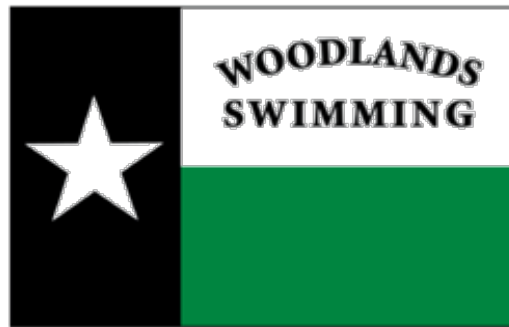


Gulf Southern Senior Championships
A SHORT COURSE YARDS PRELIMS & LCM FINALS MEET

HOSTED BY
THE WOODLANDS SWIM TEAM

December 4-6, 2015



SANCTION No. GULC 16-040

Warm-ups
Timelines
Lane Timing Assignments

Meet Referee:	Andrea Walin
Admin Official:	Lynda Davies
Meet Director:	Brenda Gillis
Safety Marshal:	Kathy Dillard
Entries Chair:	Brenda Gillis

2015 Gulf Southern Senior Gulf Senior Championships, Sanction #: GUSC 16-040

December 4-6, 2015

Team List

	Team	Female	Male	Total Athletes	Entries	Relay	Total
1	ATAC-NT Academy of Texas Aquatic Champ	1	2	3	19	0	19
2	AGS-GU Aggie Swim Club	8	11	19	83	0	83
3	AMBU-GU Ambush Swimming	1	1	2	11	0	11
4	AQUA-GU Aquastar	1	7	8	57	3	60
5	BLST-GU Battleground Area Swim Team	1	2	3	9	0	9
6	BTA-GU Blue Tide Aquatics	5	9	14	88	3	91
7	BBSC-GU Brenham Swim Club	2	2	4	23	0	23
8	CFSC-GU Cypress Fairbanks Swim Club	14	16	30	171	12	183
9	DADS-GU Dads Club Swim Team	4	6	10	54	0	54
10	ESA-GU Eagle Swimming Association	12	8	20	128	11	139
11	ECS-GU Energy Core Swimming	2	2	4	23	0	23
12	ESCA-GU Escalate Aquatic Team	1	0	1	4	0	4
13	FCST-GU First Colony Swim Team	18	23	41	281	6	287
14	UFCST-GU First Colony Swim Team - Unatt	1	0	1	8	0	8
15	HCAP-GU Harris County Aquatics Program	3	7	10	61	3	64
16	HEAT-ST Heart of Texas Aquatics Team	1	3	4	24	0	24
17	COOG-GU Houston Cougars	2	6	8	51	0	51
18	HSC-GU Houston Swim Club	9	8	17	87	0	87
19	UHSC-GU Houston Swim Club - Unatt	0	1	1	6	0	6
20	KATY-GU Katy Aquatics	13	13	26	122	9	131
21	LOVE-CO Loveland Swim Club	12	17	29	204	4	208
22	MAC-GU Magnolia Aquatic Club	17	8	25	121	12	133
23	UMAC-GU Magnolia Aquatic Club - Unatt	1	0	1	8	0	8
24	MARC-GU Montgomery Aquatic Race Club	1	3	4	22	0	22
25	NOCH-GU North Channel Aquatics	2	0	2	7	0	7
26	PEAK-GU Pearland Aquatics	7	4	11	75	3	78
27	PFL-GU Power for Life	1	12	13	45	4	49
28	PACK-GU Premier Aquatics	14	19	33	255	21	276
29	UPACK-GU Premier Aquatics - Unatt	1	0	1	9	0	9
30	RICE-GU Rice Aquatics	6	10	16	94	6	100
31	SCSC-PC Santa Clara Swim Club	9	15	24	170	4	174
32	SAC-AZ Scottsdale Aquatic Club	18	12	30	201	14	215
33	SHRK-GU Sharks Swim Team	2	6	8	51	0	51
34	SPA-GU Sienna Plantation Aquatics	3	3	6	45	0	45
35	SSS-GU South Shore Sails	9	12	21	108	9	117
36	STA-GU South Texas Aquatics	1	4	5	30	0	30
37	USTA-GU South Texas Aquatics - Unatt	0	0	0	0	0	0
38	SWAT-GU Southwestern Aquatics Team - S	2	3	5	20	0	20
39	SFTL-FG Swim Fort Lauderdale	5	8	13	73	9	82
40	USSAN-GU Swim Streamline at Nor - Unatt	1	0	1	8	0	8
41	SSAN-GU Swim Streamline at Northampton	1	10	11	75	6	81
42	UTWST-GU The Woodlands - Unatt	2	1	3	16	0	16
43	TWST-GU The Woodlands Swim Team	23	38	61	314	24	338
44	VAST-NM Vipers of Albuquerque Swim Tea	8	4	12	74	7	81
		245	316	561	3335	170	3505

Open Warm-ups for all Prelims and Finals Sessions

Lane Timer Assignments

Friday December 4, 2015 Prelims Session								
West Pool								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	PACK	PACK	TWST	TWST	TWST	CFSC	CFSC	ESA
Chair 2	PACK	RICE	TWST	TWST	TWST	CFSC	SSS	ESA
East Pool								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	FCST	TWST	TWST	TWST	MAC	LOVE	SAC
Chair 2	FCST	BTA	TWST	TWST	TWST	MAC	LOVE	SAC

Saturday and Sunday, December 5-6, 2015 Prelims Session								
West Pool								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	MAC	ESA	TWST	TWST	TWST	CFSC	CFSC	PACK
Chair 2	MAC	ESA	TWST	TWST	TWST	CFSC	PACK	PACK
East Pool								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	FCST	TWST	TWST	TWST	KATY	LOVE	SAC
Chair 2	FCST	FCST	TWST	TWST	TWST	KATY	LOVE	SAC

Swimmers in the 1000 and 1650 Free must provide their own timers and lap counters

2014 Gulf Swimming Senior Championships
December 5-7, 2014
Session Report - Double Ended

Session: 1 Preliminaries - Friday, December 4, 2015

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	3 Women 100 Breaststroke	72	9 u	09:00 AM	_____
Prelims	4 Men 100 Breaststroke	97	13 u	09:08 AM	_____
Prelims	5 Women 200 Freestyle	126	16 u	09:19 AM	_____
Prelims	6 Men 200 Freestyle	170	22 u	09:37 AM	_____
Prelims	7 Women 100 Butterfly	113	15 u	10:01 AM	_____
Prelims	8 Men 100 Butterfly	165	21 u	10:12 AM	_____
Prelims	9 Women 400 IM	83	11 u	10:26 AM	_____
Prelims	10 Men 400 IM	96	12 u	10:58 AM	_____
	Swimmers Counts for Warm-ups: 435	=====	=====		
	Entry / Heat Totals:	922	119		
	Finish Time - Double Ended			11:27 AM	_____

2014 Gulf Swimming Senior Championships
December 5-7, 2014
Session Report

Session: 1A Women's 800 Free LCM

Day of Meet: 1 Starts at 03:55 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	1 Women 1000 Freestyle	16	2 u	03:55 PM	_____
	Swimmers Counts for Warm-ups: 24	=====	=====		
	Entry / Heat Totals:	16	2		
	Finish Time			04:19 PM	_____

2014 Gulf Swimming Senior Championships
December 5-7, 2014
Session Report

Session: 2 Finals - Friday, December 4, 2015

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 60 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	1 Women 1000 Freestyle	8	1 u	05:30 PM	_____
Finals	3 Women 100 Breaststroke	32	4 u	05:43 PM	_____
Finals	4 Men 100 Breaststroke	32	4 u	05:51 PM	_____
Finals	5 Women 200 Freestyle	32	4 u	05:59 PM	_____
Finals	6 Men 200 Freestyle	32	4 u	06:11 PM	_____
Finals	7 Women 100 Butterfly	32	4 u	06:22 PM	_____
Finals	8 Men 100 Butterfly	32	4 u	06:30 PM	_____
Finals	9 Women 400 IM	32	4 u	06:37 PM	_____
Finals	10 Men 400 IM	32	4 u	06:59 PM	_____
	Break: 15 Minutes:				
Finals	11 Women 400 Freestyle Relay	27	4 u	07:35 PM	_____
Finals	12 Men 400 Freestyle Relay	31	4 u	07:54 PM	_____
	Swimmers Counts for Warm-ups: 256	=====	=====		
	Entry / Heat Totals:	322	41		
	Finish Time			08:10 PM	_____

2014 Gulf Swimming Senior Championships**December 5-7, 2014****Session Report - Double Ended**

Session: 3 Preliminaries - Saturday, December 5, 2015

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

Round	Event	Entries	Heats	Starts at	
Prelims	13 Women 200 Butterfly	82	11 u	09:00 AM	_____
Prelims	14 Men 200 Butterfly	109	14 u	09:16 AM	_____
Prelims	15 Women 50 Freestyle	151	19 u	09:33 AM	_____
Prelims	16 Men 50 Freestyle	194	25 u	09:41 AM	_____
Prelims	17 Women 200 Breaststroke	72	9 u	09:50 AM	_____
Prelims	18 Men 200 Breaststroke	100	13 u	10:05 AM	_____
Prelims	19 Women 100 Backstroke	130	17 u	10:24 AM	_____
Prelims	20 Men 100 Backstroke	148	19 u	10:39 AM	_____
Prelims	21 Women 500 Freestyle	102	13 u	10:54 AM	_____
Prelims	22 Men 500 Freestyle	147	19 u	11:34 AM	_____
	Swimmers Counts for Warm-ups: 523	=====	=====		
	Entry / Heat Totals:	1,235	159		
	Finish Time - Double Ended			12:28 PM	_____

2014 Gulf Swimming Senior Championships
December 5-7, 2014
Session Report

Session: 4 Finals - Saturday, December 5, 2015

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 60 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	13 Women 200 Butterfly	32	4 u	05:30 PM	_____
Finals	14 Men 200 Butterfly	32	4 u	05:43 PM	_____
Finals	15 Women 50 Freestyle	32	4 u	05:55 PM	_____
Finals	16 Men 50 Freestyle	32	4 u	06:00 PM	_____
Finals	17 Women 200 Breaststroke	32	4 u	06:06 PM	_____
Finals	18 Men 200 Breaststroke	32	4 u	06:19 PM	_____
Finals	19 Women 100 Backstroke	32	4 u	06:32 PM	_____
Finals	20 Men 100 Backstroke	32	4 u	06:40 PM	_____
Finals	21 Women 500 Freestyle	32	4 u	06:48 PM	_____
Finals	22 Men 500 Freestyle	32	4 u	07:12 PM	_____
	Break: 15 Minutes:				
Finals	23 Women 800 Freestyle Relay	23	3 u	07:50 PM	_____
Finals	24 Men 800 Freestyle Relay	29	4 u	08:15 PM	_____
	Swimmers Counts for Warm-ups: 270	=====	=====		
	Entry / Heat Totals:	372	47		
	Finish Time			08:47 PM	_____

2014 Gulf Swimming Senior Championships
December 5-7, 2014
Session Report - Double Ended

Session: 5 Preliminaries - Sunday, December 6, 2015

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

Round	Event	Entries	Heats	Starts at	
Prelims	25 Women 100 Freestyle	207	26 u	09:00 AM	_____
Prelims	26 Men 100 Freestyle	257	33 u	09:17 AM	_____
Prelims	29 Women 200 Backstroke	136	17 u	09:37 AM	_____
Prelims	30 Men 200 Backstroke	135	17 u	10:03 AM	_____
Prelims	31 Women 200 IM	176	22 u	10:27 AM	_____
Prelims	32 Men 200 IM	199	25 u	10:56 AM	_____
	Break: 5 Minutes:				
	Swimmers Counts for Warm-ups: 522	=====	=====		
	Entry / Heat Totals:	1,110	140		
	Finish Time - Double Ended			11:33 AM	_____

2014 Gulf Swimming Senior Championships
December 5-7, 2014
Session Report

Session: 5A Men's 1500 Free LCM

Day of Meet: 3 Starts at 01:25 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	28 Men 1650 Freestyle	45	6 u	01:25 PM	_____
	Swimmers Counts for Warm-ups: 53	=====	=====		
	Entry / Heat Totals:	45	6		
	Finish Time			03:15 PM	_____

2014 Gulf Swimming Senior Championships
December 5-7, 2014
Session Report

Session: 6 Finals - Sunday, December 6, 2015
Day of Meet: 3 Starts at 04:30 PM Heat Interval: 60 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	25 Women 100 Freestyle	32	4 u	04:30 PM	_____
Finals	26 Men 100 Freestyle	32	4 u	04:38 PM	_____
Finals-1	28 Men 1650 Freestyle	8	1 u	04:45 PM	_____
Finals	29 Women 200 Backstroke	32	4 u	05:04 PM	_____
Finals	30 Men 200 Backstroke	32	4 u	05:16 PM	_____
Finals	31 Women 200 IM	32	4 u	05:28 PM	_____
Finals	32 Men 200 IM	32	4 u	05:41 PM	_____
	Break: 15 Minutes:				
Finals	33 Women 400 Medley Relay	28	4 u	06:07 PM	_____
Finals	34 Men 400 Medley Relay	32	4 u	06:27 PM	_____
	Swimmers Counts for Warm-ups: 267	=====	=====		
	Entry / Heat Totals:	260	33		
	Finish Time			06:45 PM	_____