

15th TWST MLK Holiday Weekend Meet
A Short Course Yards
Open Prelims-Finals Meet

HOSTED BY
THE WOODLANDS SWIM TEAM

January 15-17, 2016



Sanction No. GUSC 16-051

Timelines
Warm-up and Lane Timer Assignments

Note: On Deck entries will be limited to empty lanes, NO new heats will be added. Details found before the timelines in document.

MEET REFEREE:	Claude Humbert
ADMIN OFFICIAL:	Grant Newman
MEET DIRECTOR:	Blanca Chow-Hickman
SAFETY MARSHAL:	Kathy Dillard
COACH:	Tim Bauer

Friday June 5 Timed Finals Session Warm-ups

Open Warm-ups 4:30 pm – 4:15 pm

Session Starts 5:30 pm

**Saturday and Sunday
January 16 and January 17 Session Warm-ups**

First Warm-up Session 7:30 am to 7:55 am

West Pool – Scoreboard End

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
TWST	TWST	TWST	TWST	TWST	TWST	TWST	TWST/ESA

East Pool – Bulkhead End

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

Second Warm-up Session 7:55 am to 8:20 am

West Pool – Scoreboard End

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CFSC	CFSC	CFSC	CFSC	CFSC	SST	SST	SST

East Pool – Bulkhead End

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

Third Warm-up Session 8:20 am to 8:45 am

West Pool – Scoreboard End

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SWAT	SWAT	SWAT	ROCC/ECS	ECS	ECS	ECS	ECS

East Pool – Bulkhead End

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ACS	ASC	ASC	ASC	SSS	SSS	SSS	SSS

Prelims Session Starts 9:00 am

**Saturday and Sunday
June 7 and 8 Finals Session Warm-ups**

Open Warm-ups 4:00 - 4:45 pm

Session Starts 5:00 pm

Lane Timer Assignments

Friday - Swimmers provide own timers

Saturday and Sunday Prelims Sessions

West End of Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	ECS	SST
Chair 2	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	ECS	SST
East End of Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	TWST	TWST	TWST	TWST	TWST	TWST	TWST	TWST
Chair 2	TWST	TWST	TWST	TWST	TWST	TWST	TWST	TWST

Saturday and Sunday Finals Sessions

West End of Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	TWST	TWST	TWST	TWST	TWST	TWST	TWST	TWST
Chair 2	Call for Volunteers							

NOTES:

Friday – All swimmers must provide their own timers and as needed, lap counters. All events will swim girls’ heats in the West (scoreboard) pool and boys’ heats in the East (bulkhead) pool.

Saturday and Sunday Prelims Session – All individual events will swim alternating odd heats in the West (scoreboard) pool, even heats in the East (bulkhead) pool. Relays will swim girls’ heats in the West pool and boys’ heats in the East pool.

Finals sessions – All events will be swum in the East (bulkhead) pool.

On Deck Procedures:

- (1) On deck entries will be accepted each day for the CURRENT SESSION ONLY.**
- (2) On deck entries open with the first warm-up session and close 45 minutes before the session starts.**
- (3) On deck entries will be accepted on a first come, first served basis.**
- (4) On deck entries will be limited to empty lanes only, no heats will be added for on deck entries.**
- (5) There is no guarantee that there will be empty lanes available for on deck entries in any particular event regardless of the published timeline athlete/heat counts.**
- (6) Payment is due only if on deck entry is accepted into meet.**

2016 TWST MLK Holiday Weekend Meet, Sanction #: GU-16-051**January 15 - 17, 2016****Session Report**

Session: 1 Friday Timed Finals West Pool (Girls)

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 12 & Under 500 Freestyle	39	5 u	05:30 PM	_____
Finals	3 Girls 13 & Over 500 Freestyle	59	8 u	06:05 PM	_____
Finals	5 Girls 11-12 400 IM	6	1 u	06:55 PM	_____
Finals	7 Girls 13 & Over 400 IM	31	4 u	07:02 PM	_____
Finals	9 Girls 13 & Over 1000 Freestyle	8	1 u	07:24 PM	_____
Finals	11 Girls 13 & Over 1650 Freestyle	3	1 u	07:40 PM	_____
	Swimmers Counts for Warm-ups: 130	=====	=====		
	Entry / Heat Totals:	146	20		
	Finish Time			08:01 PM	_____

2016 TWST MLK Holiday Weekend Meet, Sanction #: GU-16-051**January 15 - 17, 2016****Session Report**

Session: 2 Friday Timed Finals East Pool (Boys)

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	2 Boys 12 & Under 500 Freestyle	22	3 u	05:30 PM	_____
Finals	4 Boys 13 & Over 500 Freestyle	56	7 u	05:52 PM	_____
Finals	6 Boys 11-12 400 IM	3	1 u	06:33 PM	_____
Finals	8 Boys 13 & Over 400 IM	28	4 u	06:39 PM	_____
Finals	10 Boys 13 & Over 1000 Freestyle	17	3 u	07:00 PM	_____
Finals	12 Boys 13 & Over 1650 Freestyle	6	1 u	07:32 PM	_____
	Swimmers Counts for Warm-ups: 113	=====	=====		
	Entry / Heat Totals:	132	19		
	Finish Time			07:59 PM	_____

2016 TWST MLK Holiday Weekend Meet, Sanction #: GU-16-051**January 15 - 17, 2016****Session Report - Double Ended**

Session: 3 Saturday Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	13 Girls 12 & Under 200 IM	81	11 u	09:00 AM	_____
Prelims	14 Boys 12 & Under 200 IM	59	8 u	09:21 AM	_____
Prelims	15 Girls 13 & Over 200 IM	95	12 u	09:35 AM	_____
Prelims	16 Boys 13 & Over 200 IM	103	13 u	09:53 AM	_____
Prelims	17 Girls 12 & Under 100 Freestyle	156	20 u	10:14 AM	_____
Prelims	18 Boys 12 & Under 100 Freestyle	112	14 u	10:31 AM	_____
Prelims	19 Girls 13 & Over 100 Freestyle	123	16 u	10:44 AM	_____
Prelims	20 Boys 13 & Over 100 Freestyle	108	14 u	10:56 AM	_____
Prelims	21 Girls 12 & Under 50 Breaststroke	114	15 u	11:06 AM	_____
Prelims	22 Boys 12 & Under 50 Breaststroke	93	12 u	11:17 AM	_____
Prelims	23 Girls 13 & Over 100 Butterfly	91	12 u	11:24 AM	_____
Prelims	24 Boys 13 & Over 100 Butterfly	96	12 u	11:34 AM	_____
Prelims	25 Girls 12 & Under 100 Butterfly	70	9 u	11:43 AM	_____
Prelims	26 Boys 12 & Under 100 Butterfly	44	6 u	11:53 AM	_____
Prelims	27 Girls 12 & Under 50 Backstroke	145	19 u	11:59 AM	_____
Prelims	28 Boys 12 & Under 50 Backstroke	93	12 u	12:13 PM	_____
Prelims	29 Girls 11 & Over 200 Breaststroke	59	8 u	12:22 PM	_____
Prelims	30 Boys 11 & Over 200 Breaststroke	61	8 u	12:35 PM	_____
Prelims	31 Girls 11 & Over 200 Backstroke	101	13 u	12:48 PM	_____
Prelims	32 Boys 11 & Over 200 Backstroke	86	11 u	01:11 PM	_____
Finals	33 Girls 13 & Over 400 Freestyle Relay	22	3 u	01:29 PM	_____
Finals	34 Boys 13 & Over 400 Freestyle Relay	21	3 u	01:38 PM	_____
Finals	35 Girls 12 & Under 400 Freestyle Relay	27	4 u	01:46 PM	_____
Finals	36 Boys 12 & Under 400 Freestyle Relay	22	3 u	01:57 PM	_____
	Swimmers Counts for Warm-ups: 672	=====	=====		
	Entry / Heat Totals:	1,982	258		
	Finish Time - Double Ended			02:08 PM	_____

2016 TWST MLK Holiday Weekend Meet, Sanction #: GU-16-051**January 15 - 17, 2016****Session Report**

Session: 4 Saturday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 75 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	13 Girls 12 & Under 200 IM	24	3 u	05:00 PM	_____
Finals	14 Boys 12 & Under 200 IM	24	3 u	05:12 PM	_____
Finals	15 Girls 13 & Over 200 IM	40	5 u	05:23 PM	_____
Finals	16 Boys 13 & Over 200 IM	40	5 u	05:41 PM	_____
Finals	17 Girls 12 & Under 100 Freestyle	24	3 u	05:58 PM	_____
Finals	18 Boys 12 & Under 100 Freestyle	24	3 u	06:05 PM	_____
Finals	19 Girls 13 & Over 100 Freestyle	40	5 u	06:12 PM	_____
Finals	20 Boys 13 & Over 100 Freestyle	40	5 u	06:22 PM	_____
Finals	21 Girls 12 & Under 50 Breaststroke	24	3 u	06:33 PM	_____
Finals	22 Boys 12 & Under 50 Breaststroke	24	3 u	06:39 PM	_____
Finals	23 Girls 13 & Over 100 Butterfly	40	5 u	06:44 PM	_____
Finals	24 Boys 13 & Over 100 Butterfly	40	5 u	06:56 PM	_____
Finals	25 Girls 12 & Under 100 Butterfly	24	3 u	07:06 PM	_____
Finals	26 Boys 12 & Under 100 Butterfly	24	3 u	07:14 PM	_____
Finals	27 Girls 12 & Under 50 Backstroke	24	3 u	07:21 PM	_____
Finals	28 Boys 12 & Under 50 Backstroke	24	3 u	07:27 PM	_____
Finals	29 Girls 11 & Over 200 Breaststroke	56	7 u	07:32 PM	_____
Finals	30 Boys 11 & Over 200 Breaststroke	56	7 u	08:00 PM	_____
Finals	31 Girls 11 & Over 200 Backstroke	56	7 u	08:27 PM	_____
Finals	32 Boys 11 & Over 200 Backstroke	56	7 u	08:52 PM	_____
	Swimmers Counts for Warm-ups: 366	=====	=====		
	Entry / Heat Totals:	704	88		
	Finish Time			09:16 PM	_____

2016 TWST MLK Holiday Weekend Meet, Sanction #: GU-16-051**January 15 - 17, 2016****Session Report - Double Ended**

Session: 5 Sunday Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	37 Girls 12 & Under 200 Freestyle	95	12 u	09:00 AM	_____
Prelims	38 Boys 12 & Under 200 Freestyle	65	9 u	09:19 AM	_____
Prelims	39 Girls 13 & Over 200 Freestyle	110	14 u	09:35 AM	_____
Prelims	40 Boys 13 & Over 200 Freestyle	120	15 u	09:54 AM	_____
Prelims	41 Girls 12 & Under 100 Breaststroke	101	13 u	10:14 AM	_____
Prelims	42 Boys 12 & Under 100 Breaststroke	65	9 u	10:28 AM	_____
Prelims	43 Girls 13 & Over 100 Breaststroke	70	9 u	10:38 AM	_____
Prelims	44 Boys 13 & Over 100 Breaststroke	70	9 u	10:47 AM	_____
Prelims	45 Girls 12 & Under 50 Butterfly	123	16 u	10:56 AM	_____
Prelims	46 Boys 12 & Under 50 Butterfly	82	11 u	11:05 AM	_____
Prelims	47 Girls 11 & Over 200 Butterfly	43	6 u	11:12 AM	_____
Prelims	48 Boys 11 & Over 200 Butterfly	46	6 u	11:21 AM	_____
Prelims	49 Girls 13 & Over 100 Backstroke	104	13 u	11:29 AM	_____
Prelims	50 Boys 13 & Over 100 Backstroke	104	13 u	11:42 AM	_____
Prelims	51 Girls 12 & Under 100 Backstroke	95	12 u	11:55 AM	_____
Prelims	52 Boys 12 & Under 100 Backstroke	65	9 u	12:08 PM	_____
Prelims	53 Girls 13 & Over 50 Freestyle	128	16 u	12:19 PM	_____
Prelims	54 Boys 13 & Over 50 Freestyle	118	15 u	12:27 PM	_____
Prelims	55 Girls 12 & Under 50 Freestyle	142	18 u	12:34 PM	_____
Prelims	56 Boys 12 & Under 50 Freestyle	96	12 u	12:44 PM	_____
Finals	57 Girls 13 & Over 400 Medley Relay	23	3 u	12:50 PM	_____
Finals	58 Boys 13 & Over 400 Medley Relay	21	3 u	01:00 PM	_____
Finals	59 Girls 12 & Under 400 Medley Relay	25	4 u	01:09 PM	_____
Finals	60 Boys 12 & Under 400 Medley Relay	20	3 u	01:22 PM	_____
	Swimmers Counts for Warm-ups: 646	=====	=====		
	Entry / Heat Totals:	1,931	250		
	Finish Time - Double Ended			01:34 PM	_____

2016 TWST MLK Holiday Weekend Meet, Sanction #: GU-16-051**January 15 - 17, 2016****Session Report**

Session: 6 Sunday Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 75 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	37 Girls 12 & Under 200 Freestyle	24	3 u	05:00 PM	_____
Finals	38 Boys 12 & Under 200 Freestyle	24	3 u	05:11 PM	_____
Finals	39 Girls 13 & Over 200 Freestyle	40	5 u	05:22 PM	_____
Finals	40 Boys 13 & Over 200 Freestyle	40	5 u	05:38 PM	_____
Finals	41 Girls 12 & Under 100 Breaststroke	24	3 u	05:53 PM	_____
Finals	42 Boys 12 & Under 100 Breaststroke	24	3 u	06:01 PM	_____
Finals	43 Girls 13 & Over 100 Breaststroke	40	5 u	06:09 PM	_____
Finals	44 Boys 13 & Over 100 Breaststroke	40	5 u	06:21 PM	_____
Finals	45 Girls 12 & Under 50 Butterfly	24	3 u	06:33 PM	_____
Finals	46 Boys 12 & Under 50 Butterfly	24	3 u	06:38 PM	_____
Finals	47 Girls 11 & Over 200 Butterfly	43	7 u	06:43 PM	_____
Finals	48 Boys 11 & Over 200 Butterfly	46	7 u	07:09 PM	_____
Finals	49 Girls 13 & Over 100 Backstroke	40	5 u	07:33 PM	_____
Finals	50 Boys 13 & Over 100 Backstroke	40	5 u	07:45 PM	_____
Finals	51 Girls 12 & Under 100 Backstroke	24	3 u	07:56 PM	_____
Finals	52 Boys 12 & Under 100 Backstroke	24	3 u	08:03 PM	_____
Finals	53 Girls 13 & Over 50 Freestyle	40	5 u	08:10 PM	_____
Finals	54 Boys 13 & Over 50 Freestyle	40	5 u	08:19 PM	_____
Finals	55 Girls 12 & Under 50 Freestyle	24	3 u	08:27 PM	_____
Finals	56 Boys 12 & Under 50 Freestyle	24	3 u	08:32 PM	_____
	Swimmers Counts for Warm-ups: 336	=====	=====		
	Entry / Heat Totals:	649	84		
	Finish Time			08:37 PM	_____