



**2025 Gulf 12 & Under Champs**

**Date: February 20-22<sup>nd</sup>**

- **Location: Katy High School Natatorium 6331 Hwy Blvd Katy Tx, 77494**

<u>Session and Shirt:</u>	<u>Arrive at Pool:</u>	<u>Warm up Starts:</u>	<u>Meet Starts:</u>
<ul style="list-style-type: none"> <li>• <b>Friday-Look for Coach Stacey</b></li> </ul>	As soon as you can	Open 5:00-6:15 pm	6:30 pm
<ul style="list-style-type: none"> <li>• <b>Saturday Morning 12 &amp; Under Girls</b></li> <li>• <b>A team shirt</b></li> </ul>	7:30 am	7:45-8:15 am	9:00 am
<ul style="list-style-type: none"> <li>• <b>Saturday Afternoon 12 &amp; Under Boys</b></li> <li>• <b>A team shirt</b></li> </ul>	12:30 am	12:45 pm	2:00 pm
<ul style="list-style-type: none"> <li>• <b>Sunday Morning 12 &amp; Under Girls</b></li> <li>• <b>A team shirt</b></li> </ul>	7:30 am	7:45-8:15 am	9:00 am
<ul style="list-style-type: none"> <li>• <b>Sunday Afternoon 12 &amp; Under Boys</b></li> <li>• <b>A team shirt</b></li> </ul>	12:15 pm	12:30 pm	1:45 pm

**Athlete and Family Notes:**

- **Unofficial real time results will be available on MEET MOBILE**
- **12 & under Girls in the AM-Boys in the pm**
- **Friday night-must provide your own timer(s) and lap counter for the 500 fr**
- The 500 Free will swim fastest to slowest alternating girls and boys heats. Swimmers must provide their own timers and lap counter. YOU MUST POSITIVE CHECK IN FOR THE 500. Circle in 45 minutes before the start of the meet.
- Swimmers must provide their own timers for the 200 IM and the 500 Free on Friday.
- 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.
- Free heat sheets will be provided through the Meet Mobile app
- Concessions and merchandise will be sold
- PFL will not be doing time trials.
- All events will be seeded fastest to slowest.
- This will be Timed finals meet. One opportunity to race each event.
- Relay cards due 45 minutes before session starts
- The seating for parents will be upstairs. Only swimmers, coaches, and officials will be allowed on deck and in the low bleachers. Grandparents and anybody with mobility issues will have an area on or around the lower bleachers reserved.
- Please sign up to time. We have 1 seat/ Lane 8 for each session for the entire session.



We are looking forward to seeing you poolside.

Let's go Power for Life!!!!

Take care,

Power for Life Coaching Staff