



## 2025 ShAC OCTOBER INVITATIONAL

Hosted by ShAC

A Short Course Yards – Timed Final Meet

October 25 & 26, 2025

Sanction # **GU-SC-26-018**

**ENTRIES DUE BY 6:00 PM, FRIDAY, OCTOBER 17, 2025**



### Location:

Swim Houston Aquatics Center  
8454 W. Airport Blvd.  
Houston, TX 77071  
(map attached)

### Meet Staff:

|                        |                                       |                             |
|------------------------|---------------------------------------|-----------------------------|
| <b>Meet Referee:</b>   | Greg Arnold                           | gregoryarnold11@comcast.net |
| <b>Admin Official:</b> | Thu Carey                             | thucarey@yahoo.com          |
| <b>Meet Director:</b>  | Gilbert Legaspi                       | coachg@swimshac.com         |
| <b>Safety Marshal:</b> | Jan Morgan                            |                             |
| <b>Coaches:</b>        | Karol Legaspi, Age Group Coach (ShAC) |                             |

### Pool:

Six (6) or Eight (8) (Depending on meet entries) lane 25-yard outdoor pool with non-turbulent lane lines will be used for warm up and competition. Three (3) 25-yard lanes located in the indoor pool will be available for warm-up and warm-down.

### Special Instructions:

**Please Note: This facility does not open for swimmers/spectators until 10:30 a.m. on Saturday and 6:30 a.m. on Sunday.**

This is an outdoor meet. Spectator set up will be allowed at ShAC's outdoor facility in designated areas. In the case of inclement weather, the meet will be suspended.

### Format:

This is a two (2) session, two (2) day timed final meet. All events will be swum fastest to slowest.

### Time and Date:

**Session 1** – Saturday, October 25<sup>th</sup> :

Warm Up Starts at 11:00 AM  
Meet Starts at 1:00 PM

**Session 2** – Sunday, October 26<sup>th</sup> :

Warm Up Starts at 7:00 AM  
Meet Starts at 9:00 AM

**Warm-Up Procedures and Safety Guidelines:** (see attachment)

**USA/GULF SWIMMING/SHAC 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 ShAC 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 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
- Swim Houston Aquatics Center (ShAC) has taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while on the property. 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 the event at ShAC, you voluntarily assume all risks related to exposure to COVID-19.

**COVID-19 Procedures:**

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

**Facility Rules:**

- Parents will not be allowed onto the pool deck (concrete area surrounding the perimeter of the pool) unless they are a part of the meet personnel, official, coach, or volunteer team. There will be a designated come-and-go viewing area to allow

parents to see their swimmer race. **There will be absolutely NO spectator viewing permitted in retention pond area beyond the fence.**

- Spectators will be allowed to set up in designated grassy areas. **Swimmers may bring chairs and set up inside the fenced area.**
- Locker rooms will be available for changing; **Outside locker room/bathroom is for athletes only.** Spectators must utilize the bathrooms located inside the main building.
- **The water fountain will not be available during the competition.** Swimmers will need to bring their own water bottle filled with them to the meet. There will be concessions available for purchase at the meet.

### **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.

### **Seeding:**

The meet will be pre-seeded with the exception of the 400 IM, 500 Free, and 1650 Free which will be deck seeded. Heat sheets will be sent out before the meet. Coaches please inform your swimmers of pre-seeded and deck-seeded rules. All events will be seeded with heats in the order of fastest to slowest.

### **Positive Check-In for the 400 IM, 500 Free, and 1650 Free:**

All swimmers must circle-in for the 400 IM, 500 Free, and 1650 Free. Circle-In sheets will be made available prior to the start of warm-up for sessions 1 & 2 and will be due 45 minutes before meet start. After the events are officially closed, no one may check-in or scratch. Heats will be swum alternating girls and boys heats. **Swimmers in the 400 IM, 500 FREE, and 1650 Free must provide their own timers and lap counter.**

### **On-Deck Entries:**

Deck entries are allowed. Swimmers must pay double the entry fees at time of entry. Swimmers already registered in the meet do not have to pay double the athlete surcharge. Swimmers must supply completed entry forms and will be seeded into open lanes in the pre-seeded events and according to their best times in deck-seeded events. Swimmers must enter all events for the session 45 min. prior to the start of session.

### **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 entries are made by paper (not using HyTek), 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:** None

**Age:** As of October 25, 2025

**Number of Events:**

Swimmers may compete in up to four (4) individual events per day. Entries must be sent electronically via e-mail, using the HyTek Meet Manager/Team Manager computer software.

**Deadline:**

Entries must be received by Meet Entry Chair no later than 6:00 PM, **Friday, October 17, 2025**. No late entries will be accepted. Send Entries to:

Thu Carey

thucarey@yahoo.com

**Eligible Teams:**

Open to swimmers in good standing affiliated with Swim Houston Aquatics Center (ShAC) or selected teams as determined by ShAC. Only swimmers attached to these registered USA Swimming teams or swimmers in the documented process of transferring to these USA Swimming teams may participate in this invitational meet.

**Fees:**

\$8.00 per individual event and \$9.00 per swimmer surcharge (includes access to Meet Mobile Heat Sheets).

**Awards:**

The absolute first place swimmer in the 13&Up and Open categories will receive their choice of Speedo merchandise. Ribbons for 1<sup>st</sup>-8<sup>th</sup> place will be awarded for 12&Under events – 11/12, 9/10, and 8&Under.

**Scoring:**

Individual Events: 9-7-6-5-4-3-2-1; 13&Up and Open events will be swum altogether but scored 13/14, 15&Up; 12&Under categories will be swum altogether but scored separately 11/12, 9/10, and 8&Under.

**Rules and Sanction:**

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.

In applying for this sanctioned event, the host, Swim Houston Aquatics Center agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Gulf Swimming, the State of Texas, and Harris County Public Health Department.

**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 6 feet 6 inches.

**Timing System:**

A Colorado Model 6000 electronic timing system will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers, and those timing assignments will be published in the heat sheet.

**Pool Deck Restriction:**

The concrete area around the perimeter of the pool (pool deck) will be closed to spectators. There will be limited adult volunteers that will be necessary to run the competition. Parents will be able to view the competition from designated areas in the grassy areas. 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. The outdoor locker rooms are for athlete's use only.

**Deck Changing Prohibition:**

Deck changes are prohibited. Swimmers must enter and leave the facility in their swimsuits. No changing will be allowed in the locker rooms/bathrooms. Locker rooms will be restroom use only by athletes.

**Medical Supervision:**

During the meet an EMT, lifeguards, and AED devices will be present to provide any necessary medical supervision and treatment for athletes participating in the meet.

**Audio/Video Recording Devices:**

Use of audio or visual recording devices, including cell phones, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms.

**Drones:**

Violators may be reported to law enforcement or other government authorities and/or may be barred from the facility during the sanctioned event. 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 (MAAP), and that they understand that compliance with the MAAP policy is a condition of participation in the conduct of this competition.

**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).

**Concessions:**

There will be concessions provided at this meet. Drinks and food items will be available for purchase.

**Hospitality:**

A hospitality area will be provided.

**Results:**

Meet results will be posted on the Gulf Swimming website ([www.gulfswimming.org](http://www.gulfswimming.org)) within three (3) days after the conclusion of the meet.

**Attachments:**

Map

Gulf Safety Guidelines and Warm-up Procedures

**2025 ShAC OCTOBER INVITATIONAL****Hosted by ShAC****Entry Rules**

|                                         |                                                                                               |
|-----------------------------------------|-----------------------------------------------------------------------------------------------|
| Type of Meet                            | Timed Finals                                                                                  |
| Max Number of Individual Events per day | 4                                                                                             |
| Eligible Teams                          | ShAC & Invited Teams Only                                                                     |
| Qualifying Times                        | no qualifying times                                                                           |
| Cut Off Times                           | None                                                                                          |
| 3 – Event Rule                          | No                                                                                            |
| Up/Down Rule                            | No                                                                                            |
| Fees:                                   | \$8.00 per event<br>\$9.00 per swimmer surcharge (includes access to Meet Mobile Heat Sheets) |

**SATURDAY, OCT. 25, 2025****SESSION 1**

| Girls Event # | Event Description | AGE      | Boys Event # |
|---------------|-------------------|----------|--------------|
| 1             | 200 FR            | 13&OVER  | 2            |
| 3             | 200 FR            | 12&UNDER | 4            |
| 5             | 200 BR            | OPEN     | 6            |
| 7             | 50 BR             | 12&UNDER | 8            |
| 9             | 100 BK            | 13&OVER  | 10           |
| 11            | 100 BK            | 12&UNDER | 12           |
| 13            | 50 FR             | 13&OVER  | 14           |
| 15            | 50 FR             | 12&UNDER | 16           |
| 17            | 100 FL            | 13&OVER  | 18           |
| 19            | 100 FLY           | 12&UNDER | 20           |
| 21            | 200 IM            | 13&OVER  | 22           |
| 23            | 200 IM            | 12&UNDER | 24           |
| 25            | 500 FREE          | OPEN     | 26           |

**SUNDAY, OCT. 26, 2025  
SESSION 2**

| Girls Event # | Event Description | AGE      | Boys Event # |
|---------------|-------------------|----------|--------------|
| 27            | 200 FLY           | OPEN     | 28           |
| 29            | 50 FLY            | 12&UNDER | 30           |
| 31            | 100 FR            | 13&OVER  | 32           |
| 33            | 100 FR            | 12&UNDER | 34           |
| 35            | 200 BK            | OPEN     | 36           |
| 37            | 50 BK             | 12&UNDER | 38           |
| 39            | 100 BR            | 13&OVER  | 40           |
| 41            | 100 BR            | 12&UNDER | 42           |
| 43            | 400 IM            | OPEN     | 44           |
| 45            | 100 IM            | 12&UNDER | 46           |
| 47            | *1650 FREE        | OPEN     | 48           |

500 Free, 1650 Free, and 400 IM will be positive check-in and swum alternating girls and boys heats. Swimmer must provide 2 timers and lap counter (if needed).

**\*Meet Management may take a 5 min. break between 400 IM and 1650 Free.**

# **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.

#### 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.

Swim Houston Aquatic Center

8454 W. Airport Boulevard, Houston, Texas

