



**USA SWIMMING/ SPEEDO CHAMPIONSHIP SERIES  
2010 LONG COURSE SECTIONAL CHAMPIONSHIP  
CISD Natatorium, Shenandoah, Texas  
July 28 - 31, 2010**

**MEET REFEREES:** Rick Kehlenbach and Herb Schwab (Administrative)

**MEET DIRECTORS:** Mike Manning, Jay Knaebel, and Pat Norris

**GENERAL MEETING:** All swimmers must be represented at the General Meeting held Tuesday, July 27 at 6:00 p.m. in the Hospitality area. Any change in the format of the meet will be decided at this meeting. It is each swimmer and coach's responsibility to be aware of any changes made during this meeting. *Coaches packets will be distributed in the Lobby following the General Meeting.* The pool will open for general warm-ups Wednesday evening from 6:30 to 9:00 p.m.

**OFFICIALS MEETINGS:** Officials must attend a mandatory briefing 1 hour before each session in the Conference Room.

**CREDENTIAL TAGS:** All meet personnel and USA Swimming registered coaches, officials and participating swimmers will be issued credential tags. To enter the pool deck area, credential tags must be presented at the volunteer check-in table. Replacement credential tags will be \$25.

**POOL:** 50 meter, 8 lane indoor competitive pool with non-turbulent lane lines will be used for session warm-up and competition. The diving well (25 yard, 4 lanes) will be available for session warm-up and warm-up/ warm-down during the meet.

**MEET FORMAT:** This is a prelim-finals long course meters meet with A, B, C & D finals for events 400 meters or less. The 800 Free, 1500 Free and all relays are timed finals.

<b>SCHEDULE:</b>	<b>Tuesday, July 27</b>	<b>General Meeting 6:00 p.m.</b>	<b>Warm-up 6:30 - 9:00 p.m.</b>
Wednesday, July 28	Prelims	Warm-up: 7:00 a.m.	Meet starts: 9:00 a.m.
	Finals	Warm-up: 4:30 p.m.	Meet starts: 6:00 p.m.
Thursday, July 29	Prelims	Warm-up: 7:00 a.m.	Meet starts: 9:00 a.m.
	Finals	Warm-up: 4:30 p.m.	Meet starts: 6:00 p.m.
Friday, July 30	Prelims	Warm-up: 7:00 a.m.	Meet starts: 9:00 a.m.
	Finals	Warm-up: 4:30 p.m.	Meet starts: 6:00 p.m.
Saturday, July 31	Prelims	Warm-up: 7:00 a.m.	Meet starts: 9:00 a.m.
	<b>Finals</b>	<b>Warm-up: 3:30 p.m.</b>	<b>Meet starts: 5:00 p.m.</b>

**800/ 1500 FREE:** The 800 Freestyle will be deck seeded and requires positive check in 90 minutes prior to the scheduled start of the event. The 1500 Freestyle will be deck seeded and requires positive check in by 7:00 p.m. Friday. Swimmers must also indicate if they intend to swim in prelims or finals.

**VOLUNTEER TIMERS:** Timers will be needed for morning sessions. Timers may sign up in advance at the volunteer check-in table. Timers will receive refreshments.

**TIME TRIALS:** Time trials will be conducted between the prelim and final sessions Wednesday through Friday, time permitting. Time trials will begin 15 minutes after the conclusion of prelims.

**SPECTATOR TICKETS:** All ticket and heat sheet sales will be **CASH ONLY**.

<b>All Session</b> Pass	\$20	(students with ID/ children 3-12 are \$10)
Each <b>Prelim</b> Session	\$ 2	(students with ID/ children 3-12 are \$ 1)
Each <b>Final</b> Session	\$ 4	(students with ID/ children 3-12 are \$ 2)

**MERCHANDISE:** Swim Shops of the Southwest will be open during the meet to sell swim gear and meet t-shirts.

**CLARIFICATION:** *The Invitation has a mistake regarding bonus events. A swimmer can only qualify to swim a bonus event if they have a bonus cut time in the same event.*

**2010 SCS Long Course Sectional Championship - 7/28/2010 to 7/31/2010****A LCM Prelim Finals Meet, Sanction #: GULC 10-024/025****Hosted by the Woodlands Swim Team****Team List**

	<b>Team</b>	<b>Female</b>	<b>Male</b>	<b>Total Athletes</b>	<b>Entries</b>	<b>Relay</b>	<b>Total</b>
1	YMCA-WT Abilene Ymca Tidal Wave	0	1	1	3	0	3
2	ATAC-NT Academy of Texas Aquatic Champ	2	2	4	12	0	12
3	AGS-GU Aggie Swim Club	5	5	10	35	2	37
4	AAAA-ST Alamo Area Aquatic Association	24	20	44	252	12	264
5	AQUA-GU Aquastar	1	1	2	4	0	4
6	BAT-BD Barracuda Aquatics Team	1	0	1	4	0	4
7	BLAS-LA Blast Swim Team	4	2	6	14	1	15
8	BTA-GU Blue Tide Aquatics	11	8	19	66	0	66
9	BBSC-GU Brenham Swim Club	0	1	1	3	0	3
10	CPS-ST Cedar Park Swimming	1	1	2	3	0	3
11	CAT-NT Champion Aquatic Team	0	1	1	3	0	3
12	COAS-LA City Of Alexandria Swim Team	0	1	1	4	0	4
13	COLA-LA City Of Lafayette Aquatics	7	1	8	29	3	32
14	COM-WT City Of Midland Swim Team	4	1	5	19	3	22
15	COPS-NT City of Plano Swimmers, Inc	14	19	33	139	21	160
16	COR-NT City of Richardson Swim Team	2	3	5	17	0	17
17	COSS-LA City of Shreveport Swim Team	0	5	5	18	1	19
18	CRAW-LA Crawfish Aquatics	0	2	2	6	0	6
19	CCSC-LA Crescent City Swim Club	1	3	4	18	0	18
20	CFSC-GU Cypress Fairbanks Swim Club	18	20	38	169	17	186
21	DADS-GU Dads Club Swim Team	8	8	16	57	6	63
22	DM-NT Dallas Mustangs	15	11	26	108	13	121
23	DSSC-BD Desert Shark Swim Club	0	3	3	18	0	18
24	ESA-GU Eagle Swim Association	6	3	9	35	3	38
25	EPAP-BD El Paso Aqua Posse	1	2	3	15	0	15
26	FCST-GU First Colony Swim Team, Inc.	12	8	20	95	6	101
27	FAST-NT Fort Worth Area Swim Team	11	15	26	102	15	117
28	FA-NT Frisco Aquatics	5	0	5	23	2	25
29	HCAP-GU Harris County Aquatics Program	0	3	3	8	0	8
30	HSC-ST Hays Swim Club	0	1	1	2	0	2
31	COOG-GU Houston Cougar	5	6	11	47	0	47
32	HSC-GU Houston Swim Club	13	13	26	104	9	113
33	KATY-GU Katy Aquatic Team For Youth	5	5	10	38	6	44
34	LAC-NT Lakeside Aquatic Club	9	7	16	53	8	61
35	LSAC-ST Lone Star Aquatic Club	0	6	6	18	0	18
36	LSST-GU Lone Star Swim Team	0	1	1	8	0	8
37	TXLA-ST Longhorn Aquatics	6	6	12	54	0	54
38	LCA-ST Lost Creek Aquatics	4	7	11	38	3	41
39	LSC-WT Lubbock Swim Club	2	2	4	18	0	18
40	MAC-GU Magnolia Aquatic Club	8	4	12	52	6	58
41	MAC-NT Mansfield Aquatic Club	1	3	4	22	0	22
42	MSC-ST Mc Allen Swim Club	0	1	1	1	0	1
43	MTRO-NT Metroplex Aquatics	14	15	29	119	12	131
44	MARS-NT Mid-Cities Arlington Swimming	0	1	1	1	0	1
45	NTRO-ST Nitro Swimming	20	11	31	92	6	98
46	NTN-NT North Texas Nadadores	18	15	33	142	12	154
47	WAVE-LA Nu Wave Swim Club	3	3	6	20	0	20
48	PFL-GU Power For Life	3	11	14	46	5	51
49	PACK-GU Premier Aquatics Club of Klein	11	14	25	114	14	128
50	RICE-GU Rice Aquatics	5	1	6	22	0	22
51	WAVE-ST San Antonio Wave	2	2	4	9	0	9
52	SPA-GU Sienna Plantation Aquatics	1	0	1	4	0	4
53	SSS-GU South Shore Sails	1	1	2	5	0	5

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54	SWAT-NT South West Aquatics Of Texas	4	0	4	11	2	13
55	SCAT-GU Space City Aquatic Team	1	0	1	4	0	4
56	GOLD-ST Texas Gold	4	3	7	39	1	40
57	TRS-NT Texas RiverSharks	8	1	9	35	5	40
58	TWST-GU The Woodlands Swim Team	27	17	44	161	14	175
59	TAQ-LA Tiger Aquatics	6	10	16	60	8	68
60	UBTA-GU Unattached Bta	3	0	3	8	0	8
61	UCFSC-GU Unattached Cfsc	0	1	1	6	0	6
62	UCOOG-GU Unattached Coog	1	0	1	6	0	6
63	UCOPS-NT Unattached Cops	0	1	1	6	0	6
64	UDADS-GU Unattached Dads	0	1	1	3	0	3
65	UDM-NT Unattached DM	1	0	1	5	0	5
66	UFCST-GU Unattached Fcst	1	0	1	3	0	3
67	UNATT-GU Unattached Gulf	4	4	8	36	0	36
68	UHSC-GU Unattached Hsc	1	2	3	6	0	6
69	UMTRO-NT Unattached Metro	0	1	1	4	0	4
70	UNATT-NT Unattached North TX	1	1	2	6	0	6
71	UTAQ-LA Unattached Taq	1	0	1	4	0	4
72	UTXLA-ST Unattached Txla	1	5	6	21	0	21
73	WFLY-ST West Austin Aquatics	2	8	10	48	0	48
74	WETT-BD West Texas Typhoon	4	0	4	22	3	25
		<b>354</b>	<b>341</b>	<b>695</b>	<b>2802</b>	<b>219</b>	<b>3021</b>

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Session: 1 Prelims Session #1 Wed AM Jul 28

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 0 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	1 Women 100 Freestyle	153	20u	09:00 AM	_____
Prelims	2 Men 100 Freestyle	110	14u	09:21 AM	_____
Prelims	3 Women 100 Breaststroke	86	11u	09:33 AM	_____
Prelims	4 Men 100 Breaststroke	96	12u	09:48 AM	_____
Prelims	5 Women 200 Backstroke	106	14u	10:02 AM	_____
Prelims	6 Men 200 Backstroke	97	13u	10:40 AM	_____
Finals-S	7 Women 800 Freestyle	46	6u	11:12 AM	_____
Finals-S	8 Men 800 Freestyle	26	4u	12:09 PM	_____
	Swimmer Count for Warm-ups: 564	=====	=====		
	Entry / Heat Totals:	720	94		
	Finish Time			12:44 PM	_____

Session: 2 Finals Session #2 Wed PM Jul 28

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 100 Freestyle	32	4u	06:00 PM	_____
Finals	2 Men 100 Freestyle	32	4u	06:09 PM	_____
Finals	3 Women 100 Breaststroke	32	4u	06:18 PM	_____
Finals	4 Men 100 Breaststroke	32	4u	06:28 PM	_____
Finals	5 Women 200 Backstroke	32	4u	06:37 PM	_____
Finals	6 Men 200 Backstroke	32	4u	06:53 PM	_____
Finals-1	7 Women 800 Freestyle	8	1u	07:08 PM	_____
Finals-1	8 Men 800 Freestyle	8	1u	07:18 PM	_____
	Swimmer Count for Warm-ups: 259	=====	=====		
	Entry / Heat Totals:	208	26		
	Finish Time			07:28 PM	_____

Session: 3 Prelims Session #3 Thurs AM Jul 29

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 0 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	9 Women 200 Freestyle	147	19u	09:00 AM	_____
Prelims	10 Men 200 Freestyle	123	16u	09:42 AM	_____
Prelims	11 Women 400 IM	93	12u	10:14 AM	_____
Prelims	12 Men 400 IM	102	13u	11:17 AM	_____
	Break: 15 Minutes				
Finals-S	13 Women 800 Freestyle Relay	18	3u	12:35 PM	_____
Finals-S	14 Men 800 Freestyle Relay	14	2u	01:01 PM	_____
	Swimmer Count for Warm-ups: 399	=====	=====		
	Entry / Heat Totals:	497	65		
	Finish Time			01:18 PM	_____

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Session: 4 Finals Session #4 Thurs PM Jul 29

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	9 Women 200 Freestyle	32	4u	06:00 PM	_____
Finals	10 Men 200 Freestyle	32	4u	06:14 PM	_____
Finals	11 Women 400 IM	32	4u	06:27 PM	_____
Finals	12 Men 400 IM	32	4u	06:52 PM	_____
	Break: 15 Minutes				
Finals-2	13 Women 800 Freestyle Relay	16	2u	07:31 PM	_____
Finals-2	14 Men 800 Freestyle Relay	16	2u	07:51 PM	_____
	Swimmer Count for Warm-ups: 121	=====	=====		
	Entry / Heat Totals:	160	20		
	Finish Time			08:10 PM	_____

Session: 5 Prelims Session #5 Fri AM July 30

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 0 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Prelims	15 Women 100 Backstroke	118	15u	09:00 AM	_____
Prelims	16 Men 100 Backstroke	102	13u	09:21 AM	_____
Prelims	17 Women 200 Breaststroke	72	9u	09:38 AM	_____
Prelims	18 Men 200 Breaststroke	110	14u	10:04 AM	_____
Prelims	21 Women 100 Butterfly	119	15u	10:39 AM	_____
Prelims	22 Men 100 Butterfly	118	15u	10:56 AM	_____
Prelims	19 Women 400 Freestyle	99	13u	11:11 AM	_____
Prelims	20 Men 400 Freestyle	95	12u	12:11 PM	_____
	Break: 15 Minutes				
Finals-S	23 Women 400 Freestyle Relay	22	3u	01:17 PM	_____
Finals-S	24 Men 400 Freestyle Relay	20	3u	01:29 PM	_____
	Swimmer Count for Warm-ups: 593	=====	=====		
	Entry / Heat Totals:	875	112		
	Finish Time			01:41 PM	_____

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Session: 6 Finals Session #6 Fri PM July 30

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	15 Women 100 Backstroke	32	4u	06:00 PM	_____
Finals	16 Men 100 Backstroke	32	4u	06:11 PM	_____
Finals	17 Women 200 Breaststroke	32	4u	06:21 PM	_____
Finals	18 Men 200 Breaststroke	32	4u	06:37 PM	_____
Finals	19 Women 400 Freestyle	32	4u	06:52 PM	_____
Finals	20 Men 400 Freestyle	32	4u	07:15 PM	_____
Finals	21 Women 100 Butterfly	32	4u	07:36 PM	_____
Finals	22 Men 100 Butterfly	32	4u	07:45 PM	_____
	Break: 15 Minutes				
Finals-2	23 Women 400 Freestyle Relay	16	2u	08:09 PM	_____
Finals-2	24 Men 400 Freestyle Relay	16	2u	08:20 PM	_____
	Swimmer Count for Warm-ups: 226	=====	=====		
	Entry / Heat Totals:	288	36		
	Finish Time			08:30 PM	_____

Session: 7 Prelims Session #7 Sat AM July 31

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 0 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Prelims	25 Women 200 IM	126	16u	09:00 AM	_____
Prelims	26 Men 200 IM	127	16u	09:40 AM	_____
Prelims	28 Women 200 Butterfly	100	13u	10:17 AM	_____
Prelims	29 Men 200 Butterfly	90	12u	10:49 AM	_____
Prelims	30 Women 50 Freestyle	138	18u	11:16 AM	_____
Prelims	31 Men 50 Freestyle	98	13u	11:25 AM	_____
	Break: 15 Minutes				
Finals-S	33 Women 400 Medley Relay	26	4u	11:45 AM	_____
Finals-S	34 Men 400 Medley Relay	23	3u	12:04 PM	_____
Finals-S	27 Women 1500 Freestyle	44	6u	12:17 PM	_____
Finals-S	32 Men 1500 Freestyle	29	4u	02:06 PM	_____
	Swimmer Count for Warm-ups: 540	=====	=====		
	Entry / Heat Totals:	801	105		
	Finish Time			03:13 PM	_____

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Session: 8 Finals Session #8 Sat PM July 31

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	25 Women 200 IM	32	4u	05:00 PM	_____
Finals	26 Men 200 IM	32	4u	05:15 PM	_____
Finals-1	27 Women 1500 Freestyle	8	1u	05:29 PM	_____
Finals	28 Women 200 Butterfly	32	4u	05:48 PM	_____
Finals	29 Men 200 Butterfly	32	4u	06:03 PM	_____
Finals	30 Women 50 Freestyle	32	4u	06:17 PM	_____
Finals	31 Men 50 Freestyle	32	4u	06:23 PM	_____
Finals-1	32 Men 1500 Freestyle	8	1u	06:30 PM	_____
	Break: 15 Minutes				
Finals-2	33 Women 400 Medley Relay	16	2u	07:03 PM	_____
Finals-2	34 Men 400 Medley Relay	16	2u	07:15 PM	_____
	Swimmer Count for Warm-ups: 255	=====	=====		
	Entry / Heat Totals:	240	30		
	Finish Time			07:26 PM	_____