



2025 Gulf Age Group Champs

Date: July 11-13th

- Location: Fleet Aquatic Center 14654 Spring Cypress Rd Cypress TX 77429

Session and Shirt:	Arrive at Pool:	Warm up Starts:	Meet Starts:
<ul style="list-style-type: none"> • Friday-Prelims-indoor pool Lane 1 • 	7:20 am	7:40-8 am	8:30 am
<ul style="list-style-type: none"> • Friday-Finals-Open warm up 	4:30 pm	4:45-5:15 pm	5:30 pm
<ul style="list-style-type: none"> • Saturday Morning-Prelims-indoor pool lane 2 • A team shirt 	7:20 am	7:40-8 am am	9:00 am
<ul style="list-style-type: none"> • Saturday PM Session-Finals-Open warm up • A team shirt 	4:30 pm	4:45-5:15 pm	5:30 pm
<ul style="list-style-type: none"> • 			

Athlete and Family Notes:

- This is a prelims/finals meet with the exception of relays, 400 I.M., 400 and the 800 meter freestyle events, which will be timed finals events. Finals will consist of an A and B final for the 10 & Under, 11 – 12 and 13 - 14 swimmers. All relays will swim in prelims.
- The prelims sessions will be run using chase starts, alternating odd and even heats for individual events of 100, 200 meters and the 10 & Under 400 meter freestyle. Odd heats will start at the Field end of the pool and even heats will start at the Locker end of the pool.
- All 50 meter events will start from the Locker end of the pool.
- All heats in the finals sessions will start at the Field end of the pool with the exception of all 50 meter events which will start at the Locker end of the pool.
- **Special Instructions:** No spectator set-up or spectator chairs allowed on the pool deck. No swimmer set up on the pool deck immediately surrounding the pool. The only exception is swimmers are allowed to set up down the side walk between the office building and the pool pump room. They must leave room to walk to the warm up/cool down pool. Setup space for popup tents will be located outside of the gates of the pool. Swimmer set-up will be located on the eastern side of the pool within the gates. Come and go limited spectator seating will be available in the bleachers only. Please access that area through the main gate near the offices at the southern end of the pool. The bleachers are for come and go seating only so everybody has a chance to watch their swimmer. No setup is allowed in the bleachers. Gas generators not allowed within 25 feet of marked tent/pool areas.
- **KIDS cannot sit with the coach's on deck**-they must sit in the grass area behind the coaches. They will need a canopy or two to be comfortable and out of the sun
- **CONCESSIONS:** Concessions will be available. Credit Card only accepted for payment.



- 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, keyword "2025 Gulf Age Group Champs"
- **IMPORTANT-this is an outdoor swim meet and it is going to be 94-95 degrees every day. I highly recommend bringing popup tents to stay in the shade. Bring chairs or something comfortable to sit on. Hydration is going to need to be a priority as well as healthy snacks (no sugar). If you have battery operated fans, bring them.**
- Merchandise will not be sold so bring additional goggles, suits(you never know).
- Please help the coaching staff by making sure that your athlete is warming up and warming down properly. This is a major part of our sport that many athletes disregard as not important.

We are looking forward to seeing you poolside.

Let's go Power for Life!!!!

Take care,

Power for Life Coaching Staff