

# GULF FALL CHAMPIONSHIPS

December 19 - 21, 2025

A Short Course Yards Timed Finals Meet

HOSTED BY

**MAGNOLIA AQUATIC CLUB**



Sanction Number # GU-SC-26-040

**ENTRIES DUE TO THE TPC CHAIR AT ( [tpc@gulfswimming.org](mailto:tpc@gulfswimming.org) ) BY 11:59 PM, MONDAY, DECEMBER 1, 2025**

**LOCATION:** Michael D. Holland Natatorium (Magnolia High School Campus)  
14350 FM 1488, Magnolia, TX 77354

**DIRECTIONS:** The pool is located on the Magnolia High School Campus (On the East Side of the High School). The high school is located on the North side of FM 1488 near the corner of FM 1488 & FM 149.  
- Traveling from I-45 just north of The Woodlands, take FM 1488 West Approx. 15 miles toward Magnolia.  
-Traveling from the West, take Beltway 8 North to Highway 249. Take 249 north approx. 25 miles to FM 149 (Approx. 3 miles north of Tomball). Turn right on FM 149 and go north to FM 1488.

**SPECIAL INSTRUCTIONS:** Parking for all parents, swimmers, officials and visiting coaches will be located across the street from the natatorium in the high school parking lot. Please follow signs for meet parking. No parking, loading or unloading along the street (Bulldog Blvd) between the pool and the high school. No parking in bus lot (just past natatorium on left).  
**Please plan for outdoor set up around natatorium (in areas not blocking walkway).**

Limited set up in the stands for parents and swimmers. We also have some additional bleachers on deck available only to swimmers.

**Section 1 of the spectator stands is reserved for come-and-go viewing ONLY.** This area will be roped off prior to start of the meet and opened 10 minutes prior to session start. Parents should watch their swimmer race and then return to their seating area or outside to allow others to see their swimmers. Please be courteous to other parents, and not try to stay an extended time in this viewing section, so all parents can watch their swimmer's race.

**No standing allowed at the railing in front of the spectator stands at any time.**  
**For safety reasons, no dripping wet swimmers in spectator stands**



**MEET STAFF:**

**MEET REFEREE:** Mike Swaim - [mike.t.swaim@gmail.com](mailto:mike.t.swaim@gmail.com)

**ADMIN OFFICIAL:** Sarah McDaniel, Daniel Gilstrap  
Troy Laubsch, David Harms

**MEET DIRECTOR(S):** Lyne Santhin - [lsanthin@magnoliaisd.org](mailto:lsanthin@magnoliaisd.org) 832-296-5800  
Mike McCauley - [mmccauley@magnoliaisd.org](mailto:mmccauley@magnoliaisd.org)

**SAFETY MARSHAL:** Kelly Koenig

**COACH(ES):** Karla Harms, Bekah Welch

**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 – December 19, 2025  
Age Groups: 12 & Under Boys & Girls  
Warm-up: 5:00 – 6:15 pm / Meet Start: 6:30 pm

**Session 2:** Saturday AM – December 20, 2025  
Age Groups: 12 & Under Girls  
Warm-up\*: 7:30 – 8:45 am / Meet Start: 9:00 am

**Session 3:** Saturday PM – December 20, 2025  
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 – December 21, 2025  
Age Groups: 12 & Under Girls  
Warm-up\*: 7:30 – 8:45 am / Meet Start: 9:00 am

**Session 5:** Sunday PM – December 21, 2025  
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, December 15, 2025.



**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. **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.**

**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, 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 2024 - 2028 USAS Motivational 10 & Under B Time Standard in next shortest event to swim the 200 free, 500 free and 200 IM.

**Special Rule:** **Only swimmers that have no 2025 - 2026 Gulf Age Group Champs standards may enter this meet and may swim any event up to the allowed daily/meet limits. No Relay-Only swimmers allowed.**

**Age:** As of December 19, 2025

**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 or in the documented process of transferring to a Gulf Swimming club, TST-ST or PLAT-ST may participate in 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, 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, December 1, 2025. Email entries to the Gulf TPC Chair at: [tpc@gulfswimming.org](mailto:tpc@gulfswimming.org)

**Individual Event Entry Fee (per event):** \$10.25

**Relay Entry Fee (per relay event):** \$16.25



**Swimmer Surcharge Fee (per swimmer):**

\$8.00

Free heat sheets will be available through Meet Mobile and also pdf on Gulf Swimming and MAC websites the week of the meet.

**Make entry fee checks payable to:     Magnolia Aquatic Club**

Mail entry fees **(POSTMARKED BY FRIDAY, DECEMBER 12, 2025)** to the address below:

Magnolia Aquatic Club  
Attention: Lyne Santhin, Meet Director  
PO Box 911  
Magnolia, TX 77354

**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, December 3, 2025. Email entries to the Gulf TPC Chair at: [tpc@gulfswimming.org](mailto: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, December 1, 2025 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.  
10 & Under relay events scored as 10 & 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.

**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 Gen 7 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. Swimmers in the 500 Free, must provide their own timers and a lap counter where applicable.



**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”.

**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.

Once swimmers have qualified for a particular division, PRIOR to the entry deadline stated in the meet invitation, they MAY NOT swim in a slower division. Swimmers entering events in a slower division are subject to disqualification from the meet by the Meet Director or the Referee. Swimmers shall be fined \$50.00 for each event in which they competed.

**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 a lifeguard will be present to provide any necessary medical supervision and treatment for athletes participating in the meet. An AED is available onsite.

**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 Magnolia Aquatic Club 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, MAGNOLIA AQUATIC CLUB, 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.

Magnolia Aquatic Club 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 Magnolia Aquatic Club hosted swim meet, you voluntarily assume all risks related to exposure to COVID-19.





<b>COVID-19 PROCEDURES:</b>	<ul style="list-style-type: none"> <li>• This meet will be conducted in compliance with local, state, and USA Swimming COVID 19 restrictions.</li> </ul>
<b>MEET RESULTS:</b>	<p>Meet results will be posted on the Gulf Swimming Web Page (<a href="http://www.gulfswimming.org">www.gulfswimming.org</a>), within three days after the conclusion of the meet. Unofficial real time results will be available on MEET MOBILE.</p>
<b>CONCESSIONS:</b>	Concessions will be sold at the meet. Cash or credit card accepted
<b>MERCHANDISE:</b>	Fine Designs will be at the meet selling customized Fall Champs Meet apparel.
<b>FACILITY RULES:</b>	See “Special Instructions” on page 1.
<b>ATTACHMENTS:</b>	Meet Format, Time Standards, Map, Custom Apparel Information, Gulf Safety Guidelines and Warm-up Procedures



# GULF FALL Championships

December 19 - 21, 2025

A Short Course Yards Timed Finals Meet

HOSTED BY

**MAGNOLIA AQUATIC CLUB**

## 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 2024-2028 USAS Motivational 10&U B Time Standard in the next shortest event to swim 200/500 free, 200IM.
Cut-off times	None
Special Rule	<b>Only swimmers that have no 2025 - 2026 Gulf Age Group Champs standards may enter this meet and may swim any event up to the allowed daily/meet limits. No Relay-Only swimmers allowed.</b>
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 – \$10.25, Relay - \$16.25 Facility Surcharge - \$8.00 Free heat sheets will be available through Meet Mobile and pdf on Gulf Swimming and MAC websites the week of the meet.

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  
December 19, 2025**

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

**Saturday AM - Girls  
December 20, 2025**

<b>Girls Event#</b>	<b>Event Name</b>		
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	10 & Under	200	Free Relay
12	8 & Under	100	Free Relay
5 Minute Break			
13	12 & Under	50	Back
14	8 & Under	25	Breast
15	11 - 12	200	Fly
16	12 & Under	100	Breast

**Saturday PM - Boys  
December 20, 2025**

<b>Event Name</b>			<b>Boys Event#</b>
12 & Under	100	IM	17
8 & Under	25	Free	18
12 & Under	50	Fly	19
12 & Under	100	Free	20
11 - 12	200	Back	21
5 Minute Break			
12 & Under	200	Free Relay	22
10 & Under	200	Free Relay	23
8 & Under	100	Free Relay	24
5 Minute Break			
12 & Under	50	Back	25
8 & Under	25	Breast	26
11 - 12	200	Fly	27
12 & Under	100	Breast	28



**Sunday AM - Girls  
December 21, 2025**

<b>Girls Event#</b>	<b>Event Name</b>		
29	12 & Under	50	Free
30	8 & Under	25	Back
31	12 & Under	100	Fly
5 Minute Break			
32	12 & Under	200	Medley Relay
33	10 & Under	200	Medley Relay
34	8 & Under	100	Medley Relay
5 Minute Break			
35	11-12	200	Breast
36	12 & Under	100	Back
37	8 & Under	25	Fly
38	12 & Under	50	Breast
39	12 & Under	200	Free

**Sunday PM - Boys  
December 21, 2025**

<b>Event Name</b>			<b>Boys Event#</b>
12 & Under	50	Free	40
8 & Under	25	Back	41
12 & Under	100	Fly	42
5 Minute Break			
12 & Under	200	Medley Relay	43
10 & Under	200	Medley Relay	44
8 & Under	100	Medley Relay	45
5 Minute Break			
11-12	200	Breast	46
12 & Under	100	Back	47
8 & Under	25	Fly	48
12 & Under	50	Breast	49
12 & Under	200	Free	50



## 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 breaststrokes 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 backstroke 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.



**2025-2026**  
**Gulf Age Group Championship**  
**Time Standards**  
 (Note: Revised May 2024)

Girls		10&U	Boys	
LCM	Yards		Yards	LCM
35.59	31.89	<b>50 Free</b>	31.89	36.59
1:18.09	1:10.29	<b>100 Free</b>	1:10.09	1:20.29
2:54.09	2:36.49	<b>200 Free</b>	2:35.29	2:57.49
6:08.69	6:49.89	<b>500 Free</b>	6:46.99	6:05.09
43.09	37.79	<b>50 Back</b>	37.79	44.39
1:31.49	1:21.59	<b>100 Back</b>	1:23.09	1:34.29
49.79	43.79	<b>50 Breast</b>	44.19	51.39
1:45.69	1:32.99	<b>100 Breast</b>	1:36.09	1:51.09
40.89	35.69	<b>50 Fly</b>	36.19	41.39
1:39.29	1:29.09	<b>100 Fly</b>	1:30.79	1:40.79
---	1:20.79	<b>100 IM</b>	1:22.59	---
3:17.29	2:54.69	<b>200 IM</b>	2:58.09	3:23.09

Girls		11-12	Boys	
LCM	Yards		Yards	LCM
31.49	27.69	<b>50 Free</b>	27.89	31.59
1:08.69	1:00.59	<b>100 Free</b>	1:00.19	1:08.19
2:30.29	2:12.79	<b>200 Free</b>	2:12.69	2:32.49
5:14.49	5:49.69	<b>500 Free</b>	5:49.49	5:13.49
37.49	32.59	<b>50 Back</b>	33.29	37.99
1:20.69	1:10.29	<b>100 Back</b>	1:11.49	1:22.19
2:53.39	2:31.39	<b>200 Back</b>	2:34.69	2:58.09
42.59	36.79	<b>50 Breast</b>	37.39	43.39
1:31.69	1:20.99	<b>100 Breast</b>	1:20.29	1:31.09
3:14.69	2:52.99	<b>200 Breast</b>	2:57.99	3:22.59
34.49	30.69	<b>50 Fly</b>	31.09	35.99
1:18.19	1:10.49	<b>100 Fly</b>	1:09.89	1:20.89
3:04.19	2:44.09	<b>200 Fly</b>	2:47.69	3:05.99
---	1:10.39	<b>100 IM</b>	1:10.59	---
2:52.79	2:31.29	<b>200 IM</b>	2:31.09	2:52.29
6:16.89	5:29.29	<b>400 IM</b>	5:19.79	6:08.69

Girls		13-14	Boys	
LCM	Yards		Yards	LCM
29.99	26.29	<b>50 Free</b>	24.59	27.99
1:04.59	56.69	<b>100 Free</b>	52.99	1:00.99
2:20.89	2:03.49	<b>200 Free</b>	1:56.79	2:14.99
4:57.39	5:29.69	<b>500 Free</b>	5:16.09	4:48.49
10:20.49	11:42.29	<b>1000 Free</b>	11:04.49	9:55.99
20:39.79	19:29.19	<b>1650 Free</b>	18:56.19	19:25.39
1:13.99	1:04.59	<b>100 Back</b>	1:01.89	1:11.59
2:39.99	2:19.39	<b>200 Back</b>	2:13.99	2:37.59
1:27.09	1:14.69	<b>100 Breast</b>	1:09.59	1:22.29
3:04.19	2:40.79	<b>200 Breast</b>	2:31.19	2:57.29
1:12.29	1:03.49	<b>100 Fly</b>	59.79	1:08.69
2:52.59	2:23.59	<b>200 Fly</b>	2:16.49	2:35.89
2:40.69	2:19.59	<b>200 IM</b>	2:09.89	2:32.79
5:43.59	4:57.19	<b>400 IM</b>	4:41.99	5:30.19







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