & U	100	Back	24
25	13-14	200	Breast	26
27	11-12	200	Breast	28
	5-Minute Break			
29*	10 & U	200	Med. Relay	30*
31*	14 & U	400	Med. Relay	32*
33*	12 & U	400	Med. Relay	34*

* Fastest 8 girls relays and the fastest 8 boys relays that do not elect to swim in prelims will swim during finals.

^ The fastest 8 girls and the fastest 8 boys who check-in for the event and do not elect to swim in prelims will swim during finals.

Saturday, December 5, 2026

Prelims

Warmups at 8:00 a.m.
Session Starts at 9:30 a.m.

Assigned Warmup Lanes

Girls in Diving Well End Pool
Boys in Lobby End Pool

Girls	Event Name			Boys
37	11-12	200	Back	38
39	13-14	200	Back	40
41	10 & U	50	Breast	42
43	11-12	50	Breast	44
45	13-14	50	Breast	46
47	10 & U	100	Fly	48
49	11-12	100	Fly	50
51	13-14	100	Fly	52
53	10 & U	200	I.M.	54
55	11-12	200	I.M.	56
57	13-14	200	I.M.	58
59	10 & U	50	Free	60
61	11-12	50	Free	62
63	13-14	50	Free	64
	5-Minute Break			
69*	10 & U	400	Free Relay	70*
71*	12 & U	400	Free Relay	72*
73*	14 & U	400	Free Relay	74*
	5-Minute Break			
65^	11-12	500	Free	66^
67^	13-14	500	Free	68^

* The fastest 8 girls relays and the fastest 8 boys relays that do not elect to swim in prelims will swim during finals. Elections must be made on relay cards which are due at 10:00 a.m.

^ Positive check-in required by 10:00 am. Swimmers may elect to swim during prelims. The fastest 8 girls and the fastest 8 boys who check-in for the event and do not elect to swim in prelims will swim during finals. Swimmers must provide 2 timers and a lap counter.

Finals

Warmups 4:30 – 5:15 p.m.
Session Starts at 5:30 p.m.

General Warmup
Last 15 mins:
Lanes 1, 8 Push Pace
Lanes 2, 7 Dive 1-Way Sprints

All events in Diving Well Pool.
A/B Final heats swim slow to fast.

Girls	Event Name			Boys
37	11-12	200	Back	38
39	13-14	200	Back	40
41	10 & U	50	Breast	42
43	11-12	50	Breast	44
45	13-14	50	Breast	46
47	10 & U	100	Fly	48
49	11-12	100	Fly	50
51	13-14	100	Fly	52
53	10 & U	200	I.M.	54
55	11-12	200	I.M.	56
57	13-14	200	I.M.	58
59	10 & U	50	Free	60
61	11-12	50	Free	62
63	13-14	50	Free	64
	5-Minute Break			
65^	11-12	500	Free	66^
67^	13-14	500	Free	68^
	5-Minute Break			
69*	10 & U	400	Free Relay	70*
71*	12 & U	400	Free Relay	72*
73*	14 & U	400	Free Relay	74*

* Fastest 8 girls relays and the fastest 8 boys relays that do not elect to swim in prelims will swim during finals.

^ The fastest 8 girls and the fastest 8 boys who check-in for the event and do not elect to swim in prelims will swim during finals. Swimmers must provide a lap counter.

Sunday, December 6, 2026

Prelims

Warmups at 8:00 a.m.
Session Starts at 9:30 a.m.

Assigned Warmup Lanes

Girls in Diving Well End Pool
Boys in Lobby End Pool

Girls	Event Name			Boys
79	13-14	100	Free	80
81	11-12	100	Free	82
83	10 & U	100	Free	84
85	13-14	100	Breast	86
87	11-12	100	Breast	88
89	10 & U	100	Breast	90
91	13-14	50	Back	92
93	11-12	50	Back	94
95	10 & U	50	Back	96
97	11-12	200	Fly	98
99	13-14	200	Fly	100
	5-Minute Break			
101*	10 & U	200	Free Relay	102*
103*	12 & U	200	Free Relay	104*
105*	14 & U	200	Free Relay	106*
	5-Minute Break			
77^	10 & U	500	Free	78^
75^	11-12	400	I.M.	76^
107+	13-14	1650	Free	108+

* The fastest 8 girls relays and the fastest 8 boys relays that do not elect to swim in prelims will swim during finals. Elections must be made on relay cards which are due at 10:00 a.m.

^ Positive check-in required by 10:00 am. Swimmers may elect to swim during prelims. The fastest 8 girls and the fastest 8 boys who check-in for the event and do not elect to swim in prelims will swim during finals. Swimmers must provide 2 timers. For the 10&U 500 free, swimmers must have the Gulf Short Course Time Standard to compete in this event and provide a counter.

+ Positive check-in required by 10:00am. All heats swim during prelims. Swimmers must provide 2 timers and a lap counter. Swimmers must have the Gulf Short Course Time Standard to compete in this event.

Finals

Warmups 4:30 – 5:15 p.m.
Session Starts at 5:30 p.m.

General Warmup
Last 15 mins:
Lanes 1, 8 Push Pace
Lanes 2, 7 Dive 1-Way Sprints

All events in Diving Well Pool.
A/B Final heats swim slow to fast.

Girls	Event Name			Boys
75^	11-12	400	I.M.	76^
77^	10 & U	500	Free	78^
79	13-14	100	Free	80
81	11-12	100	Free	82
83	10 & U	100	Free	84
85	13-14	100	Breast	86
87	11-12	100	Breast	88
89	10 & U	100	Breast	90
91	13-14	50	Back	92
93	11-12	50	Back	94
95	10 & U	50	Back	96
97	11-12	200	Fly	98
99	13-14	200	Fly	100
	5-Minute Break			
101*	10 & U	200	Free Relay	102*
103*	12 & U	200	Free Relay	104*
105*	14 & U	200	Free Relay	106*

* Fastest 8 girls relays and the fastest 8 boys relays that do not elect to swim in prelims will swim during finals.

^ The fastest 8 girls and the fastest 8 boys who check-in for the event and do not elect to swim in prelims will swim during finals. For the 500 Free, swimmers must provide a lap counter.

2026
Gulf Short Course Age Group Championship
Time Standards

Revised October 2026
These Apply to the December Gulf Champs Meet Only

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
33.19	29.09	50 Back	27.29	31.19
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
37.79	33.49	50 Breast	30.19	34.19
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
31.49	28.29	50 Fly	26.29	29.29
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

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.