



Gulf Swimming Fall Champs

HOSTED BY

Lone Star Swim Team

A Short Course Timed Final Meet

December 4-6, 2015

Sanction Number **GUSC 16-035**

Cy-Ranch High School 10700 Fry Road Cypress TX 77433

Meet Referee: Rick Tobin



***** Please note Cy Ranch High School will be open for seating. All seating in the Natatorium will be for viewing of races only. NO permanent set up please. As per CFISD rules no set up (Lawn Chairs, towels on the floor and etc.) will be available in the pool or High School areas. Cafeteria tables will be set up in the Hallway for seating you may also set up Pop up tents on the grass areas outside.**

2015 Fall Champs - 12/4/2015 to 12/6/2015

Team List

	Team	Female	Male	Total Athletes	Entries	Relay	Total
1	AGS-GU Aggie Swim Club	47	33	80	434	30	464
2	ALAC-GU Alief Aquatic Club	12	18	30	126	0	126
3	BTST-GU Blue Triangle Swim Team	1	0	1	6	0	6
4	ECS-GU Energy Core Swimming	43	44	87	437	33	470
5	ESCA-GU Escalate Aquatic Team	16	18	34	185	0	185
6	LTST-GU Life Time Houston Swim Team	3	9	12	36	0	36
7	LSST-GU Lone Star Swim Team	10	7	17	93	0	93
8	PACE-GU Pacesetters Aquatic Club	9	3	12	54	2	56
9	PFL-GU Power for Life	33	17	50	210	12	222
10	RICE-GU Rice Aquatics	68	47	115	551	41	592
11	ROCC-GU River Oaks Country Club	6	4	10	35	0	35
12	SPA-GU Sienna Plantation Aquatics	32	18	50	276	18	294
13	SWAT-GU Southwestern Aquatics Team - S	21	11	32	162	5	167
14	TSAT-GU Texas Swim Academy	4	2	6	28	0	28
15	TTST-GU Texas Terrapins Swim Team	18	16	34	170	0	170
16	TASC-GU Tomball Area Swim Club	10	10	20	101	2	103
17	USA-GU United Swim Aquatics	7	3	10	36	0	36
		340	260	600	2940	143	3083

2015 Fall Champs - 12/4/2015 to 12/6/2015

Session Report

Session: 1 Friday night session

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 9-14 500 Freestyle	51	7 u	06:30 PM	_____
Finals	2 Boys 9-14 500 Freestyle	31	4 u	07:22 PM	_____
	Swimmers Counts for Warm-ups: 82	=====	=====		
	Entry / Heat Totals:	82	11		
	Finish Time			07:49 PM	_____



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Warm up and Timing assignments Session 1 Friday December 4, 2015

Warm up #1 (5:00 – 6:15 pm)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	AGS	RICE	RICE	SPA	SPA	SWAT, ROCC, TTST	LSST, TASC, ALAC, ECS

Lane 9	Lane 10	Lane 11	Lane 12
OPEN	OPEN	OPEN	OPEN

Swimmers must provide their own timers and Lap Counters

There will be NO set up in the School Building Friday Night.

2015 Fall Champs - 12/4/2015 to 12/6/2015**Session Report**

Session: 2 Saturday A.M.

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

Round	Event	Entries	Heats	Starts at	
Finals	3 Girls 11-12 200 Medley Relay	15	2 u	09:00 AM	_____
Finals	5 Girls 13-14 200 Medley Relay	9	2 u	09:07 AM	_____
Finals	6 Boys 13-14 200 Medley Relay	10	2 u	09:13 AM	_____
Finals	7 Girls 11-14 200 Freestyle	64	8 u	09:20 AM	_____
Finals	8 Boys 13-14 200 Freestyle	35	5 u	09:44 AM	_____
Finals	9 Girls 11-14 100 Breaststroke	96	12 u	09:57 AM	_____
Finals	10 Boys 13-14 100 Breaststroke	40	5 u	10:20 AM	_____
Finals	11 Girls 11-14 50 Freestyle	153	20 u	10:30 AM	_____
Finals	12 Boys 13-14 50 Freestyle	52	7 u	10:47 AM	_____
Finals	13 Girls 11-14 200 Backstroke	26	4 u	10:53 AM	_____
Finals	14 Boys 13-14 200 Backstroke	21	3 u	11:06 AM	_____
Finals	15 Girls 11-14 100 Butterfly	55	7 u	11:16 AM	_____
Finals	16 Boys 13-14 100 Butterfly	39	5 u	11:28 AM	_____
Finals	17 Girls 11-12 50 Backstroke	62	8 u	11:36 AM	_____
Finals	19 Girls 11-12 100 IM	62	8 u	11:46 AM	_____
Finals	21 Girls 13-14 400 IM	10	2 u	12:00 PM	_____
Finals	22 Boys 13-14 400 IM	5	1 u	12:14 PM	_____
	Swimmers Counts for Warm-ups: 246	=====	=====		
	Entry / Heat Totals:	754	101		
	Finish Time			12:20 PM	_____



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Warm up and Timing assignments Session 2 Saturday December 5, 2015

Warm up #1 (7:45 – 8:15 am)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
RICE	RICE	RICE	ECS	ECS	ECSA	TTST	LSST, BTST, USA, TSAT

Lane 9	Lane 10	Lane 11	Lane 12
RICE	RICE	ECS	ECSA

Warm up #2 (8:15 – 8:45 am)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	AGS	PFL	SPA	ALAC	SWAT	TASC	ROCC, LTST, PACE

Lane 9	Lane 10	Lane 11	Lane 12
AGS	SPA	ALAC	SWAT

Timing Assignments

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ALAC, ALAC	SWAT, SWAT	SPA, SPA	RICE, RICE	RICE, RICE	AGS, AGS	ECS, ECS	ECSA, ECSA

ALL PERMANENT SEATING INSIDE SCHOOL BUILDING. POOL AREA FOR VIEWING ONLY.

2015 Fall Champs - 12/4/2015 to 12/6/2015**Session Report**

Session: 3 Saturday P.M.

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	23 Girls 9-10 200 Medley Relay	21	3 u	01:30 PM	_____
Finals	24 Boys 9-10 200 Medley Relay	10	2 u	01:42 PM	_____
Finals	26 Boys 11-12 200 Medley Relay	8	1 u	01:51 PM	_____
Finals	27 Girls 9-10 200 Freestyle	20	3 u	01:54 PM	_____
Finals	28 Boys 9-12 200 Freestyle	38	5 u	02:05 PM	_____
Finals	29 Girls 9-10 100 Breaststroke	85	11 u	02:22 PM	_____
Finals	30 Boys 9-12 100 Breaststroke	98	13 u	02:46 PM	_____
Finals	31 Girls 9-10 50 Freestyle	108	14 u	03:14 PM	_____
Finals	32 Boys 9-12 50 Freestyle	141	18 u	03:29 PM	_____
Finals	33 Girls 9-10 50 Backstroke	100	13 u	03:46 PM	_____
Finals	34 Boys 9-12 50 Backstroke	123	16 u	04:05 PM	_____
Finals	35 Girls 9-10 100 Butterfly	19	3 u	04:26 PM	_____
Finals	36 Boys 9-12 100 Butterfly	27	4 u	04:33 PM	_____
Finals	37 Girls 9-10 200 IM	13	2 u	04:41 PM	_____
Finals	38 Boys 9-12 200 IM	27	4 u	04:49 PM	_____
Finals	40 Boys 11-12 200 Backstroke	3	1 u	05:03 PM	_____
	Swimmers Counts for Warm-ups: 278	=====	=====		
	Entry / Heat Totals:	841	113		
	Finish Time			05:07 PM	_____



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Warm up and Timing assignments Session 3 Saturday December 5, 2015

Warm up #1 (12:30 – 12:55 pm)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
RICE	RICE	ECS	ECS	TTST	ECSA	LSST	USA, TSAT

Lane 9	Lane 10	Lane 11	Lane 12
RICE	RICE	ECS	TTST

Warm up #2 (12:55 – 1:20 pm)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	AGS	SPA	PFL	SWAT	ALAC	TASC, PACE	ROCC, LTST

Lane 9	Lane 10	Lane 11	Lane 12
AGS	SPA	PFL	SWAT

Timing Assignments

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ALAC, TASC	SWAT, SWAT	SPA, SPA	RICE, RICE	RICE, AGS	AGS, AGS	ECS, ECS	ECSA, PFL

ALL PERMANENT SEATING INSIDE SCHOOL BUILDING. POOL AREA FOR VIEWING ONLY.

2015 Fall Champs - 12/4/2015 to 12/6/2015**Session Report**

Session: 4 Sunday A.M.

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

Round	Event	Entries	Heats	Starts at	
Finals	41 Girls 11-12 200 Freestyle Relay	13	2 u	09:00 AM	_____
Finals	43 Girls 13-14 200 Freestyle Relay	10	2 u	09:06 AM	_____
Finals	44 Boys 13-14 200 Freestyle Relay	8	1 u	09:11 AM	_____
Finals	45 Girls 11-14 200 IM	80	10 u	09:13 AM	_____
Finals	46 Boys 13-14 200 IM	45	6 u	09:45 AM	_____
Finals	47 Girls 11-14 200 Breaststroke	41	6 u	10:03 AM	_____
Finals	48 Boys 13-14 200 Breaststroke	17	3 u	10:23 AM	_____
Finals	49 Girls 11-12 50 Butterfly	41	6 u	10:33 AM	_____
Finals	51 Girls 11-14 100 Freestyle	130	17 u	10:39 AM	_____
Finals	52 Boys 13-14 100 Freestyle	54	7 u	11:06 AM	_____
Finals	53 Girls 11-14 100 Backstroke	93	12 u	11:17 AM	_____
Finals	54 Boys 13-14 100 Backstroke	42	6 u	11:41 AM	_____
Finals	55 Girls 11-14 200 Butterfly	6	1 u	11:52 AM	_____
Finals	56 Boys 13-14 200 Butterfly	10	2 u	11:56 AM	_____
Finals	57 Girls 11-12 50 Breaststroke	54	7 u	12:02 PM	_____
Finals	59 Girls 13-14 1650 Freestyle	4	1 u	12:10 PM	_____
Finals	60 Boys 13-14 1650 Freestyle	6	1 u	12:37 PM	_____
	Swimmers Counts for Warm-ups: 214	=====	=====		
	Entry / Heat Totals:	654	90		
	Finish Time			01:03 PM	_____



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Warm up and Timing assignments Session 4 Sunday December 6, 2015

Warm up #1 (7:45 – 8:15 am)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
RICE	RICE	ECS	ECS	TTST	ECSA	LSST	USA, TSAT

Lane 9	Lane 10	Lane 11	Lane 12
RICE	ECS	ECS	TTST

Warm up #2 (8:15 – 8:45 am)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	AGS	SPA	SPA	PFL	SWAT	TASC, ROCC	PACE, ALAC

Lane 9	Lane 10	Lane 11	Lane 12
AGS	SPA	PFL	SWAT

Timing Assignments

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ALAC, ALAC	SWAT, SWAT	SPA, SPA	RICE, RICE	RICE, AGS	AGS, AGS	ECS, ECS	ECSA, ECSA

ALL PERMANENT SEATING INSIDE SCHOOL BUILDING. POOL AREA FOR VIEWING ONLY.

2015 Fall Champs - 12/4/2015 to 12/6/2015**Session Report**

Session: 5 Sunday P.M.

Day of Meet: 3 Starts at 02:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	61 Girls 9-10 200 Freestyle Relay	20	3 u	02:00 PM	_____
Finals	62 Boys 9-10 200 Freestyle Relay	10	2 u	02:10 PM	_____
Finals	64 Boys 11-12 200 Freestyle Relay	9	2 u	02:18 PM	_____
Finals	65 Girls 9-10 100 IM	52	7 u	02:23 PM	_____
Finals	66 Boys 9-12 100 IM	72	9 u	02:37 PM	_____
Finals	68 Boys 11-12 200 Breaststroke	13	2 u	02:54 PM	_____
Finals	69 Girls 9-10 50 Butterfly	58	8 u	03:02 PM	_____
Finals	70 Boys 9-12 50 Butterfly	84	11 u	03:12 PM	_____
Finals	71 Girls 9-10 100 Freestyle	78	10 u	03:25 PM	_____
Finals	72 Boys 9-12 100 Freestyle	109	14 u	03:43 PM	_____
Finals	73 Girls 9-10 100 Backstroke	32	4 u	04:08 PM	_____
Finals	74 Boys 9-12 100 Backstroke	57	8 u	04:16 PM	_____
Finals	75 Girls 9-10 50 Breaststroke	68	9 u	04:33 PM	_____
Finals	76 Boys 9-12 50 Breaststroke	87	11 u	04:45 PM	_____
Finals	78 Boys 11-12 200 Butterfly	3	1 u	04:58 PM	_____
	Swimmers Counts for Warm-ups: 246	=====	=====		
	Entry / Heat Totals:	752	101		
	Finish Time			05:02 PM	_____



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Warm up and Timing assignments Session 5 Sunday December 6, 2015

Warm up #1 (1:00 – 1:25 pm)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
RICE	RICE	RICE	ECS	ECS	ECSA	TTST	LSST, BTST, USA, TSAT

Lane 9	Lane 10	Lane 11	Lane 12
RICE	RICE	ECS	ECSA

Warm up #2 (1:25 – 1:50 pm)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	AGS	PFL	SPA	ALAC	SWAT	TASC	ROCC, LTST, PACE

Lane 9	Lane 10	Lane 11	Lane 12
AGS	SPA	ALAC	SWAT

Timing Assignments

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ALAC, TASC	SWAT, SWAT	SPA, SPA	RICE, RICE	RICE, RICE	AGS, AGS	ECS, ECS	ECSA, PFL

ALL PERMANENT SEATING INSIDE SCHOOL BUILDING. POOL AREA FOR VIEWING ONLY.