



Texas Senior Circuit I

May 3-4, 2025

A Long Course Meters Timed Finals Meet



Hosted By
Katy Aquatics
Sanction No. **GU-LC-25-012**

Entries Due Tuesday, Tuesday April 22nd, 2025, By 6:00 PM

LOCATION: University of Houston Recreation Center
4500 University Dr. Houston, Tx 77004

MEET STAFF:
MEET REFEREE: Herb Schwab
ADMIN OFFICIAL: Davis Peden
MEET DIRECTOR: Travis Sandifer – coachtravis@katyaquatics.org
SAFETY MARSHAL: Angela Golightly

COACH(ES): Bill Bailey

POOL:
One 50-meter, 8-lane indoor competitive pool with non-turbulent lane lines.
Warm-up/warm-down lanes will be available for all sessions.

TIME & DATE:
This is a three session, 2-day timed finals meet with AM and PM sessions on Saturday and AM session on Sunday.

	Date	Warm-ups	Session Start
Session 1	Saturday, May 3rd	7:30 am	9:00 am
Session 2	Saturday, May 3rd	3:30 pm	5:00 pm
Session 3	Sunday, May 4th	7:30 am	9:00 am

Open warm-ups will be in effect for all sessions. Team lane timing assignments and timelines will be posted on the Gulf Swimming website and/or sent to participating teams by Tuesday, April 29th, 2025.

MEET TYPE/Capacity:
This is a timed final, long course meters meet. Our swimmer capacity will be **600** swimmers. Please get your entries in early to secure your team's spot. All heats will swim fastest to slowest. All 50-meter events will start from the Diving End of the pool. Chase starts will be utilized (at the discretion of the Meet Referee) as follows:

- **400 Free, 400 IM, 800 Free:** Alternating women's and men's heats with the women starting from the Diving End and the men starting from the Bulkhead End of the pool.
- 200's and below (apart from the 50 free) events: Odd heats will start from the Diving End and Even heats will start from the Bulkhead End of the pool.
- Based on the number of entries for this meet, the Meet Referee, at his or her discretion, may choose to start all events on the same end of the pool.

SAFETY GUIDELINES AND WARM-UP

PROCEDURES: See attached Safety Guidelines and Warm-up Procedures.

USA/GULF SWIMMING/UNIVERSITY OF HOUSTON/KATY 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, University of Houston, and KATY 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, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.
- The University of Houston and Katy Aquatic Team for Youth, Inc. 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 at UH, you voluntarily assume all risks related to exposure to COVID-19.

SEEDING: This will be a deck seeded meet. Coaches, please inform your swimmers of deck seeding rules. Events will be seeded fastest to slowest with non-conforming times seeded last in order of SCM and SCY.

CHECK-IN: Circle-in is required for all events at least 45 minutes prior to the session start.

ON-DECK ENTRIES:

KATY reserves the right to limit on-deck entries to accommodate a reasonable meet timeline or facility constraints. Under these conditions, late entries may be accepted each day up to 45 minutes before the start of the session. Those swimmers missing the 6:00 PM, Tuesday April 22nd, 2025, deadline may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry. Swimmers must pay surcharge fee if not already entered in the meet.
2. Swimmers must supply completed entry forms entered at the swimmers' best times. Swimmers will be seeded into open lanes.
3. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
4. Swimmers must be qualified to swim the event entered.
5. Swimmers must not exceed the allotted number of events allowed each day.
6. A heat will be added, if necessary and if the timeline permits.

ENTRY INFORMATION: Entry Times:

1. It will be the coaches' responsibility to enter only swimmers that have qualifying times for this meet.
2. Swimmers must enter at their best long course meter time.
3. Entry times must be from USA Swimming Meets.
4. Events will be seeded fastest to slowest with non-conforming times seeded last in order of SCM and SCY.

Cut-off Times: None.

Qualifying Times:

- 13-14 swimmers must have the 15-16 AA 2025-28 National AgeGroup Motivational Time to enter that event.
- 15&Over swimmers must have the 15-16 A 2025-28 National Age Group Motivational Time to enter that event.
- Swimmers with 3 sectional times may enter any event.

Age: As of May 3, 2025

Number of Events: Swimmers may compete in six (6) individual events per day.

Entries: All teams entering 10 or more swimmers MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software, along with a hard copy printout of the entries. Teams without HyTek should submit their entries on the enclosed Entry Form. A \$25.00 fee must be included with the entry fees for teams that enter 10 or more swimmers using an entry form only (without sending Hy-Tek files).

Deadline:

Entries must be in the hands of the Meet Entry Chair no later than 6:00 PM, Tuesday April 22, 2025. No late entries will be accepted. Please email entries and bring checks to the meet.

Meet Entry Chair: Travis Sandifer
Email: coachtravis@katyaquatics.org
Phone: 713.724.6046

Eligible Teams:

Open to all USA Swimming registered swim teams. KATY reserves the right to limit the number of entries to accommodate a reasonable timeline.

Individual Event Entry Fees (per event):	\$15.00
Swimmer Surcharge Fee (per swimmer):	\$15.00
Make entry fee checks payable to:	Katy Aquatic Team for Youth, Inc.

AWARDS: No awards are provided for this meet.

SCORING: The meet will not be scored.

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

because of injuries to anyone during 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. The Gulf Swimming three (3) event and up/down rules do not apply.

POOL MEASUREMENT:

The competition course is compliant, but not certified, in accordance with USA Swimming Rule 104.2.2(C). Course measurements will be verified each session in accordance with Gulf Swimming Rules. The water depths of the competition course measured from 1 meter to 5 meters on the starting and turning ends of the course are as follows:

<u>Pool</u>	<u>Start End</u>	<u>Turn End</u>
50 Meter	7'	7'

TIMING SYSTEM:

The CTS 6 timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up.

POOL DECK RESTRICTION:

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf 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 Psych/Heat Sheets and for admission to the Hospitality Room. Coaches must supervise swimmers.

Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the grandstand.

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.

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 government authorities and/or may be barred from the facility during the sanctioned event. No photography/videography allowed on deck other than by

coaches for coaching purposes or by credential media personnel approved by the Meet Director prior to the start of the meet.

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 in an event may be fined \$20.00 for each event he/she fails to prove. The fine or proof of time is sent to Katy Aquatics.

MEDICAL

SUPERVISION: EMS and Lifeguards will be on site at the event.

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.

MEET RESULTS: Meet results will be posted on the Gulf Swimming Web Page (<http://www.gulfswimming.org>) within three days after the conclusion of the meet.

CONCESSIONS: N / A

MERCHANDISE: There may not be a swim shop on site.

FACILITY RULES:

Reserving seats between or during sessions is not allowed. Chairs and inflatable mattresses are not allowed. Certain items such as coolers and stadium seat are restricted. Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the grandstand.

Texas Senior Circuit I
May 3-4, 2025
A Long Course Meters Timed Finals Meet
Hosted By: Katy Aquatics
Sanction No. GULC XXXXXX

Entry rules:	
Type of Meet	LC Timed Finals
Max # events per day	6
Swimmers eligible	All USAS Registered Teams
Entry times in	LCM only
Qualifying times	None, with exceptions below
Qualifying Times Exceptions	<ul style="list-style-type: none"> 13–14 swimmers must have new 2025-28 15-16 USAS "AA" Motivational time for each event entered. 15&Over swimmers must have new 2025-28 15-16 USAS "A" Motivational time for each event entered. Swimmers that have achieved 3 sectional times may enter any event at this meet.
One-up/one-down rule?	No
3-event rule?	Yes, for sectional qualifiers with 3 sectional times.
Cut-off times	None
Enter with no time?	Yes, for sectional qualifiers with 3 sectional times.
Fees	Individual - \$15.00
Swimmer surcharge	\$15.00 per swimmer

Women	15-16 "A" Standards		15-16 "AA" Standards		Sectional Standards	
	SCY	LCM	SCY	LCM	SCY	LCM
50 FREE	:27.29	:30.89	:26.09	:29.59	:24.79	:28.29
100 FREE	:58.89	1:07.19	:56.49	1:04.39	:53.09	1:00.79
200 FREE	2:07.69	2:25.09	2:02.39	2:18.99	1:54.09	2:11.29
400/500 FREE	5:43.69	5:04.49	5:29.39	4:51.79	5:06.19	4:36.89
800/1000 FREE	11:53.99	10:32.39	11:24.19	10:05.99	10:28.79	9:27.39
1500/1650 FREE	19:56.49	20:11.59	19:06.69	19:21.09	17:48.29	18:12.29
100 BACK	1:04.09	1:14.49	1:01.39	1:11.39	:58.99	1:09.79
200 BACK	2:19.09	2:40.09	2:13.29	2:33.39	2:07.19	2:30.29
100 BREAST	1:13.69	1:24.49	1:10.59	1:20.99	1:08.79	1:20.09
200 BREAST	2:39.39	3:02.09	2:32.79	2:54.49	2:28.09	2:53.09
100 FLY	1:03.79	1:12.29	1:01.09	1:09.29	:58.29	1:07.39
200 FLY	2:22.09	2:40.99	2:16.19	2:34.29	2:10.59	2:31.29
200 IM	2:22.39	2:43.89	2:16.49	2:36.99	2:10.19	2:31.39
400 IM	5:04.29	5:46.89	4:51.59	5:32.49	4:36.49	5:19.69

MEN	15-16 "A" Standards		15-16 "AA" Standards		Sectional Standards	
Event	SCY	LCM	SCY	LCM	SCY	LCM
50 FREE	:24.19	:28.19	23.19	:26.99	:21.99	:25.29
100 FREE	53:19	1:01.49	:50.99	:58.99	:47.79	:54.99
200 FREE	1:56.59	2:14.29	1:51.79	2:08.69	1:43.89	2:00.49
400/500 FREE	5:15.79	4:46.39	5:02.69	4:34.39	4:42.99	4:19.09
800/1000 FREE	11:01.59	9:58.49	10:33.99	9:29.99	9:43.59	8:54.09
1500/1650 FREE	18:22.79	18:58.49	17:36.89	18:11.09	16:24.39	16:56.49
100 BACK	:57.89	1:07.99	:55.49	1:05.19	53.39	1:03.69
200 BACK	2:06.59	2:27.69	2:01.29	2:21.49	1:54.89	2:17.59
100 BREAST	1:05.89	1:16.69	1:03.19	1:13.49	1:00.89	1:11.99
200 BREAST	2:23.19	2:46.69	2:17.29	2:39.79	2:12.09	2:37.19
100 FLY	:57.59	1:05.79	:55.19	1:03.09	52.69	1:00.49
200 FLY	2:08.79	2:27.19	2:03.39	2:21.09	1:56.99	2:17.39
200 IM	2:09.39	2:30.99	2:03.99	2:24.69	1:57.29	2:17.69
400 IM	4:36.19	5:21.19	4:24.69	5:07.79	4:11.19	4:53.89

***Times Highlighted in Yellow have changed from 2024.**

ORDER OF EVENTS

Saturday AM May 3, 2025

Open Warm-ups 8:00 am; session starts at 9:30 am

Women			Men
Event #	Distance	Stroke	Event #
1	100	Fly	2
3	200	IM	4
5	50	Free	6
7	400	Free*	8

*400 Free swims fastest to slowest alternating women on the Diving End and men on the Bulkhead End of the pool. Swimmers in the 400 Free need to supply their own timers.

All 50-meter events start from the Diving End of the pool.

Saturday PM, May 3, 2024

Open Warm-ups 3:30 pm; session starts 5:00 pm

Women			Men
Event #	Distance	Stroke	Event #
9	100	Back	10
11	100	Breast	12
13	200	Free	14
15	400	IM*	16

*400 IM swims fastest to slowest alternating women on Diving End and men on the Bulkhead End of the pool. Swimmers in the 400 IM will need to supply their own timers.

Sunday, May 4, 2024

Open Warm-ups 8:00 am; session starts at 9:30 am

Women			Men
Event #	Distance	Stroke	Event #
17	200	Back	18
19	100	Free	20
21	200	Breast	22
23	200	Fly	24
25	800	Free*	26

*800 Free swims fastest to slowest alternating women on Diving End and men on the Bulkhead End of the pool. Swimmers in the 800 Free will need to supply their own timers and counter.

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 will not be allowed on deck and will not compete in the meet.
- 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 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.