

AQUA and SPA JANUARY ICEBERG INVITATIONAL

January 16-18, 2026

An 11 & Over Short Course Yards Timed Finals & Prelims/Finals Meet
10 & Under Timed Finals Meet
HOSTED BY
AQUASTAR Swimming and Sienna Premier Aquatics



Sanction Number # **GU-SC-26-**

ENTRIES DUE BY 11:59 PM, Thursday, January 8, 2026

to Amy Schauss @ amyschauss@yahoo.com

LOCATION: Friendswood ISD Natatorium
1115 Falling Leaf Drive
Friendswood, TX 77546

DIRECTIONS: Going South on I-45 towards Galveston from Downtown Houston: Take Exit 29 FM 2351/Friendswood/Clear Lake City Blvd. Take a right onto FM 2351. Travel 4.1 miles. Turn left onto Sunset Dr. After 0.7 miles on Sunset Dr., turn right on Falling Leaf Drive. After 0.7 miles, you will see the Friendswood Natatorium on the left. There is limited parking in the natatorium lot and ample parking in the stadium lot.
Do not park on side roads or in the grass on residential streets.

POOL: One eight lane, 25-yard indoor pool with non-turbulent lane lines will be used for warm-up and competition. A separate four (4) lane warm-up / warm-down pool available during the competition.

MEET STAFF: **MEET REFEREE:** Jo Fojtik joannefojtik@gmail.com

ADMIN OFFICIALS: Lisa Blok
Amy Schauss

MEET DIRECTORS: Vaughn Schauss vschauss@gmail.com
Meagan Davenport

SAFETY Dana Vandertie
MARSHALS: Grace Sobczak

COACHES: Collin Gray coachcollin@aquastarswim.org
James Tomerlin
Adam Lyng spacoachadam@gmail.com

TIME AND DATE: This is a seven-session, three-day meet. Day one is a timed final session for 11 & over swimmers. Day two and three are prelim/finals and with relays and distance events as timed finals for 11 & over swimmers. Day two and three are timed final sessions for 10 & under swimmers in-between the prelim/finals sessions.

Friday, January 16, 2026

Session 1: Friday PM Timed Final

Age Groups: 11 and Over Girls and Boys

Warm-up: * 5:30 - 6:15 pm / Meet Start: 6:30pm

Saturday, January 17, 2026

Session 2: Saturday AM Prelims

Age Groups: 11 and Over Girls and Boys

Warm-up: ** 7:30 – 8:45 am / Meet Start: 9:00 am

Session 3: Saturday PM

Age Groups: 10 and Under Girls and Boys

Warm-up: ** starts 15mins after the conclusion of session 2

Session Start: 15 minutes after the conclusion of session 3 warm-up

Session 4: Saturday Finals

Age Groups: 11 and Over Girls and Boys

Warm-up: * 3:30 – 4:15 pm / Meet Start: 4:30 pm

Sunday, January 18, 2026

Session 5: Sunday AM Prelims

Age Groups: 11 and Over Girls and Boys

Warm-up: ** 7:30 – 8:45 am / Meet Starts: 9:00 am

Session 6: Sunday PM

Age Groups: 10 and Under Girls and Boys

Warm-up: ** starts 15mins after the conclusion of session 5

Session Start: 15 minutes after the conclusion of session 6 warm-up

Session 7: Sunday Finals

Age Groups: 11 and Over Girls and Boys

Warm-up: * 3:30 – 4:15 pm / Meet Start: 4:30 pm

* Denotes – open warm-up lanes

**Denotes - Split warm-ups will be in effect. Sessions 3 and 6 warm-up and meet start will be dependent upon morning session timeline. Actual start times for warm-up and meet start will be provided to participating teams by Monday, January 12, 2026, within the meet program which includes Warm-up Assignment, Timing Assignments, Session Timelines, and Psych Sheet or Heat Sheet.

MEET TYPE: This meet will be run utilizing the “Flyover Starts” procedures. 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 & WARM-UP PROCEDURES

See attached Safety Guidelines and Warm-up Procedures

USA/GULF SWIMMING/AQUASTAR AND SIENNA PREMIER AQUATICS DISCLAIMER:

1. 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.
2. USA Swimming, Inc., Gulf Swimming, AQUASTAR and Sienna Premier 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.
3. 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 UNFORSEEN, IN CONNECTION THEREWITH.
4. AQUASTAR and Sienna Premier Aquatics 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 this event, you voluntarily assume all risks related to exposure to COVID-19.

SEEDING: The meet will be a deck-seeded for all 11 and over Timed Finals and Prelim/Final sessions and pre-seeded for all 10 & Under Timed Final sessions. A and B Finals for each group, 11-12, 13-14, and 15 & up for all 50, 100, 200 yards events. Distance events 1650 Free, 500 Free and 400IM are timed final events swam only in prelims not during finals. As a courtesy to the host, coaches should inform the meet director of swimmers not attending the meet.

DISTANCE EVENTS: Positive check-in for 1650 Free, 500 Free and 400IM on team entry list at start of warm-up and must circle-in all swimmers in these events at least 45 minutes prior to start of each timed final and prelim session. These events will be swum alternating girls’ and boys’ heats seeded fastest to slowest. The 1650 Free, 500 Free and 400IM are timed final events swam only in prelims not during finals. Swimmers in 1650 Free, 500 Free, and 400 IM must provide their own timers and lap counters, as necessary.

ORDER OF HEATS: All 10 & Under events will be seeded fastest to slowest. The 11 & Over preliminary events will be circle seeded. At finals, events will be swum with heats in the order of slowest to fastest. Relay limits, only three relays (A, B, C) per team per event.

ON-DECK ENTRIES: Those swimmers missing the **11:59 pm, Thursday, January 8, 2026**, deadline may enter the meet on-deck in the following manner:

1. On-deck entries are open to those athletes in the Gulf Swimming LSC attached to a team in good standing that has approved swimmers entered in the meet by the January 8, 2026, deadline.
2. Swimmers must pay double the entry fee at the time of entry.
3. Swimmers must supply completed entry forms. The swimmers will be seeded into open lanes in the pre-seeded events 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. Heats may be added, if necessary and if the timeline permits.

**Deck Entries will not be accepted if adding entries puts the meet over capacity.

ENTRY INFORMATION: Entry Times: Times must be from USA Swimming meets. 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.

Age As of January 16, 2026

Number of Events:

11 & Over, Max three (3) events per day & one (1) relay with no more than nine (9) total for the entire meet.
10 & Under, Max four (4) Events per day & one (!) relay with no more than ten (10) total for the entire 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 received by Meet Entry Chair no later than **11:59 PM, Thursday, January 8, 2026.** Email entries to Amy Schauss at amyschauss@yahoo.com

Eligible Teams: Swimmers who are registered with USAS and in good standing with their team may compete in this meet.

Entry Fees:

Individual Event Entry Fee (per event): \$9.75

Relay Entry Fee (per event): \$14.00

Swimmer Surcharge Fee (per swimmer): \$12.00 (Free heat sheets available through Meet Mobile).

Entry fees payable to: AQUASTAR Swimming

Please bring entry fees to the meet and give to the Meet Director.

AWARDS: Team Award – team with most hype Individual Award – Girls Celly of the Meet & Boys Celly of The meet.

HIGH POINT: Top finishers in the following age groups girls and boys 6 & under, 7-8, 9-10, 11-12, 13-14, and 15 & over will receive a high point award.

SCORING

10 & Under:

Individual Events 1st – 8th place: 9-7-6-5-4-3-2-1

11 & Over:

Individual Events 1st – 8th place (A finals): 20-17-16-15-14-13-12-11

Individual Events 9th – 16th place (B finals): 9-7-6-5-4-3-2-1

All events will be swum combined but scored separately as 6 & under, 7-8, 9-10, 11-12, 13-14, and 15 & over.

Mixed Relays will not be scored.

FINALS & SCRATCHING: The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rules 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 or she 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.

In a Prelim/Final meet, the finalists 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 or any other bonus finals if he or she 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. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists for the event shall be set. Only the finalists set at this point may be subject to banishment from competition, even though any qualified swimmer may be moved into finals.

The USA Swimming National Championships Meets “reserve the right to scratch” rule is not applicable to any Gulf Swimming meet.

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 assigned by the Technical Planning Chairman may only participate in this invitational meet.

The Gulf Swimming three (3) event rule, up/down rule, and beyond IMX rule do not apply.

POOL MEASUREMENT:

The competition course has 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 6 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM: A Daktronics Model 2000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the meet program.

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.

No food is allowed on deck.

DECK CHANGES: Changing into or out of swimsuits on the pool deck is prohibited.

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.

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

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.

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 area will be available during the meet

OFFICIALS: USA Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire for preliminary sessions will be white golf shirts over Khaki slacks/skirts/shorts and white shoes and for final sessions will be navy golf shirts over Khaki slacks or skirts (no shorts) and white shoes. There will be an officials' briefing one (1) hour before the start of each session.

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 provided a reliable Wi-Fi connection is available.

CONCESSIONS: Concessions will be available during the meet.

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

MEDICAL SUPERVISION: During the meet, lifeguards and AED devices will be present to provide any necessary medical supervision.

AQUA and SPA JANUARY ICEBERG INVITATIONAL
January 16-18, 2026
An 11 & Over Short Course Yards Timed Finals & Prelims/Finals
Meet 10 & Under Timed Finals Meet
HOSTED BY
AQUASTAR Swimming and Sienna Premier Aquatics

Entry Rules:

Type of meet	Prelim / Finals & Timed Finals
Max # individual events per day	10 Under – Four (4) per day & one (1) Relay No more than ten (10) for entire meet. 11 & Over - Three (3) per day & one (1) Relay No more than nine (9) for entire meet.
Swimmers eligible	USAS Registered
Entry times in	SCY, SCM, LCM
Qualifying times	None
Cut-off times	None
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 – \$9.75 Relays - \$14.00 Swimmer Surcharge - \$12.00 per swimmer (Free heat sheets will be available through Meet Mobile)

Friday, January 16, 2026

Session 1 – Friday PM Timed Final – 11 & Over Girls and Boys

January 17, 2025

Girls Event #	Event Name	Boys Event #
1	1650 FREE	2

Note:

- 1650 Free alternate girls' and boys' heat and provide two timers and lap counter

Saturday, January 17, 2026

Sections 2 - Saturday AM Prelims – 11 & Over Girls and Boys		
January 18, 2025		
Girls Event #	Event Name	Boys Event #
3	100 FLY	4
5	200 BREAST	6
7	100 FREE	8
9	200 BACK	10
11	Mixed 11 & Over 200 Medley Relay	
13	400 IM *	14

Sections 3 - Saturday PM – 10 & Under Girls and Boys		
January 18, 2025		
Girls Event #	Event Name	Boys Event #
15	10 & Under 100 IM	16
17	8 & Under 25 Free	18
19	10 & Under 50 Fly	20
21	8 & Under 25 Breast	22
23	10 & Under 50 Free	24
25	10 & Under 200 Free	26
27	Mixed 10 & Under 200 Medley Relay	

Sections 4 - Saturday Finals – 11 & Over Girls and Boys		
January 18, 2025		
Girls Event #	Event Name	Boys Event #
3	100 FLY	4
5	200 BREAST	6
7	100 FREE	8
9	200 BACK	10

Notes:

- * denotes 400 IM will be timed finals events that will only be swam in prelims not during finals
- Relay limits, only three relays (A, B, C) per team per event.
- 400 IM alternate girls' and boys' heat and swimmers must provide two timers

Sunday, January 18, 2026

Section 5 - Sunday AM Prelims – 11 & Over Girls and Boys		
January 19, 2025		
Girls Event #	Event Name	Boys Event #
29	200 FREE	30
31	100 BREAST	32
33	200 FLY	34
35	50 FREE	36
37	100 BACK	38
39	200 IM	40
41	Mixed 11 & Over 200 Free Relay	
43	500 FREE *	44

Sections 6 - Sunday Afternoon – 10 & Under Girls and Boys		
January 19, 2025		
Girls Event #	Event Name	Boys Event #
45	10 & Under 100 Free	46
47	8 & Under 25 Back	48
49	10 & Under 50 Breast	50
51	8 & Under 25 fly	52
53	10 & Under 50 Back	54
55	10 & Under 200 IM	56
57	Mixed 10 & Under 200 Free Relay	

Section 7- Sunday Finals – 11 & Over Girls and Boys		
January 19, 2025		
Girls Event #	Event Name	Boys Event #
29	200 FREE	30
31	100 BREAST	32
33	200 FLY	34
35	50 FREE	36
37	100 BACK	38
39	200 IM	40

Notes:

- *denotes 500 Free will be timed finals events, that will only be swam in prelims not during finals.
- Relay limits, only three relays (A, B, C) per team per event.
- 500 Free alternate girls' and boys' heat and swimmers must provide two timers and lap counters

GULF SAFETY GUIDELINES AND WARM-UP

PROCEDURES WARM-UP PROCEDURE

- 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.

ENTRY VERIFICATION

I, the undersigned coach or team representative, verify that all the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

Signature

Title

Date