



2025 ShAC SC INTRASQUAD MEET
Hosted by ShAC
A Short Course Yards – Timed Final Meet
September 20, 2025
Sanction **GU-SC-26-005**



ENTRIES DUE BY 6:00 PM, FRIDAY, SEPTEMBER 12, 2025

Location:

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

Meet Staff:

Meet Referee:	Greg Arnold
Admin Official:	Thu Carey
Meet Director:	Gilbert Legaspi
Safety Marshal:	Jan Morgan
Coach:	Karol Legaspi, Coach (ShAC)

Pool:

Six (6) lane 25-yard outdoor pool with non-turbulent lane lines will be used for warm up and competition. Warm up and cool down lanes will be provided.

Special Instructions:

This is an outdoor meet. Spectator set up will be allowed at ShAC's outdoor facility in designated areas. Swimmers may bring chairs for outdoor set up around pool deck adhering to the COVID-19 safety protocols (see attached). All spectators/volunteers/swimmers must adhere to the COVID-19 safety protocols (see attached). In the case of inclement weather, the meet will be suspended.

Format:

This is a one (1) session, one (1) day timed final intrasquad meet. All events will be swum fastest to slowest.

Time and Date:

Session 1 – Saturday, September 20th:
(All Ages)

Warm Up Starts at 12:00 PM
Meet Starts at 1:00 PM

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 LOSSES, 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 intrasquad event at ShAC, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 Procedures: (these are subject to change and will be updated if needed prior to the meet)

- Participants in the meet will abide by ShAC's COVID-19 Preparedness Plans for the meet, ShAC's Return to Competition Plan, and this meet announcement.
- Specified Age Groups will compete during separate sessions to keep the capacity of our facility as low as possible.
- Temperature screenings and face masks are not currently required at ShAC's facility. Per the CDC, fully vaccinated (must be at least 2 weeks after receiving final recommended vaccine dosage) people can resume activities without wearing a mask

or physically distancing. If you are not fully vaccinated, the CDC recommendation is to continue to wear a face covering and to continue physical distancing. These guidelines are subject to change and will be updated (if needed) prior to meet.

- Parents will not be allowed inside the pool deck gate (the black wrought iron fence) unless they are a part of the meet personnel, official, coach, or volunteer team. There will be a limited number of adult volunteers that will be necessary to run the meet. Parents will be able to watch the competition from behind the black wrought iron fence (same as in practice). **There will be no set up on the patio for spectators.** The patio area will be a come-and-go area only in order to reduce the number of people gathered but to also allow everyone to see their swimmer's race.
- Spectators will be allowed to set up in designated areas. **Swimmers may bring chairs and set up inside the black fenced area.**
- ShAC will have a sign up for lane timers. Two lane timers will be assigned to each lane.
- Locker rooms will be available for changing; however, **Outside locker room/ bathroom is for athletes only.** No congregating allowed in the bathrooms/locker rooms.
- 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. *Please note there are no concessions for sale at the September Intrasquad meet.*
- ShAC will abide by the USA Swimming Code of Conduct, the SafeSport Code for the U.S. Olympic and Paralympic Movements, as well as the MAAP policy at all times.

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. Heat sheets will be sent out Wednesday 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.

On-Deck Entries:

There will be no on-deck entries.

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.

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 September 20, 2025

Number of Events:

Swimmers may compete up to five (5) individual events per day.

Entries:

Entries must be sent electronically via e-mail to Head Coach, Gilbert Legaspi, 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, September 12, 2025**. No late entries will be accepted.

Eligible Teams:

Open to swimmers in good standing affiliated with Swim Houston Aquatics Center (ShAC) or swimmers in the documented process of transferring to Swim Houston Aquatics Center (ShAC).

Fees:

\$8.00 per individual event and \$7.00 per swimmer surcharge (includes access to Meet Mobile Heat Sheets). Fees for this meet will be billed to your account.

Awards:

There will be no awards for this meet.

Scoring:

This meet will not be scored.

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.

Proof of Time:

Any swimmer who cannot prove that he/she was eligible to swim an event will be ineligible to participate in this meet.

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

Timing System:

A Colorado Model 6000 electronic timing system will be used. Two watches per lane will be used as a back-up. ShAC will have a sign-up for lane timers for each session.

Pool Deck Restriction:

The gates to the 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 behind the pool deck fence. 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.

Safe Sport ensures that a parent has access to/or the opportunity to observe their child(ren). Athletes and their families will be able to view the meet from behind the black wrought iron fence that surrounds the pool. The patio area at ShAC will also be available for viewing races.

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.

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, rest rooms, 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. 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.

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 not be concessions at this meet.

Hospitality: There will be a hospitality area provided at this meet.

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

Attachments: Map
Gulf Safety Guidelines and Warm-up Procedures

SHAC INTRASQUAD MEET

**SEPT 20, 2025
Hosted by ShAC
Entry Rules**

Type of Meet	Timed Finals
Max Number of Individual Events per day	5
Eligible Teams	ShAC members or in process of becoming ShAC member
Qualifying Times	None
Cut Off Times	None
3 – Event Rule	No
Up/Down Rule	No
Fees:	\$8.00 per event \$7.00 per swimmer surcharge (includes access to Meet Mobile Heat Sheets)

**SATURDAY, SEPTEMBER 20, 2025 SESSION 1
(All Ages)**

GIRLS EVENT #	Event Description	BOYS EVENT #
1	12&Under 50 YARD FREE	2
3	13&Up 100 YARD FREE	4
5	12&Under 50 YARD BACK	6
7	13&Up 100 YARD BACK	8
9	12&Under 50 YARD BREAST	10
11	13&Up 100 YARD BREAST	12
13	12&Under 50 YARD FLY	14
15	13&Up 100 YARD FLY	16
17	12&Under 100 IM	18
19	13&Up 200 YARD IM	20

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.

8454 W. Airport Boulevard, Houston, Texas

