



2025 Gulf Senior Champs

Date: December 12th-14th

- **Location: Fort Bend Practice Facility 16701 Bissonnet St Houston, TX 77083**

<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"> • Friday Evening-open warm up 	4:15 pm	4:30-5 pm	5:30 pm
<ul style="list-style-type: none"> • Saturday Morning Lane 7 • A team shirt 	8:00 am	8:20-8:45 am	9:00 am
<ul style="list-style-type: none"> • Saturday Evening Finals open warm up • A team shirt 	4:15 pm	4:30-5:15 pm	5:30 pm
<ul style="list-style-type: none"> • Sunday Morning Lane 7 • A team shirt 	8:00 am	8:20-8:45 am	9:00 am
<ul style="list-style-type: none"> • Sunday Evening Finals-open warm up • A team shirt 	4:15 pm	4:30-5:15 pm	5:30 pm

Athlete and Family Notes:

- **Prelims/ Finals meet-we ask that if you make finals that you come back and represent Power for Life in Finals in the evening. Learning how to step it up in finals is a major part of our sport**
- Positive check in for 400IM and 500 Free closes 45 minutes before the start of the meet. Positive check in for 1000 and 1650 closes at 9:00am each day, respectively.
- Athletes swimming the 1000 and 1650 need to note prelims or finals during check in. The fastest 8 women and the fastest 8 men who check-in for the 1000/1650 Free, and who do not elect to swim in prelims, will swim in finals. All other heats will be swum fastest to slowest alternating heats of women and men in the prelims session.
- Teams in Finals will need to provide timers for all Finals Sessions.
- This is a prelims/finals meet with A, B, C finals. Relays, 400 I.M., 500/1000/1650 Free will be swum as timed finals events.
- FBISD Policy: There is absolutely NO FOOD allowed on the pool deck. Violators of this rule will be asked to take their food outside and will be asked to leave the facility if they are asked a second time. If this occurs, FBISD will impose a \$50 fine to the violating team. Open warm up for prelims and finals-we need to be on time for warm up. Smaller teams have a hard time getting lane space.
- Spectators will be allowed in a designated viewing area for limited times but must set up outside the facility. There will be limited adult volunteers necessary to run the competition.
- Concessions and merchandise will be sold
- 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.



- Any finalist who fails to compete in finals or consolation finals, or any other bonus final heat, for which he has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations and will be assessed a fine of \$50.00. A Club, which has not paid the fine, will not be allowed to register for membership in the Gulf LSC until the fine is paid.
- Swimmers in the 400IM, 500/1000/1650 Free must provide 2 timers and laps counters as applicable
- All relays will be swum in prelims as timed finals
- Restrooms located by the front entrance are for Spectators, Coaches, & Meet Staff only. Absolutely no athletes
- Locker Rooms are for Athletes only. No exceptions!
- 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

We are looking forward to seeing you poolside.

Let's go Power for Life!!!!

Take care,

Power for Life Coaching Staff