

**12 & Under Spring Champs hosted by Fleet  
Mike Holland Natatorium at Magnolia HS**

**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	AGS-GU Aggie Swim Club	31	23	54	281	17	298
2	BBSC-GU Brenham Swim Club	4	2	6	21	0	21
3	CSC-GU Conroe Swim Club	9	10	19	97	3	100
4	CFSC-GU Cypress Fairbanks Swim Club	70	59	129	674	50	724
5	LSST-GU Lone Star Swim Team	21	11	32	179	9	188
6	MAC-GU Magnolia Aquatic Club	41	19	60	323	14	337
7	SSAN-GU Swim Streamline at Northampton	10	4	14	51	1	52
8	TWST-GU The Woodlands Swim Team	67	35	102	546	32	578
9	UTWST-GU Unat-The Woodlands	23	10	33	212	0	212
10	UN-GU Unattached	1	0	1	7	0	7
		<b>277</b>	<b>173</b>	<b>450</b>	<b>2391</b>	<b>126</b>	<b>2517</b>

**We Cater**  
(832)-375-0500



1319 FM 1960 West  
rsorensen@lennyssubshop.com

<b>Donuts / Coffee</b>	<b>\$1.00</b>
<b>Pancakes</b>	<b>\$3.00</b>
<b>Breakfast Burritos</b> ( Egg with Sausage, Ham, or Bacon)	<b>\$3.50</b>
<b>1 / 2lb. Cheeseburger</b> (Add Bacon .50)	<b>\$5.00</b>
<b>1 / 4lb. Hot Dogs</b>	<b>\$3.00</b>
<b>Philly Cheesesteak</b> (Beef or Chicken)	<b>\$5.50</b>
<b>1 / 2lb. Fajita Taco</b> (Beef or Chicken)	<b>\$5.50</b>
<b>Cold Subs</b>	<b>\$5.50</b>
<b>Chips &amp; Cookies</b>	<b>\$1.00</b>

**Pirhana  
Cafe**



**12 & Under Spring Champs hosted by Fleet  
Mike Holland Natatorium at Magnolia HS  
Session Report**

Session: 1 12&U Spring Champs - Friday Night

Day of Meet: 1 Starts at 06:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

**\*\*Swimmers in the 500 Freestyle and the 400 IM must supply their own timers/counters**

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 11-12 200 IM	29	4u	06:30 PM _____
Finals	2 Boys 11-12 200 IM	21	3u	06:43 PM _____
Finals	3 Girls 10 & Under 200 IM	44	6u	06:53 PM _____
Finals	4 Boys 10 & Under 200 IM	23	3u	07:13 PM _____
Finals	5 Girls 11-12 500 Freestyle	31	4u	07:24 PM _____
Finals	6 Boys 11-12 500 Freestyle	20	3u	07:50 PM _____
Swimmer Count for Warm-ups: 154		=====	=====	
Entry / Heat Totals:		168	23	
Finish Time				08:11 PM _____

**SPEEDO TEAM APPAREL**  
DESIGNED TO MAKE THE FASTEST SWIMMERS  
LOOK GOOD OUT OF THE WATER TOO.

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any one item  
in-store only. See store for details. Expires 4/30/2010

**D&J SPORTS**

11407 Spring Cypress Road  
Tomball, TX 77377  
281-370-SWIM  
djsports.com  
becky@djsports.com

**MICHAEL PHELPS**  
14-Time Olympic Gold Medalist

**12 & Under Spring Champs hosted by Fleet  
Mike Holland Natatorium at Magnolia HS  
Session Report**

Session: 2 12&U Spring Champs - Saturday

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

**\*\*Swimmers in the 500 Freestyle and the 400 IM must supply their own timers/counters**

Round	Event	Entries	Heats	Starts at
Finals	7 Girls 11-12 50 Breaststroke	46	6u	09:00 AM _____
Finals	8 Boys 11-12 50 Breaststroke	31	4u	09:07 AM _____
Finals	9 Girls 8 & Under 100 IM	29	4u	09:11 AM _____
Finals	10 Boys 8 & Under 100 IM	14	2u	09:20 AM _____
Finals	11 Girls 10 & Under 100 Butterfly	23	3u	09:24 AM _____
Finals	12 Boys 10 & Under 100 Butterfly	12	2u	09:29 AM _____
Finals	13 Girls 11-12 100 Butterfly	20	3u	09:33 AM _____
Finals	14 Boys 11-12 100 Butterfly	9	2u	09:38 AM _____
Finals	15 Girls 8 & Under 50 Freestyle	66	9u	09:41 AM _____
Finals	16 Boys 8 & Under 50 Freestyle	36	5u	09:52 AM _____
Finals	17 Girls 9-10 50 Freestyle	84	11u	09:57 AM _____
Finals	18 Boys 9-10 50 Freestyle	54	7u	10:08 AM _____
Finals	19 Girls 11-12 50 Freestyle	62	8u	10:15 AM _____
Finals	20 Boys 11-12 50 Freestyle	43	6u	10:22 AM _____
Finals	21 Girls 10 & Under 100 Backstroke	73	10u	10:27 AM _____
Finals	22 Boys 10 & Under 100 Backstroke	57	8u	10:50 AM _____
Finals	23 Girls 11-12 100 Backstroke	41	6u	11:07 AM _____
Finals	24 Boys 11-12 100 Backstroke	28	4u	11:19 AM _____
Finals	25 Girls 8 & Under 50 Breaststroke	34	5u	11:26 AM _____
Finals	26 Boys 8 & Under 50 Breaststroke	14	2u	11:33 AM _____
Finals	27 Girls 9-10 50 Breaststroke	67	9u	11:36 AM _____
Finals	28 Boys 9-10 50 Breaststroke	31	4u	11:46 AM _____
Finals	29 Girls 11-12 200 Breaststroke	19	3u	11:51 AM _____
Finals	30 Boys 11-12 200 Breaststroke	10	2u	12:01 PM _____
Finals	31 Girls 10 & Under 200 Freestyle	43	6u	12:08 PM _____
Finals	32 Boys 10 & Under 200 Freestyle	37	5u	12:29 PM _____
Finals	33 Girls 11-12 200 Freestyle	41	6u	12:45 PM _____
Finals	34 Boys 11-12 200 Freestyle	24	3u	01:01 PM _____
Finals	35 Girls 8 & Under 200 Medley Relay	11	2u	01:10 PM _____
Finals	36 Boys 8 & Under 200 Medley Relay	3	1u	01:18 PM _____
Finals	37 Girls 9-10 200 Medley Relay	16	2u	01:21 PM _____
Finals	38 Boys 9-10 200 Medley Relay	11	2u	01:28 PM _____
Finals	39 Girls 11-12 400 Medley Relay	12	2u	01:34 PM _____
Finals	40 Boys 11-12 400 Medley Relay	7	1u	01:45 PM _____
Finals	41 Girls 11-12 400 IM	5	1u	01:51 PM _____
Finals	42 Boys 11-12 400 IM	2	1u	01:56 PM _____
	Swimmer Count for Warm-ups: 405	=====	=====	
	Entry / Heat Totals:	1,115	157	
	Finish Time			02:02 PM _____

**12 & Under Spring Champs hosted by Fleet  
Mike Holland Natatorium at Magnolia HS  
Session Report**

Session: 4 12&U Spring Champs - Sunday

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

**\*\*Swimmers in the 500 Freestyle and the 400 IM must supply their own timers/counters**

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	43 Girls 11-12 50 Butterfly	32	4u	09:00 AM _____
Finals	44 Boys 11-12 50 Butterfly	22	3u	09:04 AM _____
Finals	45 Girls 8 & Under 100 Freestyle	58	8u	09:07 AM _____
Finals	46 Boys 8 & Under 100 Freestyle	30	4u	09:23 AM _____
Finals	47 Girls 9-10 100 Freestyle	77	10u	09:31 AM _____
Finals	48 Boys 9-10 100 Freestyle	54	7u	09:49 AM _____
Finals	49 Girls 11-12 100 Freestyle	57	8u	10:01 AM _____
Finals	50 Boys 11-12 100 Freestyle	37	5u	10:14 AM _____
Finals	51 Girls 11-12 200 Butterfly	12	2u	10:22 AM _____
Finals	52 Boys 11-12 200 Butterfly	3	1u	10:28 AM _____
Finals	53 Girls 8 & Under 50 Butterfly	31	4u	10:31 AM _____
Finals	54 Boys 8 & Under 50 Butterfly	13	2u	10:36 AM _____
Finals	55 Girls 9-10 50 Butterfly	38	5u	10:38 AM _____
Finals	56 Boys 9-10 50 Butterfly	31	4u	10:43 AM _____
Finals	57 Girls 11-12 50 Backstroke	47	6u	10:47 AM _____
Finals	58 Boys 11-12 50 Backstroke	28	4u	10:55 AM _____
Finals	59 Girls 10 & Under 100 Breaststroke	68	9u	11:00 AM _____
Finals	60 Boys 10 & Under 100 Breaststroke	21	3u	11:19 AM _____
Finals	61 Girls 11-12 100 Breaststroke	36	5u	11:26 AM _____
Finals	62 Boys 11-12 100 Breaststroke	22	3u	11:35 AM _____
Finals	63 Girls 8 & Under 50 Backstroke	59	8u	11:41 AM _____
Finals	64 Boys 8 & Under 50 Backstroke	37	5u	11:53 AM _____
Finals	65 Girls 9-10 50 Backstroke	67	9u	12:01 PM _____
Finals	66 Boys 9-10 50 Backstroke	47	6u	12:13 PM _____
Finals	67 Girls 11-12 200 Backstroke	17	3u	12:21 PM _____
Finals	68 Boys 11-12 200 Backstroke	4	1u	12:30 PM _____
Finals	69 Girls 9-10 100 IM	54	7u	12:33 PM _____
Finals	70 Boys 9-10 100 IM	38	5u	12:47 PM _____
Finals	71 Girls 11-12 100 IM	44	6u	12:56 PM _____
Finals	72 Boys 11-12 100 IM	36	5u	01:06 PM _____
Finals	73 Girls 8 & Under 200 Freestyle Relay	11	2u	01:15 PM _____
Finals	74 Boys 8 & Under 200 Freestyle Relay	6	1u	01:21 PM _____
Finals	75 Girls 9-10 200 Freestyle Relay	16	2u	01:24 PM _____
Finals	76 Boys 9-10 200 Freestyle Relay	13	2u	01:30 PM _____
Finals	77 Girls 11-12 400 Freestyle Relay	12	2u	01:35 PM _____
Finals	78 Boys 11-12 400 Freestyle Relay	8	1u	01:45 PM _____
Finals	79 Girls 10 & Under 500 Freestyle	27	4u	01:49 PM _____
Finals	80 Boys 10 & Under 500 Freestyle	21	3u	02:20 PM _____

Swimmer Count for Warm-ups: 419

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Entry / Heat Totals:

1,234

169

Finish Time

02:42 PM \_\_\_\_\_

**CFSC hosted 12 & Under Spring Champs Warm Up Assignments**

5 lanes will be available throughout warm ups and the meet for continuous warm up/warm down

**Friday Night Warm Up Assignments – Competition Pool. Meet Starts 6:30 PM**

**First Warm Up - 5:00 to 5:35 PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CFSC	CFSC	CFSC	CFSC UN	MAC	MAC	LSST	LSST CSC

**Second Warm Ups 5:35 to 6:10 PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
TWST	TWST	TWST	TWST	TWST	TWST	AGS	AGS

**Saturday AND Sunday Warm Up Assignments – Competition Pool. Meet Starts 9:00 AM**

**First Warm Ups - 7:30 to 7:55 AM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC UN	CSC

**Second Warm Ups – 7:55 to 8:20 AM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
TWST	TWST	TWST	TWST	TWST	TWST	TWST	SS

**Third Warm Ups – 8:20 to 8:45 AM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
MAC	MAC	MAC	MAC AGS	AGS	AGS	LSST	LSST BBSC

**TIMING ASSIGNMENTS**

**All Swimmers MUST provide their own Timers & Counters where applicable for the 500 Free and the 400 IM**

**Friday Evening Timing Assignments**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CFSC	TWST	TWST	TWST	TWST	AGS	MAC	LSST
CFSC	TWST	TWST	TWST	AGS	AGS	MAC	LSST

**Saturday AND Sunday Timing Assignments**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CFSC	TWST	TWST	TWST	MAC	AGS	LSST	CSC
CFSC	TWST	TWST	MAC	MAC	AGS	AGS/LSST	SS

**Teams not assigned chairs are asked to help as they are able throughout the meet**



**Gulf Group A 2010 12 & Under Spring Champs**  
**Time Trials**  
hosted by  
Cy-Fair Swim Club – Fleet Swimming  
Timed Final Gulf Group A  
February 27 - 28, 2010  
SANCTION #GU 10-054



**TIME AND DATE:** Saturday February 27 & 28. Time Trials are for swimmers of all ages.

**“Warm ups for the Time Trials Meet will begin at the conclusion of the 12 & Under Spring Champs Meet. The Time Trials Meet will start no earlier than 30 minutes after the conclusion of the 12 & Under Spring Champs Meet.”**

**SEEDING:** The meet will be a deck-seeded meet. Coaches please inform your swimmers of seeding on deck rules. Event order is subject to change depending on actual entries received. Swimmers need to check the order of events after the Heat & Lane assignments are posted.

**CHECK-IN:** Swimmer must check-in by submitting an entry with Clerk of Course. There will be no “Circle In”. After submitting an entry, failure to appear at the starting blocks will result in swimmer being assessed a \$5.00 fine, payable to Gulf Swimming Administrative Vice-Chairman, Henry Clark, for each event in which he/she fail to appear.

**ENTRY INFORMATION:**

**Meet Rules:**

1. All swimmers must enter event/events by deck entry with the Clerk of Course on Saturday or Sunday February 27, 2010 and February 28, 2010. Entries will open at 9:30 AM and close at the conclusion of the 12& Under Spring Champs Meet.
2. The swimmer entered will be seeded into the events according to their best time. Events may be combined by sex, distance, or stroke at the discretion of the Meet Referee.
3. “Swimmers MAY enter with no time.”
4. There will be 1 (one) round of time trials per day.
5. “Swimmers do not have to be entered in the 12& Under Spring Champs Meet to compete in this time trials meet.”

**ENTRY TIMES:**

Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y), short course meters (S), or long course meters (L). Do not convert meter times to yard times. If entries are made by paper (not using Hy-Tek), swimmers should indicate on their entry the course at which the entry time was made (i.e., Y, S, or L). If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested.

**Cut-off Times:** None

**Qualifying Times:** None

**Age:** As of February 27, 2010.

**Number of Events:** Swimmers may compete in a maximum of (5) individual events per day. This includes all events and bonus events swum at 12 & Under Spring Champs Meet.

**Eligible Teams:** Gulf Group A Teams: AGS, BBSC, CSC, CFSC, LSST, MAC, SS, SSAN, TAMU, TWST

**Fees:** Twelve dollars (\$12.00) per Individual Event and nineteen dollars (\$19.00) for each Relay event. Two dollars (\$2.00) per swimmer surcharge if not entered in the Spring Champs meet. Make checks payable to CFSC.

**2010 GULF SWIMMING**  
**Group A**  
**A Short Course Timed Final Time Trials Meet**  
**Hosted by**  
**Cy Fair Swim Club – Fleet Swimming**  
**February 27 & 28, 2010**

ENTRY RULES	
Type of Meet	Time Trial
Maximum # of individual events per day “See entry information”	Five (5)
Swimmers Eligible	USA Swimmers Group A, Gulf Only
Entry Times	SCY/LCM/SCM
Qualifying Times	None
Cut-off Times	None
Enter with No Time	Yes
Gulf “ Three Event” rule applies	Does Not Apply
Gulf “up/down” rule applies	Does Not Apply
Fees	Individual \$12.00, Relays \$19.00, \$2.00 per swimmer surcharge if not entered in Spring Champs meet

**ORDER OF EVENTS**  
**Saturday and Sunday February 27 & 28, 2010**

Event
100 I.M
50 Free
100 Fly
200 Back
200 IM
50 Breast
100 Free
200 Fly
50 Back
100 Breast
200 Free
400 IM
50 Fly
100 Back
200 Breast
500 Free
200 Free Relay
200 Medley Relay
400 Free Relay
400 Medley Relay

- “Events may be combined by gender, distance and stroke”
- “Swimmers in Time Trials must provide their own timers”
- “The 400 IM & 500 Free will be swum fastest to slowest alternating girls and boys heats where applicable.”