

GULF SWIMMING 11 & Over Prelim/Final Meet
A Short Course Yards
Prelims-Finals Meet

Hosted by:
Montgomery Aquatic Race Club (MARC)

February 12-14, 2016



Sanction No. GUSC 16-058R2

WARM UP
Timer Lane Assignments
TIMELINE

MEET REFEREE: Keith Rudy
ADMIN OFFICIAL: Grant Newman
MEET DIRECTOR: Karen Nelson
SAFETY MARSHALL: Lou Spencer
COACH: Dusti See



WARM UP ASSIGNMENTS

Friday, February 12, 2016 – Session1

Open Warm-ups will be in affect from 5:00 pm – 6:15 pm

The last 15 minutes of warm up, Push/Pace will be available in lanes 1 & 8 and one-way starts in lanes 2 & 7.

Saturday, February 13, 2016 – Session 2 Prelims

First Warm Up: 7:30-7:55 a.m.

1	2	3	4	5	6	7	8
MARC	CFSC	CFSC	CFSC	SST	SST	FINS	FINS

9	10	11	12	13
XXX	MARC	MARC	OPEN	OPEN

WARM UP/DOWN LANE 9 NEXT TO BULKHEAD

Second Warm Up: 7:55-8:20 a.m.

1	2	3	4	5	6	7	8
TWST	TWST	TWST	TWST	SSAN	SSAN	ECS LSST	NOCH ROCC BTA

9	10	11	12	13
XXX	TWST	TWST	SSAN	OPEN

WARM UP/DOWN LANE 9 NEXT TO BULKHEAD

Third Warm Up: 8:20-8:45 a.m.

1	2	3	4	5	6	7	8
ESA	ESA	SPA	SPA	RICE	SWAT	KATY	AGS

9	10	11	12	13
XXX	ESA	SPA	OPEN	OPEN

WARM UP/DOWN LANE 9 NEXT TO BULKHEAD

Saturday, February 13, 2016 – Session 3 FINALS

Open Warm-ups will be in affect from 4:30pm – 5:15 pm**

**Open warm-ups for finals will begin 3 hours

after the conclusion of the last relay of the morning session, but not before 4:30 pm.

The last 15 minutes of warm up, Push/Pace will be available in lanes 1 & 8 and one-way starts in lanes 2 & 7.



Sunday, February 14, 2016 – Session 4 Prelims

First Warm Up: 7:30-7:55 a.m.

1	2	3	4	5	6	7	8
MARC	MARC	MARC	FINS	FINS	SST	ESCA	BTA ROCC

9	10	11	12	13
XXX	OPEN	OPEN	OPEN	OPEN

WARM UP/DOWN LANE 9 NEXT TO BULKHEAD

Second Warm Up: 7:55-8:20 a.m.

1	2	3	4	5	6	7	8
TWST	TWST	TWST	TWST	SSAN	SSAN	SSAN	LSST NOCH

9	10	11	12	13
XXX	TWST	OPEN	OPEN	OPEN

WARM UP/DOWN LANE 9 NEXT TO BULKHEAD

Third Warm Up: 8:20-8:45 a.m.

1	2	3	4	5	6	7	8
ESA	ESA	SPA	SPA	RICE	SWAT	AGS	KATY

9	10	11	12	13
XXX	ESA	SPA	OPEN	OPEN

WARM UP/DOWN LANE 9 NEXT TO BULKHEAD

Sunday, February 14, 2016 – Session 5 FINALS

Open Warm-ups will be in affect from 4:30pm – 5:15 pm**

**Open warm-ups for finals will begin 3 hours
after the conclusion of the last relay of the morning session, but not before 4:30 pm.
The last 15 minutes of warm up, Push/Pace will be available in lanes 1 & 8 and one-way starts in lanes 2 & 7.



LANE TIMER ASSIGNMENTS

FRIDAY, February 12, 2016 – SESSION 1

All swimmers **MUST** provide their own timers and as needed lap counters.

SATURDAY, February 13, 2016 – SESSION 2 PRELIMS

	1	2	3	4	5	6	7	8
CHAIR 1	FINS	TWST	TWST	ESA	SPA	CFSC	SSAN	SST
CHAIR 2	SWAT	TWST	TWST	ESA	SPA	CFSC	SSAN	AGS

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

SATURDAY, February 13, 2016 – SESSION 3 FINALS

Timers will be called for on a volunteer basis for finals.
Please support your swimmer by timing so that the meet runs on schedule.

SUNDAY, February 14, 2016 – SESSION 4 PRELIMS

	1	2	3	4	5	6	7	8
CHAIR 1	FINS	TWST	TWST	ESA	SPA	RICE	SSAN	SST KATY
CHAIR 2	SWAT	TWST	TWST	ESA	SPA	MARC	SSAN	ESCA AGS

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

SUNDAY, February 14, 2016 – SESSION 5 FINALS

Timers will be called for on a volunteer basis for finals.
Please support your swimmer by timing so that the meet runs on schedule.

Each team is responsible for providing timers. Two timers are needed for each lane. In order for the meet to run smoothly, we ask that each team(s) keep 2 timers in their assigned lanes throughout the entire meet. Those teams not assigned a lane, please help out when and where needed.

Gulf Swimming 11 & Over Prelim / Final Meet - 2/12/2016 to 2/14/2016
Session Report

Session: 1 Friday PM - Timed Finals

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 11 & Over 400 IM	14	2 u	06:30 PM	_____
Finals	2 Boys 11 & Over 400 IM	19	3 u	06:42 PM	_____
Finals	3 Girls 11 & Over 500 Freestyle	32	4 u	06:57 PM	_____
Finals	4 Boys 11 & Over 500 Freestyle	34	5 u	07:21 PM	_____
	Swimmers Counts for Warm-ups: 92	=====	=====		
	Entry / Heat Totals:	99	14		
	Finish Time			07:50 PM	_____

Gulf Swimming 11 & Over Prelim / Final Meet - 2/12/2016 to 2/14/2016
Session Report

Session: 2 Saturday AM - Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	5 Girls 11 & Over 200 Butterfly	19	3	09:00 AM	_____
Prelims	6 Boys 11 & Over 200 Butterfly	32	4	09:11 AM	_____
Prelims	7 Girls 11 & Over 50 Freestyle	98	13	09:23 AM	_____
Prelims	8 Boys 11 & Over 50 Freestyle	70	9	09:38 AM	_____
Prelims	11 Girls 11 & Over 50 Butterfly	29	4	09:47 AM	_____
Prelims	12 Boys 11 & Over 50 Butterfly	23	3	09:53 AM	_____
Prelims	13 Girls 11 & Over 100 Backstroke	68	9	09:56 AM	_____
Prelims	14 Boys 11 & Over 100 Backstroke	54	7	10:16 AM	_____
Prelims	15 Girls 11 & Over 100 Breaststroke	56	7	10:29 AM	_____
Prelims	16 Boys 11 & Over 100 Breaststroke	45	6	10:44 AM	_____
Prelims	17 Girls 11 & Over 50 Backstroke	25	4	10:55 AM	_____
Prelims	18 Boys 11 & Over 50 Backstroke	20	3	11:02 AM	_____
Prelims	19 Girls 11 & Over 200 Freestyle	63	8	11:07 AM	_____
Prelims	20 Boys 11 & Over 200 Freestyle	71	9	11:30 AM	_____
Finals-S	21 Girls 11 & Over 400 Medley Relay	6	1 u	11:54 AM	_____
Finals-S	22 Boys 11 & Over 400 Medley Relay	6	1 u	12:00 PM	_____
Finals-S	9 Girls 11 & Over 1000 Freestyle	6	1 u	12:05 PM	_____
Finals-S	10 Boys 11 & Over 1000 Freestyle	6	1 u	12:18 PM	_____
	Swimmers Counts for Warm-ups: 257	=====	=====		
	Entry / Heat Totals:	697	93		
	Finish Time			12:30 PM	_____

Gulf Swimming 11 & Over Prelim / Final Meet - 2/12/2016 to 2/14/2016
Session Report

Session: 3 Saturday PM - Finals

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	5 Girls 11 & Over 200 Butterfly	19	5 u	05:30 PM	_____
Finals	6 Boys 11 & Over 200 Butterfly	32	5 u	05:47 PM	_____
Finals	7 Girls 11 & Over 50 Freestyle	40	5 u	06:02 PM	_____
Finals	8 Boys 11 & Over 50 Freestyle	40	5 u	06:08 PM	_____
Finals-1	9 Girls 11 & Over 1000 Freestyle	8	1 u	06:13 PM	_____
Finals-1	10 Boys 11 & Over 1000 Freestyle	8	1 u	06:26 PM	_____
Finals	11 Girls 11 & Over 50 Butterfly	29	5 u	06:38 PM	_____
Finals	12 Boys 11 & Over 50 Butterfly	23	5 u	06:45 PM	_____
Finals	13 Girls 11 & Over 100 Backstroke	40	5 u	06:51 PM	_____
Finals	14 Boys 11 & Over 100 Backstroke	40	5 u	07:02 PM	_____
Finals	15 Girls 11 & Over 100 Breaststroke	40	5 u	07:12 PM	_____
Finals	16 Boys 11 & Over 100 Breaststroke	40	5 u	07:22 PM	_____
Finals	17 Girls 11 & Over 50 Backstroke	25	5 u	07:32 PM	_____
Finals	18 Boys 11 & Over 50 Backstroke	20	5 u	07:40 PM	_____
Finals	19 Girls 11 & Over 200 Freestyle	40	5 u	07:48 PM	_____
Finals	20 Boys 11 & Over 200 Freestyle	40	5 u	08:02 PM	_____
Finals-1	21 Girls 11 & Over 400 Medley Relay	8	1 u	08:15 PM	_____
Finals-1	22 Boys 11 & Over 400 Medley Relay	8	1 u	08:21 PM	_____
	Swimmers Counts for Warm-ups: 242	=====	=====		
	Entry / Heat Totals:	500	74		
	Finish Time			08:27 PM	_____

Gulf Swimming 11 & Over Prelim / Final Meet - 2/12/2016 to 2/14/2016
Session Report

Session: 4 Sunday AM - Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	23 Girls 11 & Over 200 Backstroke	46	6	09:00 AM	_____
Prelims	24 Boys 11 & Over 200 Backstroke	33	5	09:21 AM	_____
Prelims	25 Girls 11 & Over 200 Breaststroke	31	4	09:38 AM	_____
Prelims	26 Boys 11 & Over 200 Breaststroke	39	5	09:53 AM	_____
Prelims	29 Girls 11 & Over 50 Breaststroke	28	4	10:10 AM	_____
Prelims	30 Boys 11 & Over 50 Breaststroke	21	3	10:16 AM	_____
Prelims	31 Girls 11 & Over 100 Freestyle	68	9	10:20 AM	_____
Prelims	32 Boys 11 & Over 100 Freestyle	84	11	10:35 AM	_____
Prelims	33 Girls 11 & Over 200 IM	46	6	10:53 AM	_____
Prelims	34 Boys 11 & Over 200 IM	42	6	11:12 AM	_____
Prelims	35 Girls 11 & Over 100 Butterfly	36	5	11:31 AM	_____
Prelims	36 Boys 11 & Over 100 Butterfly	57	8	11:41 AM	_____
Finals-S	37 Girls 11 & Over 400 Freestyle Relay	5	1 u	11:54 AM	_____
Finals-S	38 Boys 11 & Over 400 Freestyle Relay	6	1 u	11:59 AM	_____
Finals-S	27 Girls 11 & Over 1650 Freestyle	0	0	12:04 PM	_____
Finals-S	28 Boys 11 & Over 1650 Freestyle	5	1 u	12:04 PM	_____
	Swimmers Counts for Warm-ups: 208	=====	=====		
	Entry / Heat Totals:	547	75		
	Finish Time			12:24 PM	_____

Gulf Swimming 11 & Over Prelim / Final Meet - 2/12/2016 to 2/14/2016
Session Report

Session: 5 Sunday PM - Finals

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	23 Girls 11 & Over 200 Backstroke	40	5 u	05:30 PM	_____
Finals	24 Boys 11 & Over 200 Backstroke	33	5 u	05:47 PM	_____
Finals	25 Girls 11 & Over 200 Breaststroke	31	5 u	06:04 PM	_____
Finals	26 Boys 11 & Over 200 Breaststroke	39	5 u	06:22 PM	_____
Finals-1	27 Girls 11 & Over 1650 Freestyle	3	1 u	06:39 PM	_____
Finals-1	28 Boys 11 & Over 1650 Freestyle	8	1 u	07:06 PM	_____
Finals	29 Girls 11 & Over 50 Breaststroke	28	5 u	07:26 PM	_____
Finals	30 Boys 11 & Over 50 Breaststroke	21	5 u	07:33 PM	_____
Finals	31 Girls 11 & Over 100 Freestyle	40	5 u	07:40 PM	_____
Finals	32 Boys 11 & Over 100 Freestyle	40	5 u	07:48 PM	_____
Finals	33 Girls 11 & Over 200 IM	40	5 u	07:56 PM	_____
Finals	34 Boys 11 & Over 200 IM	40	5 u	08:12 PM	_____
Finals	35 Girls 11 & Over 100 Butterfly	36	5 u	08:28 PM	_____
Finals	36 Boys 11 & Over 100 Butterfly	40	5 u	08:38 PM	_____
Finals-1	37 Girls 11 & Over 400 Freestyle Relay	8	1 u	08:46 PM	_____
Finals-1	38 Boys 11 & Over 400 Freestyle Relay	8	1 u	08:51 PM	_____
	Swimmers Counts for Warm-ups: 202	=====	=====		
	Entry / Heat Totals:	455	64		
	Finish Time			08:56 PM	_____