



USA Swimming
Approval Number:

GU-LC-25-033 / APP

LOCATION:

Cy-Fair Natatorium – 12550 Windfern Road – Houston, TX 77064

DATES:

Mon., July 21	Check-in at complex	8:00 AM – 4:00 PM	
	Practice	2:00 PM – 6:00 PM	
Tue., July 22	Competition:		
	Session #1: 13-18 1500 Free TF	Warm-up 7:00 AM	Meet Starts 8:00 AM
	Coaches Meeting	11:00 AM	
	Session #2: 13-18 Prelims	Warm-up 2:00 PM	Meet Starts 3:00 PM
Wed., July 23	Competition:		
	Session #1: 13-18 400 FR/400 IM TF	Warm-up 7:00 AM	Meet Starts 8:00 AM
	Session #2: 13-18 Finals	Warm-up 2:00 PM	Meet Starts 3:00 PM
Thu., July 24	Competition:		
	Session #1: 12 & under Prelims	Warm-up 7:00 AM	Meet Starts 8:00 AM
	Session #2: 13-18 Prelims	Warm-up 2:00 PM	Meet Starts 3:00 PM
Fri., July 25	Competition:		
	Session #1: 12 & under Finals	Warm-up 7:00 AM	Meet Starts 8:00 AM
	Session #2: 13-18 Finals	Warm-up 2:00 PM	Meet Starts 3:00 PM
Sat., July 26	Competition:		
	Session #1: 12 & under Prelims	Warm-up 7:00 AM	Meet Starts 8:00 AM
	Session #2: 13-18 Prelims	Warm-up 2:00 PM	Meet Starts 3:00 PM
Sun., July 27	Competition:		
	Session #1: 12 & under Finals	Warm-up 7:00 AM	Meet Starts 8:00 AM
	Session #2: 13-18 Finals	Warm-up 2:00 PM	Meet Starts 3:00 PM

NOTE:

It is our intention to run the program as defined. There could be limitations per session for participants. As a last resort, we will eliminate finals and go to timed finals for all sessions.

FACILITY:

The CFISD Natatorium is a 50-meter pool with a Paddock surge control gutter system. It can be broken into two short course venues. This competition will use the long course configuration with 8 lanes. The pool depth is 7'-13' with 4" lane lines to reduce turbulence. The lane width is 9'. A Colorado Gen7 timing system with two full-color Colorado Timing System Video Boards. Starting platforms are Spectrum Xcellerator Starting Blocks. The facility is staffed by certified lifeguards, possesses AEDs and emergency phones for 911 access.

Only athletes, officials, coaches, and meet volunteers may be on deck during warm-ups and/or competition. The 600 bleacher seats on deck are reserved for swimmers only. No outside chairs are permitted in the stands or on deck.

Locker rooms are reserved for athlete use. Separate rest room facilities are available for officials, coaches, and volunteers.

CHECK-IN:

Swimming participants may check in at the complex July 21st from 8AM – 4PM to receive their athlete credential or coach wristband. The appropriate credential or wristband will be needed prior to gaining admittance into the competition venues. *If that credential or wristband is lost or stolen there will be a replacement fee.* **Participants should check-in at least the day prior to competing.** For check-in hours, maps and additional directions please visit www.aaujrogames.org.

PRACTICE:

Practice will be available starting Monday, July 21 from 2 pm to 6 pm at the CFISD Natatorium and at Campbell Middle School Pool. Athletes must check-in and have proper credentials prior to practicing.

AAU MEMBERSHIP: This meet is licensed by the AAU. All athletes and coaches must be AAU members. Athlete membership is \$20.00 and non-athlete (coach) membership is \$55.00. AAU membership can be obtained online at www.aausports.org.

BE PREPARED and register your coaches early! You can no longer register for non-athlete (coach) membership onsite at the event. Background screens are conducted for all non-athletes and adult athletes. Membership is no longer instant.

ENTRY FEE: \$55.00 per swimmer, \$50.00 per coach. (\$60 for coaches registering onsite with a current non-athlete membership). All entry fees are non-refundable.

REGISTRATION & ENTRY DEADLINE: **All entries must be completed online by Monday, July 7, 2025.** Register Online at www.aaujrogames.org. Visa, MasterCard, American Express and Discover are accepted. You will need to have your AAU membership at the time of registering. After registering online, you will receive an email confirming your registration and acceptance of payment.

If you wish to have your scores count towards the team scores, be sure to enter your current club membership code when registering online.

In addition to registering online, **we encourage all coaches to submit a HyTek Team Manager file.** Additional information will be posted at www.aaujrogames.org. Be sure to provide your athlete's USA Swimming Member ID via your HyTek or emailed entry information for their times to count from this meet and be uploaded to SWIMS. Only athletes with a valid Member ID and current registration will have their times pulled into the SWIMS database.

SWIMMERS WITHOUT A COACH: Any swimmer entered in the meet, unaccompanied by a coach, must be approved by their coach as having proficiency in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Those swimmers will be assigned a coach prior to arrival at the venue. It is strongly encouraged that a connection be made prior to arrival. Please contact Michelle at auswimentries@gmail.com to assign teams and make these introductions.

ENTRY LIMIT: 12 & under swimmers may swim a maximum of six (6) events during the entire meet, exclusive of relays. 13-18 year-old swimmers may swim a maximum of nine (9) events during the entire meet, exclusive of relays. A swimmer must register for an individual event to compete on a relay.

TIME TRIALS: There will be no time trials.

QUALIFICATION: First, second and third place finishers in approved AAU District Swimming Championship Meets in individual events under 400M, will qualify for the AAU Junior Olympic Games. **Swimmers must place in the District Championship in a District meet vs. a heat of non-exhibition swimmers in the age division they will compete in during the AAU Junior Olympic Games.**

In addition, swimmers who meet or beat the USA Swimming long course **"A" time standard for all 200M, 400M and 1500M events and "BB" time standard for events under 200M are eligible to compete** in the events where they meet the minimum time standards. Qualification for the 400M and 1500M is time only and they may not be entered as Bonus Events. The time standard must have been met during a bona fide competition during the qualification period, whether it was AAU, USA Swimming, YMCA, Boys and Girls Club, Parks & Recreation, etc. **No yard times will be accepted. Yard times must be converted to long course meter times!** Swimmers must list their time on the entry form and bring their time verification to the Championship.

Qualified swimmers may swim in bonus events, as approved, for 50M, 100M and 200M events. **For every qualified event, a swimmer may enter 1 bonus event. At a minimum, it is suggested to have a "B" time standard to request approval for bonus events. Bonus events are subject to approval by the AAU National Aquatics Committee.**

For the 9 & under swimmers, USA Swimming long course time standards have not been established. An entry time must be submitted for these swimmers to be used for seeding purposes and to verify that the athlete has swum in the event prior to the AAU Junior Olympic Games. **Entries without times (NT) will not be accepted.**

Qualifying period is from **August 1, 2024 through July 6, 2025.**

The AAU suggests a helpful online tool for time conversion. Please visit the website at www.aauswimming.org or www.aaujrogames.org (select swimming).

RULES:	<p>This meet is a competition conducted under current USA Swimming technical rules & AAU Swimming rules. This is an approved meet.</p> <p>If you are a registered USA Swimming athlete, you may provide your USA Swimming number for your times to count from this meet. Please include the number with your HyTek or emailed entry.</p>
AGE DIVISIONS:	<p>This will be a single age championship. Girls and boys will be grouped as follows: 9 & Under, 10, 11, 12, 13, 14, 15, 16, 17 & Older. Individual event prelims will be swum together and finals will be split out by age. Relays will be swum and awarded as groups of 12 & Under and 13 & Older.</p> <p>Athlete's age on the first day of the championship, July 22, 2025 (13-18 year-olds) and July 24, 2025 (12 & under), shall determine the age of the competitor.</p>
FORMAT:	<p>This meet is pre-seeded WITH THE EXCEPTION OF RELAYS WHICH WILL BE DECK ENTERED. No other deck entries will be permitted.</p> <p>All 9 & Under events will swim as Timed Finals during the Finals sessions. The 400-meter Freestyle, the 400-meter IM and the 1500-meter freestyle will be Timed Finals only. All relays are Timed Finals. All other events will swim as Prelims and Finals with top 8 of each age advancing to Finals.</p>
TIMED FINAL:	<p>Timed Finals are when all heats of a particular event are swum only once during a meet. The final placement of the swimmers is determined once all the heats are swum and the times are ranked. Swimming in the fastest heat does not guarantee top 8 final ranking as it would with a prelim/final event.</p>
RELAYS:	<p>Only ONE (1) AAU Club is represented on the relay team. Up to five (5) relay teams per club are allowed in the 12 & Under and 13 & Older relay events. There are NO mixed relays.</p>
SEEDING & CHECK IN:	<p>All individual events will be pre-seeded. Relays will be deck seeded. Swimmers will need to scratch prior to the scratch deadline if needed.</p>
DECK ENTRIES:	<p>INDIVIDUAL EVENTS: No deck entries will be accepted.</p> <p>CLUB RELAYS: Club Relays will be deck entered by submitting Relay Entry Forms, included in coach's packet (full relay for Club teams) to the meet director as follows per the instruction on the relay cards which will be distributed at the coaches meeting.</p>
SCRATCHES:	<p>Details regarding scratch deadlines will be presented during the coaches meeting and posted throughout the venue. Scratch forms will be available at the scratch table. No swimmer may scratch an event to enter another. The scratch procedures will be in accordance with current USA Swimming policies (207.12.6.c).</p>
SCRATCH RULE:	<p>Failure to swim an individual prelim or timed final event will mean disqualification from further individual and relay events for the day.</p> <p>For all prelim/final events, 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 if he/she 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. 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 exclusion from competition, even though any qualified swimmer may be moved into finals.</p> <p>It is the swimmer's responsibility to report to the assigned heat and lane.</p>
FINALS QUALIFIERS:	<p>Each Final will consist of the top 8 qualifiers from Prelims.</p> <p>Swimmers will have thirty (30) minutes after prelim results are announced to scratch. If you do not scratch from the finals and do not swim, you will be disqualified from the meet.</p>
AWARDS:	<p>AAU Junior Olympic Games medals will be awarded to the top eight (8) finishers in each event and will be presented their awards on the podium. The location of the podium and timing of awards will be addressed during the coaches meeting.</p>
COACHES CREDENTIALS:	<p>Coaches must complete the Coach Entry Form and submit the \$50.00 coach entry fee, in order to receive the coach pass which allows admission into any of the venues for the AAU Junior Olympic Games. All coaches must be non-athlete members of the AAU. <u>Only coaches meeting the certification requirements below will be eligible to receive credentials allowing access to the deck.</u></p>

Coaches' certification requirements are as follows:

1. Current certification in CPR and First Aid, and
 2. American Red Cross Coaches' Safety Training and First Aid, American Red Cross, or YMCA Lifeguard Training
- OR**
3. Valid USA Swimming Coach's Card

These credentials will be verified – in person – immediately following the coaches meeting.

One of the coaches must be designated as the Team Head Coach at the Coaches Meeting(s) on July 22 at 11:00 a.m.. Only credentialed coaches will receive a team packet (1 per club), be allowed on the deck, and attend coaches' meetings.

COACHES EDUCATION: The AAU is happy to make available **FREE Coaches' Education** for all AAU non-athlete members. This excellent program is **MANDATORY** for all AAU non-athletes and will be administered by Positive Coaching Alliance (PCA). Please visit www.aausports.org and click on PCA COACHES EDUCATION to enter and take the MANDATORY AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

COACHES MEETING: A mandatory coaches' meeting will take place at **11:00 a.m. on Tuesday, July 22** at CFISD Natatorium.

DECK ACCESS: AAU Junior Olympic Games credentials (Athlete, Coach, Official, and Volunteer) will be required to be shown for access to the deck. In addition, coaches must also be able to present the AAU required coaches' certifications during the meet.

DECK PERSONNEL/ LOCKER ROOMS/ CREDENTIALING: Only registered and current coaches, athletes, officials and meet personnel are allowed on the deck or in locker rooms. All access points to the pool deck and locker rooms will either be secured or staffed by a meet worker checking credentials throughout the duration of the meet.

SWIMMING SAFETY AND WARM UP PROCEDURE: USA Swimming warm up rules, AAU safety guidelines and warm-up procedures will be followed. Coaches must maintain contact with their swimmers during warm-up. To protect all swimmers during warm-ups, swimmers are required to enter the pool feet first from the starting end of the pool at all times except when sprint lanes have been designated. No jumping or diving. The same rules will apply with respect to the warm-down pool and diving well. Penalties for violating these rules will be at the sole discretion of the meet referee.

The final 20 minutes of warm-ups will be conducted as follows:

- (a) Lanes 1 & 8: Pace Lanes, push off only, circle swimming only.
- (b) Lanes 2 & 7: Sprint lanes, racing starts from the starting end of the pool, one way only.
- (c) Lanes 3 - 6: General warm-up, no diving or racing starts, circle swimming only. Additional sprint lanes may be opened at the discretion of the Meet Referee or designee.

OFFICIALS: All currently certified officials are cordially invited to participate. If interested, please reach out to the Gulf Swimming LSC. All USA Swimming officials must be registered with USA Swimming for 2025, have a current background check and participate in the athlete protection course acknowledged by USA Swimming. The Meet Referee is responsible for ensuring USA Swimming timing rules are followed and that the required minimum number of USA Swimming certified officials are present for each session.

HOUSING: The AAU makes every effort to provide the best quality experience for athletes, coaches and families who participate in AAU events. Athletes, coaches, and families can choose from a wide variety of accommodations at various price points and with several levels of amenities. The Local Organizing Committee has carefully selected host hotels for participants with the lowest rates available. The hotels selected for the program not only provide great rates, but also the greatest convenience regarding location and other amenities.

All reservations are handled through the Local Organizing Committee. DO NOT CONTACT THE HOTELS DIRECTLY AS YOU WILL NOT RECEIVE THE DISCOUNTED RATE. Please visit the website at www.aaujrogames.org and click on **Hotels to make your reservations**. Please check online regarding deposit requirements and cancellation policies which may vary depending on hotel. AAU is not responsible for any refunds from cancellation.

To complete your registration to participate in the 2025 AAU Junior Olympic Games, you are required to use hotel accommodations as advertised at <https://aausports.org/junior-olympic-games/hotels/>. If your team or athlete is local or not planning to stay at one of the recommended properties, you **MUST** submit a Housing Exemption Form available online at <https://aausports.org/junior-olympic-games/hotels/>.

TRANSPORTATION: All participants and spectators are responsible for their own transportation to and from all activities, events, and hotels.

PARKING:	Please visit www.aaujrogames.org and click on Travel for more information. Also, some hotels may charge for parking. Please check with your hotel for specific information as prices vary.
SECURITY:	All AAU Junior Olympic Games facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the AAU Junior Olympic Games.
FOOD:	All AAU Junior Olympic Games facilities maintain exclusive rights to concessions. Outside food and beverage are not permitted throughout the duration of the AAU Junior Olympic Games. No coolers at any venue.
CELEBRATION OF ATHLETES:	The Celebration of Athletes will be held on Monday, July 28, 2025. Information will be posted at www.aaujrogames.org as it becomes available.
ADMISSION FEE:	Athletes and coaches with a credential will receive admission to all competition venues and the Celebration of Athletes as part of your entry fee. Please note that you must check-in and pick up your credential prior to receiving admittance into any venue, including the Celebration of Athletes. You must have the appropriate wristband or credential. Spectators can purchase tickets onsite at the venues. Daily passes are \$20.00 (3 & under free) and includes admission to all competition venues on the designated day only. Event passports are \$50.00 (3 & under free). For more information on ticket options, please visit www.aaujrogames.org .
NO GUARANTEE:	The AAU cannot and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has sanctioned (approved) this event as an official AAU event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.
RESULTS:	Complete meet results will be posted on the AAU Junior Olympic Games website at www.aaujrogames.org .
GENERAL INFO:	Any errors or omissions in the program will be documented and signed by the meet Referee and available for review at the Clerk of Course for coaches' review. Information will also be covered at the coaches' meeting.
FIRST AID:	Supplies will be kept in the first-aid station.
TECH SUITS:	Swimmers ages 12 years and younger shall not compete while wearing "Tech" suits. A Technical suit is one that has the following components: a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or b. Any suit with woven fabric extending past the hips. Suits with the green checkmark logo next to the FINA logo are considered legal suits for competition.
CONDUCT:	Each team is responsible for the behavior of their swimmers. Teams will be financially responsible for any damage caused to the facility by their athletes, coaches, or parents/spectators. The Referee may remove any swimmer from competition for disruptive or disorderly behavior. The Meet Marshall will notify the Referee and the coach of any swimmer who is behaving/acting in an unsafe manner. Deck changes are prohibited. USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS. DECK CHANGING IS NOT PERMITTED. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
INDEMNITY:	In granting this approval, it is understood and agreed that USA Swimming, Lone Star Swim Club, and the CFISD Natatorium shall be free and held harmless from any liabilities or claims for damages by reason of injuries during the conduct of the event.
MEET ADMINISTRATOR:	Michelle Chaffin (303) 579-5459 (cell) aauswimentries@gmail.com

MEET DIRECTORS: Keith Beckett Peggy Carl Local Contact Judy Siemer
(330) 988-9525 (cell) Local Phone (832) 259-1170
kbeckett@wooster.edu peggy.carl@gmail.com Local email headcoach@lonestarswimteam.org

MEET REFEREE: Doug Davis
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