



## **Gulf Swimming Summer Champs**

**HOSTED BY  
FIRST COLONY SWIM TEAM  
July 15-17, 2016  
SANCTION # GULC 16-0031R2**

## **Warm Up and Timing Assignments**

**Meet Referee: Joe Stucka, Tom O'Brien  
Meet Directors: Karl Schuler, James Light, Mandy Morris  
Admin Officials: Maryellen Greene, Bonnie Finnegan, Sarah Kumar**

## 2016 Gulf Summer Champs - 7/15/2016 to 7/17/2016

## 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	ALAC-GU Alief Aquatic Club	8	7	15	82	2	84
2	DADS-GU Dads Club Swim Team	46	39	85	601	20	621
3	FCST-GU First Colony Swim Team	39	39	78	520	29	549
4	HCAP-GU Harris County Aquatics Program	37	37	74	457	21	478
5	HSC-GU Houston Swim Club	11	7	18	101	3	104
6	LJAC-GU Lake Jackson Aquatic Club	1	4	5	32	0	32
7	PFL-GU Power for Life	11	13	24	116	6	122
8	RICE-GU Rice Aquatics	11	12	23	151	4	155
9	ROCC-GU River Oaks Country Club	1	0	1	5	0	5
10	SPA-GU Sienna Plantation Aquatics	19	19	38	270	9	279
11	SWAT-GU Southwestern Aquatics Team - S	11	5	16	96	6	102
12	UFCST-GU UnAtt - First Colony Swim Team	0	1	1	9	0	9
13	ULJAC-GU UnAtt - Lake Jackson Aquatic C	0	1	1	9	0	9
		<b>195</b>	<b>184</b>	<b>379</b>	<b>2449</b>	<b>100</b>	<b>2549</b>

**2016 Gulf Summer Champs - 7/15/2016 to 7/17/2016**  
**Session Report**

Session: 1 Friday Prelims

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 0 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	1 Girls 11-12 200 Breaststroke	5	1 u	08:30 AM	_____
Prelims	2 Boys 11-12 200 Breaststroke	9	2 u	08:34 AM	_____
Prelims	3 Girls 13 & Over 200 Butterfly	12	2 u	08:42 AM	_____
Prelims	4 Boys 13 & Over 200 Butterfly	25	4 u	08:49 AM	_____
Prelims	5 Girls 12 & Under 50 Butterfly	47	6 u	09:00 AM	_____
Prelims	6 Boys 12 & Under 50 Butterfly	21	3 u	09:05 AM	_____
Prelims	7 Girls 200 IM	114	15 u	09:07 AM	_____
Prelims	8 Boys 200 IM	112	14 u	09:55 AM	_____
Prelims	9 Girls 100 Backstroke	129	17 u	10:38 AM	_____
Prelims	10 Boys 100 Backstroke	115	15 u	11:03 AM	_____
Finals-S	11 Girls 13 & Over 400 Freestyle	28	4 u	11:25 AM	_____
Finals-S	12 Boys 13 & Over 400 Freestyle	43	6 u	11:48 AM	_____
	Swimmers Counts for Warm-ups: 307	=====	=====		
	Entry / Heat Totals:	660	89		
	Finish Time			12:20 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
ALAC	Alief Aquatic Club	12	6		
DADS	Dads Club Swim Team	162	75		
FCST	First Colony Swim Team	151	63		
HCAP	Harris County Aquatics Program	126	65		
HSC	Houston Swim Club	25	11		
LJAC	Lake Jackson Aquatic Club	9	4		
PFL	Power for Life	27	14		
RICE	Rice Aquatics	45	17		
ROCC	River Oaks Country Club	1	1		
SPA	Sienna Plantation Aquatics	86	36		
SWAT	Southwestern Aquatics Team - S	26	13		
UFCST	UnAtt - First Colony Swim Team	3	1		
ULJAC	UnAtt - Lake Jackson Aquatic C	3	1		

**2016 Gulf Summer Champs - 7/15/2016 to 7/17/2016**  
**Session Report**

Session: 2 Friday Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 60 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 11-12 200 Breaststroke	5	2 u	05:00 PM
Finals	2 Boys 11-12 200 Breaststroke	9	2 u	05:10 PM
Finals	3 Girls 13 & Over 200 Butterfly	12	4 u	05:19 PM
Finals	4 Boys 13 & Over 200 Butterfly	25	4 u	05:35 PM
Finals	5 Girls 12 & Under 50 Butterfly	24	3 u	05:51 PM
Finals	6 Boys 12 & Under 50 Butterfly	21	3 u	05:56 PM
Finals	7 Girls 200 IM	56	7 u	06:01 PM
Finals	8 Boys 200 IM	56	7 u	06:28 PM
Finals	9 Girls 100 Backstroke	56	7 u	06:54 PM
Finals	10 Boys 100 Backstroke	56	7 u	07:11 PM
Finals-1	11 Girls 13 & Over 400 Freestyle	8	1 u	07:27 PM
Finals-1	12 Boys 13 & Over 400 Freestyle	8	1 u	07:34 PM
	Swimmers Counts for Warm-ups: 225	=====	=====	
	Entry / Heat Totals:	336	48	
	Finish Time			07:40 PM
	=====			
	Team - #Entries - #Athletes			
	=====			
DADS	Dads Club Swim Team	21	21	
FCST	First Colony Swim Team	19	19	
HCAP	Harris County Aquatics Program	8	8	
HSC	Houston Swim Club	3	3	
LJAC	Lake Jackson Aquatic Club	1	1	
PFL	Power for Life	4	4	
RICE	Rice Aquatics	10	10	
SPA	Sienna Plantation Aquatics	15	15	
SWAT	Southwestern Aquatics Team - S	4	4	
UFCST	UnAtt - First Colony Swim Team	1	1	
ULJAC	UnAtt - Lake Jackson Aquatic C	1	1	

**2016 Gulf Summer Champs - 7/15/2016 to 7/17/2016****Session Report**

Session: 3 Saturday Prelims

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 0 Seconds

Round	Event	Entries	Heats	Starts at
Prelims	13 Girls 11-12 200 Backstroke	17	3 u	08:30 AM
Prelims	14 Boys 11-12 200 Backstroke	6	1 u	08:40 AM
Prelims	15 Girls 200 Freestyle	137	18 u	08:44 AM
Prelims	16 Boys 200 Freestyle	119	15 u	09:35 AM
Prelims	17 Girls 100 Breaststroke	84	11 u	10:15 AM
Prelims	18 Boys 100 Breaststroke	92	12 u	10:34 AM
Prelims	19 Girls 50 Freestyle	144	18 u	10:54 AM
Prelims	20 Boys 50 Freestyle	148	19 u	11:05 AM
Prelims	21 Girls 100 Butterfly	93	12 u	11:15 AM
Prelims	22 Boys 100 Butterfly	92	12 u	11:33 AM
Finals	23 Girls 200 Medley Relay	7	1 u	11:50 AM
Finals	24 Boys 200 Medley Relay	7	1 u	11:53 AM
Finals	25 Girls 13-14 200 Medley Relay	8	1 u	11:56 AM
Finals	26 Boys 13-14 200 Medley Relay	8	1 u	12:00 PM
Finals	27 Girls 11-12 200 Medley Relay	8	1 u	12:03 PM
Finals	28 Boys 11-12 200 Medley Relay	4	1 u	12:05 PM
Finals	29 Girls 10 & Under 200 Medley Relay	5	1 u	12:08 PM
Finals	30 Boys 10 & Under 200 Medley Relay	5	1 u	12:11 PM
Finals-S	31 Girls 13 & Over 400 IM	0	0	12:15 PM
Finals-S	32 Boys 13 & Over 400 IM	9	2 u	12:15 PM
Swimmers Counts for Warm-ups: 368		=====	=====	
Entry / Heat Totals:		993	131	
Finish Time				12:26 PM
=====				
Team - #Entries - #Athletes				
=====				
ALAC	Alief Aquatic Club	35	12	
DADS	Dads Club Swim Team	244	84	
FCST	First Colony Swim Team	209	75	
HCAP	Harris County Aquatics Program	197	73	
HSC	Houston Swim Club	44	18	
LJAC	Lake Jackson Aquatic Club	12	5	
PFL	Power for Life	57	24	
RICE	Rice Aquatics	58	20	
ROCC	River Oaks Country Club	2	1	
SPA	Sienna Plantation Aquatics	105	38	
SWAT	Southwestern Aquatics Team - S	40	16	
UFCST	UnAtt - First Colony Swim Team	3	1	
ULJAC	UnAtt - Lake Jackson Aquatic C	3	1	

**2016 Gulf Summer Champs - 7/15/2016 to 7/17/2016**  
**Session Report**

Session: 4 Saturday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 60 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	13 Girls 11-12 200 Backstroke	16	2 u	05:00 PM
Finals	14 Boys 11-12 200 Backstroke	6	2 u	05:09 PM
Finals	15 Girls 200 Freestyle	56	7 u	05:17 PM
Finals	16 Boys 200 Freestyle	56	7 u	05:42 PM
Finals	17 Girls 100 Breaststroke	56	7 u	06:06 PM
Finals	18 Boys 100 Breaststroke	56	7 u	06:24 PM
Finals	19 Girls 50 Freestyle	56	7 u	06:41 PM
Finals	20 Boys 50 Freestyle	56	7 u	06:52 PM
Finals	21 Girls 100 Butterfly	56	7 u	07:03 PM
Finals	22 Boys 100 Butterfly	56	7 u	07:19 PM
Finals-1	31 Girls 13 & Over 400 IM	8	1 u	07:35 PM
Finals-1	32 Boys 13 & Over 400 IM	8	1 u	07:43 PM
	Swimmers Counts for Warm-ups: 246	=====	=====	
	Entry / Heat Totals:	486	62	
	Finish Time			07:50 PM
=====				
	Team - #Entries - #Athletes			
=====				
DADS	Dads Club Swim Team	3	3	
FCST	First Colony Swim Team	5	5	
PFL	Power for Life	7	7	
RICE	Rice Aquatics	1	1	
SPA	Sienna Plantation Aquatics	8	8	
ULJAC	UnAtt - Lake Jackson Aquatic C	1	1	

**2016 Gulf Summer Champs - 7/15/2016 to 7/17/2016**

**Session Report**

Session: 5 Sunday Prelims

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 0 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	33 Girls 12 & Under 50 Backstroke	57	8 u	08:30 AM	_____
Prelims	34 Boys 12 & Under 50 Backstroke	35	5 u	08:37 AM	_____
Prelims	35 Girls 13 & Over 200 Backstroke	79	10 u	08:40 AM	_____
Prelims	36 Boys 13 & Over 200 Backstroke	83	11 u	09:12 AM	_____
Prelims	37 Girls 100 Freestyle	161	21 u	09:46 AM	_____
Prelims	38 Boys 100 Freestyle	149	19 u	10:13 AM	_____
Prelims	39 Girls 12 & Under 50 Breaststroke	34	5 u	10:36 AM	_____
Prelims	40 Boys 12 & Under 50 Breaststroke	28	4 u	10:41 AM	_____
Prelims	41 Girls 13 & Over 200 Breaststroke	55	7 u	10:44 AM	_____
Prelims	42 Boys 13 & Over 200 Breaststroke	78	10 u	11:10 AM	_____
Prelims	43 Girls 11-12 200 Butterfly	5	1 u	11:44 AM	_____
Prelims	44 Boys 11-12 200 Butterfly	2	1 u	11:48 AM	_____
Finals	45 Girls 10 & Under 200 Freestyle Relay	5	1 u	11:52 AM	_____
Finals	46 Boys 10 & Under 200 Freestyle Relay	5	1 u	11:54 AM	_____
Finals	47 Girls 11-12 200 Freestyle Relay	7	1 u	11:57 AM	_____
Finals	48 Boys 11-12 200 Freestyle Relay	3	1 u	12:00 PM	_____
Finals	49 Girls 13-14 200 Freestyle Relay	7	1 u	12:02 PM	_____
Finals	50 Boys 13-14 200 Freestyle Relay	8	1 u	12:05 PM	_____
Finals	51 Girls 200 Freestyle Relay	6	1 u	12:07 PM	_____
Finals	52 Boys 200 Freestyle Relay	7	1 u	12:10 PM	_____
Finals-S	53 Girls 12 & Under 400 Freestyle	15	2 u	12:13 PM	_____
Finals-S	54 Boys 12 & Under 400 Freestyle	1	1 u	12:26 PM	_____
Finals	55 Girls 13 & Over 1500 Freestyle	7	1 u	12:33 PM	_____
Finals	56 Boys 13 & Over 1500 Freestyle	11	2 u	12:59 PM	_____
	Swimmers Counts for Warm-ups: 346	=====	=====		
	Entry / Heat Totals:	848	116		
	Finish Time			01:42 PM	_____
=====					
	Team - #Entries - #Athletes				
=====					
ALAC	Alief Aquatic Club	37	13		
DADS	Dads Club Swim Team	215	83		
FCST	First Colony Swim Team	189	71		
HCAP	Harris County Aquatics Program	155	69		
HSC	Houston Swim Club	35	15		
LJAC	Lake Jackson Aquatic Club	11	5		
PFL	Power for Life	38	18		
RICE	Rice Aquatics	52	20		
ROCC	River Oaks Country Club	2	1		
SPA	Sienna Plantation Aquatics	88	33		
SWAT	Southwestern Aquatics Team - S	36	16		
UFCST	UnAtt - First Colony Swim Team	3	1		
ULJAC	UnAtt - Lake Jackson Aquatic C	3	1		

**2016 Gulf Summer Champs - 7/15/2016 to 7/17/2016**  
**Session Report**

Session: 6 Sunday Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 60 Seconds

Round	Event	Entries	Heats	Starts at
Finals	33 Girls 12 & Under 50 Backstroke	24	3 u	05:00 PM
Finals	34 Boys 12 & Under 50 Backstroke	24	3 u	05:06 PM
Finals	35 Girls 13 & Over 200 Backstroke	32	4 u	05:11 PM
Finals	36 Boys 13 & Over 200 Backstroke	32	4 u	05:26 PM
Finals	37 Girls 100 Freestyle	56	7 u	05:41 PM
Finals	38 Boys 100 Freestyle	56	7 u	05:56 PM
Finals	39 Girls 12 & Under 50 Breaststroke	24	3 u	06:10 PM
Finals	40 Boys 12 & Under 50 Breaststroke	24	3 u	06:16 PM
Finals	41 Girls 13 & Over 200 Breaststroke	32	4 u	06:21 PM
Finals	42 Boys 13 & Over 200 Breaststroke	32	4 u	06:39 PM
Finals	43 Girls 11-12 200 Butterfly	5	2 u	06:55 PM
Finals	44 Boys 11-12 200 Butterfly	2	2 u	07:04 PM
Finals-1	53 Girls 12 & Under 400 Freestyle	8	1 u	07:12 PM
Finals-1	54 Boys 12 & Under 400 Freestyle	8	1 u	07:19 PM
	Swimmers Counts for Warm-ups: 235	=====	=====	
	Entry / Heat Totals:	359	48	
	Finish Time			07:27 PM
=====				
	Team - #Entries - #Athletes			
=====				
DADS	Dads Club Swim Team	4	4	
FCST	First Colony Swim Team	13	13	
HCAP	Harris County Aquatics Program	6	6	
HSC	Houston Swim Club	1	1	
LJAC	Lake Jackson Aquatic Club	1	1	
RICE	Rice Aquatics	3	3	
SPA	Sienna Plantation Aquatics	3	3	
SWAT	Southwestern Aquatics Team - S	1	1	



### **Friday Morning Warm-up**

7:15-7:45am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FCST	FCST	FCST	FCST	SPA	SPA	SWAT	RICE
			HSC		ROCC	ALAC	

7:45-8:15am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PFL	DADS	DADS	DADS	DADS	HCAP	HCAP	HCAP
LJAC				HCAP			

### **Saturday Morning Warm-up**

7:15-7:45am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FCST	FCST	FCST	FCST	SPA	SPA	RICE	PFL
		ROCC	ALAC		LJAC		

7:45-8:15am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
DADS	DADS	DADS	DADS	HCAP	HCAP	HCAP	HCAP
			SWAT	HSC			

### **Sunday Morning Warm-up**

7:15-7:45am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FCST	FCST	FCST	FCST	SPA	SPA	RICE	PFL
		ROCC	ALAC		LJAC		

7:45-8:15am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
DADS	DADS	DADS	DADS	HCAP	HCAP	HCAP	HCAP
			HSC	SWAT			

Warm-up pool open 7:15am each morning - 10&U athletes only- must be coach supervised

Circle-in closes at 7:45am each morning

Finals warm-up is open, 4:00-4:50

\*\*400 IM/400 Free - fastest 8 who elect to swim in finals will compete in finals session

For prelims, odd heats start at Lobby end; even heats start at scoreboard end.

For finals, all heats finish at scoreboard end