

GULF 12 & UNDER CHAMPIONSHIPS

February 17 - 19, 2023

A Short Course Yards Timed Finals Meet

HOSTED BY

North Channel Aquatics



Sanction Number # **GU-SC-23-081**

ENTRIES DUE TO THE TPC CHAIR AT (tpc@gulfswimming.org) BY 11:59 PM, MONDAY, FEBRUARY 6, 2023

LOCATION: Galena Park ISD Natatorium
15027 Wallisville Road
Houston, Texas 77015

DIRECTIONS: The pool is located just one mile west of Beltway 8 on the east side of Houston.

SPECIAL INSTRUCTIONS: Limited spectator seating will be available based on the number of swimmer entries that are received. Seating will be come and go to where spectators watch their child's event and then leave the spectator seating area. Set-up will be made available in the parking lot directly outside the swimming pool. Spectator seating will **NOT OPEN** until 15 minutes prior to the start of the meet for every session.

MEET STAFF: MEET REFEREE: Jay Haskins jhrider@gmail.com
ADMIN OFFICIAL: Sandy Chastain sandychastain@ymail.com
MEET DIRECTOR: Beatriz Martinez munozbethy@gmail.com
Ashley Flores nochcoachashley@gmail.com
SAFETY MARSHAL: Latricia Sanders-Charles
COACH: Paige Sikkema, Mark Martinez, Kelli Northern

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

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

Session 1: Friday PM – February 17, 2023



Age Groups: 12 & Under Boys & Girls
Warm-up: 5:00 – 6:15 pm / Meet Start: 6:30 pm

Session 2: Saturday AM – February 18, 2023

Age Groups: 12 & Under Girls
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 3: Saturday PM – February 18, 2023

Age Groups: 12 & Under Boys
Warm-up*: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

Session 4: Sunday AM – February 19, 2023

Age Groups: 12 & Under Girls
Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 5: Sunday PM – February 19, 2023

Age Groups: 12 & Under Boys
Warm-up*: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

*Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website. Lane assignments for warm-ups and timing will be designated in the heat sheet, and posted on the Gulf Swimming website by Monday, February 13, 2023.



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

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

SEEDING: The meet will be pre-seeded, with the exception of relays and 500 Free, which will be deck seeded events. Coaches please inform your swimmers of pre-seeded and deck seeded rules. All events, including relays, will be seeded with heats in the order of fastest to slowest. As a courtesy to the host, coaches should inform the clerk of course of swimmers not attending the meet. Empty lanes will be used for deck entries.

POSITIVE CHECK-IN FOR THE 500 FREE:

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

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

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y), short course meters (S), or long course meters (L). Do not convert meter (yard) times to yard (meter) times. If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested. Times must be from USA Swimming meets.



Cut-off Times: None

Qualifying Times: 8 & U athletes must have the 2021 - 2024 USAS Motivational 10 & Under B Time Standard in next shortest event to swim the 200 Free, 500 Free and 200 IM.

Age: As of February 17, 2023

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

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

Eligible Swimmers: Swimmers attached to a registered Gulf Swimming team, swimmers in the documented process of transferring to a Gulf Swimming team may participate in this invitational meet.

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

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

Deadline: Entries must be in the hands of the Gulf TPC Chair no later than 11:59 pm, Monday, February 6, 2023. Email entries to the Gulf TPC Chair at: tpc@gulfswimming.org

Individual Event Entry Fee (per event):	\$8.00
Relay Entry Fee (per relay event):	\$13.00
Swimmer Surcharge Fee (per swimmer):	\$6.75

Make entry fee checks payable to: North Channel Aquatics/NOCH



Mail entry fees (**POSTMARKED BY MONDAY, FEBRUARY 13, 2023**) to the address below:

North Channel Aquatics
c/o Paige Sikkema
13839 Woodforest Blvd.
Houston, Texas 77015

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, February 8, 2023. 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 11:59pm, Monday, February 6, 2023 deadline may enter the meet on-deck in the following manner:
1. On deck entries are open to those athletes assigned to the meet location by the TPC Chair through the meet entry procedures.
 2. Swimmers must pay double the entry fee at the time of entry. Swimmers not already entered in the meet must also pay the swimmer surcharge fee.
 3. Swimmers must supply completed entry forms. The swimmers will be seeded into open lanes in the pre-seeded events and according to their best times in deck seeded events.
 4. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
 5. Swimmers must be qualified to swim the event entered.
 6. Swimmers must not exceed the allotted number of events allowed each day.
 7. Swimmers that on-deck enter to change their entry time in a deck seeded event,
 - a. must circle-in on the posted circle-in sheets,
 - b. the on-deck entry time will be used for seeding, and
 - c. the on-deck entry fees still apply to these swimmers.
 8. Heats will be added, if necessary and if the timeline permits.

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

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

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



8 & Under individual events scored as 6 & Under, 7 , 8.



12 & Under relay events scored as 12 & Under.

8 & Under relay events scored as 8 & Under.

RULES AND SANCTIONS:

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

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

TIME TRIALS:

Time permitting, time trials will be conducted after the completion of Saturday's and Sunday's PM sessions under sanction **GU-SC-23-082**. Rules for time trials will be:

1. Time trial events are open to any aged Gulf swimmer that is zoned for this meet.
2. Fees will be \$16.00 for individual and \$26.00 for relay events. Swimmers not already entered in the meet must also pay the swimmer surcharge.
3. Swimmers must supply completed entry forms entered at the swimmers' best times. All entries are due by 90 min. before the published end time of the afternoon session each day.
4. Swimmers may enter up to two (2) time trial events per day, not to exceed a total of five (5) events swum per day.
5. Events will be swum in the order of: 200 free relay, 400 free relay, 800 free relay, 200 medley relay, 400 medley relay, 50 free, 50 stroke (back, breast, fly), 100 free, 100 stroke (back, breast, fly), 100 IM, 200 free, 200 stroke (back, breast, fly), 200 IM, 400 IM, 500 free, 1000 free and 1650 free.
6. Swimmers must provide their own timers and lap counters, where needed.

POOL MEASUREMENT:

The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming. The pool will be measured before the competition begins to ensure that the course length is correct. The water depth of the competition course is 14 feet measured from 1 meter to 5 meters on the starting end of the course, and 4'9 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 based on their percentage of swims at the meet. Timing assignments will be published in the psych sheet. Swimmers in the 500 Free must provide 2 timers and a lap counter.

POOL DECK RESTRICTION:

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

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

There is no eating on the pool deck, swimmers are asked to step outside to eat.

DECK CHANGES: Deck Changes are prohibited. Deck Change definition – “changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes”.

AUDIO/VIDEO RECORDING DEVICES:

Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

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

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, Athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, Coaches, officials and/or spectators are present. Exceptions may be granted with prior Written approval by the Vice President of Program Operations.

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

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).

HOSPITALITY:

A hospitality room will be available.

OFFICIALS:

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

**USA / GULF
SWIMMING
DISCLAIMER:**

- An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- USA Swimming, Inc., Gulf Swimming, and **North Channel Aquatics** cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, **North Channel Aquatics**, AND (GULF SWIMMING) EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSESS, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORSEEN OR UNDFORSEEN, IN CONNECTION THEREWITH.

North Channel Aquatics has taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while at the facility. An inherent risk of COVID-19 exists in any public or private place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in this event at the **North Channel Aquatics** hosted swim meet, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19

- This meet will be conducted in compliance with local, state, and USA Swimming COVID 19



PROCEDURES: restrictions.

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 if we have a reliable Wi-Fi connection.

CONCESSIONS: A concessions stand will be available in the lobby area.

MERCHANDISE: A vendor might be at the meet selling apparel and swim gear.

FACILITY RULES: There is no eating on the pool deck.
No smoking or alcohol beverages are allowed in the facility, parking lot or anywhere on the GPISD campus/facilities.
Swimmers are not allowed to change in or use the lobby restrooms.
Depending upon the size of the meet, chairs may not be allowed on deck (except for coaches)
Coaches may be asked to show their deck pass membership to the safety marshal on duty.

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

HOTELS IN THE AREA: Holiday Inn Express & Suites Houston East – Beltway 8
6175 East Sam Houston Pkwy N,
Houston, TX 77049
1-888-HOLIDAY

La Quinta Inn & Suites Houston Channelview
5520 East Sam Houston Pkwy N,
Houston, TX 77015
(281) 452-4402



GULF 12 & Under Championships

February 17 – 19, 2023

A Short Course Yards Timed Finals Meet

HOSTED BY

North Channel Aquatics

Entry Rules:

Type of meet	Timed Finals
Max # individual events per day	Four (4) per day; eight (8) for the entire meet
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	SCY, SCM, LCM
Qualifying times	8&U athletes must have the 2021-2024 USAS Motivational 10&U B Time Standard in the next shortest event to swim 200/500 Free, 200IM.
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 – \$8.00, Relay - \$13.00
Facility Surcharge	\$6.75

All events will be seeded fastest to slowest

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



**Friday – Girls & Boys
February 17, 2023**

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

**Saturday AM - Girls
February 18, 2023**

Girls

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

**Saturday PM - Boys
February 18, 2023**

Boys

Event Name			Event#
12 & Under	100	IM	16
8 & Under	25	Free	17
12 & Under	50	Fly	18
12 & Under	100	Free	19
11 - 12	200	Back	20
5 Minute Break			
12 & Under	200	Free Relay	21
8 & Under	100	Free Relay	22
12 & Under	50	Back	23
8 & Under	25	Breast	24
11 - 12	200	Fly	25
12 & Under	100	Breast	26



**Sunday AM - Girls
February 19, 2023**

**Sunday PM - Boys
February 19, 2023**

Girls Event#	Event Na			Event Nan	Boys Event#
27	12 & Under	50	Free	12 & Under 50 Free	37
28	8 & Under	25	Back	8 & Under 25 Back	38
29	12 & Under	100	Fly	12 & Under 100 Fly	39
5 Minute B				5 Minute Br	
30	12 & Under	200	Medley Relay	12 & Under 200 Medley Relay	40
31	8 & Under	100	Medley Relay	8 & Under 100 Medley Relay	41
32	11-12	200	Breast	11-12 200 Breast	42
33	12 & Under	100	Back	12 & Under 100 Back	43
34	8 & Under	25	Fly	8 & Under 25 Fly	44
35	12 & Under	50	Breast	12 & Under 50 Breast	45
36	12 & Under	200	Free	12 & Under 200 Free	46



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.

