



2026 Gulf LC Summer Champs

- July 17-18th
- Angleton ISD Aquatic Center
- 2 Stadium Drive Angleton, TX 77515 (Visitor side of the Wildcat Football Stadium)

<u>Session and Shirt:</u>	<u>Arrive at Pool:</u>	<u>Warm up Starts:</u>	<u>Meet Starts:</u>
• Friday-Prelims-share lane 8 • Finals-open warm up	7:30 am 4:15 pm	7:50-8:15 am 4:30-5:00 pm	8:30 am 5:30 pm
• Saturday-Prelims-same • Finals-open warm up	7:30 am 4:15 pm	7:50-8:15 am 4:30-5:00 pm	8:30 am 5:30 pm
• Sunday-Prelims-same • Finals-open warm up	7:30 am 4:15 pm	7:50-8:15am 4:30-5:00 pm	8:30 am 5:30 pm
• Please wear your team shirt			
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Athlete and Family Notes:

- This is a prelims/finals meet except for 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 10 & U, 11-12, 13-14 and 15 & Over swimmers. All relays will swim in prelims.
- At the discretion of the meet referee, the prelims sessions will be run utilizing chase starts, alternating odd and even heats for individual events of 100, 200 and 400 meters. Odd heats will start at the Diving Well end of the pool and even heats will start at the Bulkhead end of the pool. All 50 meter events will start from the Bulkhead end of the pool. The 800-meter freestyle and all relay events will start from the Diving Well end of the pool.
- All heats in the finals sessions will start at the Diving Well end of the pool with the exception of all 50-meter events which will start at the Bulkhead end of the pool
- The meet will be pre-seeded except for the 400 Free, 400 IM and 800 Free events, which will require positive check-in 45 minutes BEFORE the session begins.
- All prelims events will be seeded with heats in the order of fastest to slowest. Finals event heats will be run slowest to fastest. Athletes who enter an event with a Short Course Meters (SCM) or a Short Course Yard (SCY) time will be seeded last in the order of SCM, SCY.
- In a Prelim/Final meet, the finalists and alternates 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 if he 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 and a fine of \$50.00. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals. The alternates, after the existing scratches are tabulated, will not be penalized if they are unavailable to compete in finals.

- Swimmer and spectator setup will be in the field at the back of the Natatorium. We will assign designated tent areas for each team prior to the meet
- **BRING CANOPYs to keep the kids out of the sun. Chairs, blankets to sit on. Fans if you have them-THIS IS AN OUTDOOR swim meet. LOTS of hydration.**
- Unofficial real time results will be available on Meet Mobile
- Merchandise will be sold but 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