



**2025 Gulf 13 & Over Championships**

**Date: Feb 27-March 1**

- **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"> <li>• Friday</li> <li>Lane 8 Diving Well</li> <li>• A team shirt</li> </ul>	4:45	5:00-5:30 pm	6:00 pm
<ul style="list-style-type: none"> <li>• Saturday Morning Prelims</li> <li>• Lane 6, 7, 8 Diving well</li> <li>• A team shirt</li> </ul>	7:15 am	7:30-7:55 am	9:00 am
<ul style="list-style-type: none"> <li>• Saturday Afternoon-Finals</li> <li>• Open warm up</li> <li>• A team shirt</li> </ul>	4:15 pm	4:30-5:15 pm	5:30 pm
<ul style="list-style-type: none"> <li>• Sunday Morning Prelims-</li> <li>• Lane 6, 7, 8 Diving well</li> <li>• A team shirt</li> </ul>	7:15 am	7:30-7:55 am	9:00 am
<ul style="list-style-type: none"> <li>• Sunday Afternoon Finals</li> <li>• Open Warm up</li> <li>• A team shirt</li> </ul>	4:15 pm	4:30-5:15 pm	5:30 pm

**Athlete and Family Notes:**

- This is a Prelims/ Finals meet. There is an A, B and C final for 13-14's and 15 and older. We are asking everyone that makes finals to race in finals. This is how we compete and be a competitive team.
- If you don't make finals and don't plan on coming back to support your peers, you may want to scratch from the event, have your athlete ask a coach, so you don't get scratched into the event. If you get scratched in and you do not show up, \$50 fine and you are kicked out of the meet.
- **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**
- Spectators will be allowed in a designated viewing area for limited times but must set up outside the facility. Spectators will not be allowed into the facility until 15 minutes before the start of each session. Please come prepared to set up outside.
- Swimmers competing in the 400 IM, 500 Free, 1000 Free and 1650 Free events must circle in on sheets that will be available at the start of warm-up for the session.
- Teams in Finals will need to provide timers for all Finals Sessions.
- Friday 400IM/500 Free - Athletes need to provide 2 timers and a lap counter
- Restrooms in the lobby are for Spectators, Coaches, & Meet Staff only. Absolutely no athletes
- Locker Rooms are for Athletes only. No exceptions!
- PFL will not be doing Time Trials



- 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.
- Concessions and merchandise will be sold
- At Prelims, events will be swum with heats in the order of fastest to slowest, including relay and distance events. At Finals, events will be swum with heats in the order of slowest to fastest..
- For Friday’s timed final events, Girls will compete in the Lobby pool and boys will compete in the Diving Well pool.

We are looking forward to seeing you poolside.

Let’s go PFL Aquatics!!

Take care,

Power for Life Coaching Staff