



## **Summer Splash Invitational**

**HOSTED BY  
FIRST COLONY SWIM TEAM  
June 17-19, 2016  
SANCTION # GUSC 16-024**

**Meet Referees:      Joe Stucka  
                                 Tom O'Brien**

**Admin Officials:    Maryellen Greene  
                                 Jim Achuff  
                                 Sarah Kumar**

**Meet Directors:     Karl Schuler  
                                 James Light  
                                 Mandy Norris**

## FCST Summer Splash 2016 - 6/17/2016 to 6/19/2016

## 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	CFSC-GU Cypress Fairbanks Swim Club	53	55	108	784	0	784
2	ESA-GU Eagle Swimming Association	3	7	10	69	0	69
3	FCST-GU First Colony Swim Team	132	127	259	1,740	38	1778
4	MAC-GU Magnolia Aquatic Club	40	20	60	332	16	348
5	NTRO-ST Nitro Swimming	65	38	103	737	22	759
6	ROCC-GU River Oaks Country Club	1	0	1	8	0	8
7	SHRK-GU Sharks Swim Team	29	20	49	335	9	344
8	UFCST-GU UnAtt - First Colony Swim Team	0	1	1	8	0	8
9	UMAC-GU UnAtt - Magnolia Aquatic Club	3	1	4	30	0	30
10	UN-ST UnAtt - Nitro Swimming	2	1	3	18	0	18
11	USHRK-GU UnAtt - Sharks Swim Team	1	0	1	8	0	8
		<b>329</b>	<b>270</b>	<b>599</b>	<b>4069</b>	<b>85</b>	<b>4154</b>

**FCST Summer Splash 2016 - 6/17/2016 to 6/19/2016****Session Report**

Session: 1 Friday, 13 &amp; Over Prelims

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 0 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Prelims	1 Girls 13-14 100 Freestyle	75	10	08:30 AM	_____
Prelims	2 Boys 13-14 100 Freestyle	45	6	08:43 AM	_____
Prelims	3 Girls 15 & Over 100 Freestyle	39	5	08:50 AM	_____
Prelims	4 Boys 15 & Over 100 Freestyle	55	7	08:56 AM	_____
Prelims	5 Girls 13-14 200 Breaststroke	27	4	09:04 AM	_____
Prelims	6 Boys 13-14 200 Breaststroke	34	5	09:21 AM	_____
Prelims	7 Girls 15 & Over 200 Breaststroke	12	2	09:39 AM	_____
Prelims	8 Boys 15 & Over 200 Breaststroke	29	4	09:46 AM	_____
Prelims	9 Girls 13-14 100 Butterfly	54	7	10:00 AM	_____
Prelims	10 Boys 13-14 100 Butterfly	37	5	10:10 AM	_____
Prelims	11 Girls 15 & Over 100 Butterfly	22	3	10:17 AM	_____
Prelims	12 Boys 15 & Over 100 Butterfly	44	6	10:22 AM	_____
Finals-S	13 Girls 13 & Over 400 Freestyle	48	6u	10:31 AM	_____
Finals-S	14 Boys 13 & Over 400 Freestyle	41	6u	11:01 AM	_____
	Swimmers Counts for Warm-ups: 257	=====	=====		
	Entry / Heat Totals:	562	76		
	Finish Time			11:30 AM	_____

Session: 2 Friday, 11-12 Prelims and 10 &amp; Under Timed Finals

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 0 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Prelims	15 Girls 11-12 100 Freestyle	74	10	01:00 PM	_____
Prelims	16 Boys 11-12 100 Freestyle	65	9	01:15 PM	_____
Finals	17 Girls 10 & Under 100 Freestyle	49	7	01:27 PM	_____
Finals	18 Boys 10 & Under 100 Freestyle	31	4	01:41 PM	_____
Finals-S	19 Girls 11-12 200 Breaststroke	12	2	01:48 PM	_____
Finals-S	20 Boys 11-12 200 Breaststroke	3	1	01:56 PM	_____
Prelims	21 Girls 11-12 50 Breaststroke	44	6	02:00 PM	_____
Prelims	22 Boys 11-12 50 Breaststroke	43	6	02:05 PM	_____
Finals	23 Girls 10 & Under 50 Breaststroke	47	6	02:11 PM	_____
Finals	24 Boys 10 & Under 50 Breaststroke	27	4	02:17 PM	_____
Prelims	25 Girls 11-12 100 Butterfly	58	8	02:22 PM	_____
Prelims	26 Boys 11-12 100 Butterfly	36	5	02:35 PM	_____
Finals	27 Girls 10 & Under 100 Butterfly	21	3	02:44 PM	_____
Finals	28 Boys 10 & Under 100 Butterfly	9	2	02:50 PM	_____
Finals	29 Girls 11-12 200 Freestyle Relay	9	2	02:54 PM	_____
Finals	30 Boys 11-12 200 Freestyle Relay	5	1	02:59 PM	_____
Finals	31 Girls 10 & Under 200 Freestyle Relay	7	1	03:01 PM	_____
Finals	32 Boys 10 & Under 200 Freestyle Relay	2	1	03:04 PM	_____
Finals-S	33 Girls 11-12 400 Freestyle	26	4u	03:08 PM	_____
Finals-S	34 Boys 11-12 400 Freestyle	19	3u	03:32 PM	_____
Finals	35 Girls 10 & Under 400 Freestyle	14	2u	03:49 PM	_____
Finals	36 Boys 10 & Under 400 Freestyle	13	2u	04:06 PM	_____
	Swimmers Counts for Warm-ups: 239	=====	=====		

**FCST Summer Splash 2016 - 6/17/2016 to 6/19/2016**

**Session Report**

Session: 2 Friday, 11-12 Prelims and 10 & Under Timed Finals

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 0 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
	Entry / Heat Totals:	614	89	
	Finish Time			04:19 PM

Session: 3 Friday, Finals

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	15 Girls 11-12 100 Freestyle	8	1u	06:00 PM
Finals	16 Boys 11-12 100 Freestyle	8	1u	06:02 PM
Finals	1 Girls 13-14 100 Freestyle	16	2u	06:04 PM
Finals	2 Boys 13-14 100 Freestyle	16	2u	06:07 PM
Finals	3 Girls 15 & Over 100 Freestyle	16	2u	06:10 PM
Finals	4 Boys 15 & Over 100 Freestyle	16	2u	06:13 PM
Finals-1	19 Girls 11-12 200 Breaststroke	8	1	06:16 PM
Finals-1	20 Boys 11-12 200 Breaststroke	8	1	06:20 PM
Finals	5 Girls 13-14 200 Breaststroke	16	2u	06:24 PM
Finals	6 Boys 13-14 200 Breaststroke	16	2u	06:31 PM
Finals	7 Girls 15 & Over 200 Breaststroke	12	2u	06:37 PM
Finals	8 Boys 15 & Over 200 Breaststroke	16	2u	06:45 PM
Finals	21 Girls 11-12 50 Breaststroke	8	1u	06:51 PM
Finals	22 Boys 11-12 50 Breaststroke	8	1u	06:52 PM
Finals	9 Girls 13-14 100 Butterfly	16	2u	06:54 PM
Finals	10 Boys 13-14 100 Butterfly	16	2u	06:57 PM
Finals	11 Girls 15 & Over 100 Butterfly	16	2u	07:00 PM
Finals	12 Boys 15 & Over 100 Butterfly	16	2u	07:03 PM
Finals	25 Girls 11-12 100 Butterfly	8	1u	07:07 PM
Finals	26 Boys 11-12 100 Butterfly	8	1u	07:08 PM
Finals-4	13 Girls 13 & Over 400 Freestyle	32	4u	07:10 PM
Finals-4	14 Boys 13 & Over 400 Freestyle	32	4u	07:32 PM
Finals-1	33 Girls 11-12 400 Freestyle	8	1u	07:54 PM
Finals-1	34 Boys 11-12 400 Freestyle	8	1u	08:00 PM
Finals	37 Girls 13-14 400 Medley Relay	7	1u	08:07 PM
Finals	38 Boys 13-14 400 Medley Relay	5	1u	08:13 PM
Finals	39 Girls 15 & Over 400 Medley Relay	3	1u	08:19 PM
Finals	40 Boys 15 & Over 400 Medley Relay	4	1u	08:24 PM
	Swimmers Counts for Warm-ups: 290	=====	=====	
	Entry / Heat Totals:	351	46	
	Finish Time			08:29 PM

**FCST Summer Splash 2016 - 6/17/2016 to 6/19/2016****Session Report**

Session: 4 Saturday, 13 &amp; Over Prelims

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 0 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Prelims	41 Girls 13-14 200 Freestyle	73	10	08:30 AM	_____
Prelims	42 Boys 13-14 200 Freestyle	50	7	08:57 AM	_____
Prelims	43 Girls 15 & Over 200 Freestyle	40	5	09:17 AM	_____
Prelims	44 Boys 15 & Over 200 Freestyle	56	7	09:30 AM	_____
Prelims	45 Girls 13-14 100 Breaststroke	40	5	09:47 AM	_____
Prelims	46 Boys 13-14 100 Breaststroke	35	5	09:56 AM	_____
Prelims	47 Girls 15 & Over 100 Breaststroke	19	3	10:04 AM	_____
Prelims	48 Boys 15 & Over 100 Breaststroke	36	5	10:10 AM	_____
Prelims	49 Girls 13-14 200 Butterfly	25	4	10:18 AM	_____
Prelims	50 Boys 13-14 200 Butterfly	16	2	10:32 AM	_____
Prelims	51 Girls 15 & Over 200 Butterfly	9	2	10:39 AM	_____
Prelims	52 Boys 15 & Over 200 Butterfly	19	3	10:45 AM	_____
Prelims	53 Girls 13-14 100 Backstroke	65	9	10:54 AM	_____
Prelims	54 Boys 13-14 100 Backstroke	48	6	11:09 AM	_____
Prelims	55 Girls 15 & Over 100 Backstroke	34	5	11:20 AM	_____
Prelims	56 Boys 15 & Over 100 Backstroke	46	6	11:29 AM	_____
Finals-S	57 Girls 13 & Over 400 IM	15	2u	11:38 AM	_____
Finals-S	58 Boys 13 & Over 400 IM	20	3u	11:50 AM	_____
	Swimmers Counts for Warm-ups: 274	=====	=====		
	Entry / Heat Totals:	646	89		
	Finish Time			12:07 PM	_____

**FCST Summer Splash 2016 - 6/17/2016 to 6/19/2016**

**Session Report**

Session: 5 Saturday, 11-12 Prelims and 10 & Under Timed Finals

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 0 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Prelims	59 Girls 11-12 200 Freestyle	62	8	01:00 PM _____
Prelims	60 Boys 11-12 200 Freestyle	53	7	01:26 PM _____
Finals	61 Girls 10 & Under 200 Freestyle	37	5	01:48 PM _____
Finals	62 Boys 10 & Under 200 Freestyle	20	3	02:06 PM _____
Prelims	63 Girls 11-12 100 Breaststroke	62	8	02:17 PM _____
Prelims	64 Boys 11-12 100 Breaststroke	47	6	02:32 PM _____
Finals	65 Girls 10 & Under 100 Breaststroke	40	5	02:44 PM _____
Finals	66 Boys 10 & Under 100 Breaststroke	30	4	02:56 PM _____
Finals-S	67 Girls 11-12 200 Butterfly	11	2	03:05 PM _____
Finals-S	68 Boys 11-12 200 Butterfly	0	0	03:13 PM _____
Prelims	69 Girls 11-12 50 Butterfly	66	9	03:13 PM _____
Prelims	70 Boys 11-12 50 Butterfly	46	6	03:20 PM _____
Finals	71 Girls 10 & Under 50 Butterfly	45	6	03:25 PM _____
Finals	72 Boys 10 & Under 50 Butterfly	28	4	03:31 PM _____
Prelims	73 Girls 11-12 100 Backstroke	64	8	03:35 PM _____
Prelims	74 Boys 11-12 100 Backstroke	47	6	03:50 PM _____
Finals	75 Girls 10 & Under 100 Backstroke	44	6	04:02 PM _____
Finals	76 Boys 10 & Under 100 Backstroke	32	4	04:16 PM _____
Finals-S	77 Girls 11-12 400 IM	0	0	04:24 PM _____
Finals-S	78 Boys 11-12 400 IM	0	0	04:24 PM _____
	Swimmers Counts for Warm-ups: 259	=====	=====	
	Entry / Heat Totals:	734	97	
	Finish Time			04:24 PM _____

**FCST Summer Splash 2016 - 6/17/2016 to 6/19/2016**

**Session Report**

Session: 6 Saturday, Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	41 Girls 13-14 200 Freestyle	16	2u	06:00 PM _____
Finals	42 Boys 13-14 200 Freestyle	16	2u	06:06 PM _____
Finals	43 Girls 15 & Over 200 Freestyle	16	2u	06:11 PM _____
Finals	44 Boys 15 & Over 200 Freestyle	16	2u	06:17 PM _____
Finals	59 Girls 11-12 200 Freestyle	8	1u	06:22 PM _____
Finals	60 Boys 11-12 200 Freestyle	8	1u	06:25 PM _____
Finals	45 Girls 13-14 100 Breaststroke	16	2u	06:28 PM _____
Finals	46 Boys 13-14 100 Breaststroke	16	2u	06:32 PM _____
Finals	47 Girls 15 & Over 100 Breaststroke	16	2u	06:35 PM _____
Finals	48 Boys 15 & Over 100 Breaststroke	16	2u	06:39 PM _____
Finals	63 Girls 11-12 100 Breaststroke	8	1u	06:43 PM _____
Finals	64 Boys 11-12 100 Breaststroke	8	1u	06:45 PM _____
Finals	49 Girls 13-14 200 Butterfly	16	2u	06:47 PM _____
Finals	50 Boys 13-14 200 Butterfly	16	2u	06:53 PM _____
Finals	51 Girls 15 & Over 200 Butterfly	9	2u	07:00 PM _____
Finals	52 Boys 15 & Over 200 Butterfly	16	2u	07:06 PM _____
Finals-1	67 Girls 11-12 200 Butterfly	8	1	07:12 PM _____
Finals-1	68 Boys 11-12 200 Butterfly	4	1	07:16 PM _____
Finals	69 Girls 11-12 50 Butterfly	8	1u	07:19 PM _____
Finals	70 Boys 11-12 50 Butterfly	8	1u	07:20 PM _____
Finals	53 Girls 13-14 100 Backstroke	16	2u	07:21 PM _____
Finals	54 Boys 13-14 100 Backstroke	16	2u	07:25 PM _____
Finals	55 Girls 15 & Over 100 Backstroke	16	2u	07:29 PM _____
Finals	56 Boys 15 & Over 100 Backstroke	16	2u	07:33 PM _____
Finals	73 Girls 11-12 100 Backstroke	8	1u	07:36 PM _____
Finals	74 Boys 11-12 100 Backstroke	8	1u	07:38 PM _____
Finals-4	57 Girls 13 & Over 400 IM	32	4u	07:40 PM _____
Finals-4	58 Boys 13 & Over 400 IM	32	4u	08:06 PM _____
Finals-1	77 Girls 11-12 400 IM	7	1u	08:31 PM _____
Finals-1	78 Boys 11-12 400 IM	6	1u	08:38 PM _____
Finals	79 Girls 13-14 400 Freestyle Relay	7	1u	08:46 PM _____
Finals	80 Boys 13-14 400 Freestyle Relay	5	1u	08:52 PM _____
	Swimmers Counts for Warm-ups: 255	=====	=====	
	Entry / Heat Totals:	414	54	
	Finish Time			08:56 PM _____

**FCST Summer Splash 2016 - 6/17/2016 to 6/19/2016****Session Report**

Session: 7 Sunday, 13 &amp; Over Prelims

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 0 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Prelims	83 Girls 13-14 200 Backstroke	60	8	08:30 AM	_____
Prelims	84 Boys 13-14 200 Backstroke	41	6	08:57 AM	_____
Prelims	85 Girls 15 & Over 200 Backstroke	29	4	09:18 AM	_____
Prelims	86 Boys 15 & Over 200 Backstroke	39	5	09:31 AM	_____
Prelims	87 Girls 13-14 50 Freestyle	78	10	09:46 AM	_____
Prelims	88 Boys 13-14 50 Freestyle	46	6	09:51 AM	_____
Prelims	89 Girls 15 & Over 50 Freestyle	41	6	09:55 AM	_____
Prelims	90 Boys 15 & Over 50 Freestyle	55	7	09:58 AM	_____
Prelims	91 Girls 13-14 200 IM	71	9	10:02 AM	_____
Prelims	92 Boys 13-14 200 IM	51	7	10:29 AM	_____
Prelims	93 Girls 15 & Over 200 IM	32	4	10:51 AM	_____
Prelims	94 Boys 15 & Over 200 IM	50	7	11:04 AM	_____
Finals-S	95 Girls 13 & Over 1500 Freestyle	9	2u	11:23 AM	_____
Finals-S	96 Boys 13 & Over 1500 Freestyle	17	3u	12:03 PM	_____
	Swimmers Counts for Warm-ups: 264	=====	=====		
	Entry / Heat Totals:	619	84		
	Finish Time			01:00 PM	_____



**FCST Summer Splash 2016 - 6/17/2016 to 6/19/2016**

**Session Report**

Session: 8 Sunday, 11-12 Prelims and 10 & Under Timed Finals

Day of Meet: 3 Starts at 01:30 PM Heat Interval: 0 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals-S	97 Girls 11-12 200 Backstroke	19	3	01:30 PM _____
Finals-S	98 Boys 11-12 200 Backstroke	8	1	01:42 PM _____
Prelims	99 Girls 11-12 50 Backstroke	59	8	01:46 PM _____
Prelims	100 Boys 11-12 50 Backstroke	45	6	01:54 PM _____
Finals	101 Girls 10 & Under 50 Backstroke	76	10	02:00 PM _____
Finals	102 Boys 10 & Under 50 Backstroke	51	7	02:14 PM _____
Prelims	103 Girls 11-12 50 Freestyle	79	10	02:23 PM _____
Prelims	104 Boys 11-12 50 Freestyle	59	8	02:29 PM _____
Finals	105 Girls 10 & Under 50 Freestyle	77	10	02:34 PM _____
Finals	106 Boys 10 & Under 50 Freestyle	51	7	02:45 PM _____
Prelims	107 Girls 11-12 200 IM	67	9	02:51 PM _____
Prelims	108 Boys 11-12 200 IM	40	5	03:21 PM _____
Finals	109 Girls 10 & Under 200 IM	33	5	03:39 PM _____
Finals	110 Boys 10 & Under 200 IM	21	3	03:58 PM _____
Finals	111 Girls 11-12 200 Medley Relay	9	2	04:11 PM _____
Finals	112 Boys 11-12 200 Medley Relay	5	1	04:16 PM _____
Finals	113 Girls 10 & Under 200 Medley Relay	7	1	04:19 PM _____
Finals	114 Boys 10 & Under 200 Medley Relay	2	1	04:23 PM _____
Finals	116 Girls 11-12 800 Freestyle	9	2u	04:26 PM _____
Finals	115 Boys 11-12 800 Freestyle	6	1u	04:57 PM _____
	Swimmers Counts for Warm-ups: 287	=====	=====	
	Entry / Heat Totals:	723	100	
	Finish Time			05:10 PM _____

**FCST Summer Splash 2016 - 6/17/2016 to 6/19/2016****Session Report**

Session: 9 Sunday, Finals

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals-1	96 Boys 13 & Over 1500 Freestyle	8	1u	06:00 PM	_____
Finals	83 Girls 13-14 200 Backstroke	16	2u	06:20 PM	_____
Finals	84 Boys 13-14 200 Backstroke	16	2u	06:27 PM	_____
Finals	85 Girls 15 & Over 200 Backstroke	16	2u	06:33 PM	_____
Finals	86 Boys 15 & Over 200 Backstroke	16	2u	06:40 PM	_____
Finals-1	97 Girls 11-12 200 Backstroke	8	1	06:46 PM	_____
Finals-1	98 Boys 11-12 200 Backstroke	8	1	06:49 PM	_____
Finals-1	95 Girls 13 & Over 1500 Freestyle	8	1u	06:53 PM	_____
Finals	99 Girls 11-12 50 Backstroke	8	1u	07:14 PM	_____
Finals	100 Boys 11-12 50 Backstroke	8	1u	07:15 PM	_____
Finals	87 Girls 13-14 50 Freestyle	16	2u	07:17 PM	_____
Finals	88 Boys 13-14 50 Freestyle	16	2u	07:19 PM	_____
Finals	89 Girls 15 & Over 50 Freestyle	16	2u	07:21 PM	_____
Finals	90 Boys 15 & Over 50 Freestyle	16	2u	07:23 PM	_____
Finals	103 Girls 11-12 50 Freestyle	8	1u	07:25 PM	_____
Finals	104 Boys 11-12 50 Freestyle	8	1u	07:26 PM	_____
Finals	91 Girls 13-14 200 IM	16	2u	07:27 PM	_____
Finals	92 Boys 13-14 200 IM	16	2u	07:33 PM	_____
Finals	93 Girls 15 & Over 200 IM	16	2u	07:39 PM	_____
Finals	94 Boys 15 & Over 200 IM	16	2u	07:45 PM	_____
Finals	107 Girls 11-12 200 IM	8	1u	07:51 PM	_____
Finals	108 Boys 11-12 200 IM	8	1u	07:54 PM	_____
	Swimmers Counts for Warm-ups: 183	=====	=====		
	Entry / Heat Totals:	272	34		
	Finish Time			07:57 PM	_____

**MORNING WARM-UP (13&O)**

7:00-7:40am

FCST Warm-up

7:40-8:20am

CFSC, ESA, MAC, NTRO, SHRK Warm-up

**TIMING ASSIGNMENTS - Fri/Sat/Sun AM**

Lobby/Bulkhead End

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	SHRK	SHRK
NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	SHRK	ESA (Fri/Sat) SHRK (Sun)

Diving Board End

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

**FCST will handle all Finals Session Timing**

**Meet Notes:**

Circle-in closes 8:00am - Must circle-in for events 400 & longer

Chase starts will be used all 3 days for 100's & 200's  
Odd heats begin from Lobby/Bulkhead end  
Even heats begin from Diving Board end

All 50's will begin at the Diving Board end

400's & longer will be swum fast to slow, alternating girls (lobby)/boys (diving board end)

Swimmers in events 400 & Longer must provide their own timers & counter

A/B finals for all 13&O 200's & Shorter

13-14, 15&O 400 Free & 400 IM will have the top 2 heats of each age group & gender swim at night (*8 heats total, note change from original announcement*)

13-14 & 15&O relays have been eliminated from the meet (*note change from original announcement*)

Finals warm-up begins immediately following afternoon session, or 5:00pm, whichever is later.

## AFTERNOON WARM UP ASSIGNMENTS (12&U)

### FRIDAY PM

Warm-up starts not before 11:30pm; Meet starts 1 hour after warm-ups begin

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1st 25 min	FCST	FCST	FCST	FCST	FCST	FCST	FCST	ESA/ROCC
2nd 25 min	NTRO	NTRO	MAC	MAC/SHRK	SHRK	CFSC	CFSC	CFSC

Warm up pool is open during both sessions

### SATURDAY PM

Warm-up starts not before 12:00pm; Meet starts 1 hour after warm-ups begin

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1st 25 min	NTRO	NTRO	MAC	MAC/SHRK	SHRK	CFSC	CFSC	CFSC
2nd 25 min	FCST	FCST	FCST	FCST	FCST	FCST	FCST	ESA/ROCC

Warm up pool is open during both sessions

### SUNDAY PM

Warm-up starts not before 12:15pm; meet starts 1 hour after warm-ups begin

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1st 25 min	FCST	FCST	FCST	FCST	FCST	FCST	FCST	ESA/ROCC
2nd 25 min	NTRO	NTRO	MAC	MAC/SHRK	SHRK	CFSC	CFSC	CFSC

FCST will utilize the warm-up pool during 2nd session

### TIMING ASSIGNMENTS - Fri/Sat/Sun PM

Lobby/Bulkhead End

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NTRO	NTRO	NTRO	NTRO	NTRO	SHRK	SHRK	ESA
NTRO	NTRO	NTRO	NTRO	SHRK	SHRK	SHRK	MAC (FRI/SUN) ESA (SAT)

Diving Board End

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

### **FCST will handle all Finals Session Timing**

#### **Meet Notes:**

Circle-in closes 30 min prior to meet start - Must circle-in for events 400 & longer

Chase starts will be used all 3 days for 100's & 200's

Odd heats begin from Lobby/Bulkhead end

Even heats begin from Diving Board end

All 50's will begin at the Diving Board end

400's & longer will be swum fast to slow, alternating girls (lobby)/boys (diving board end)

Swimmers in events 400 & Longer must provide their own timers & counter

All 12&U Relays swum during prelims - starting at bulkhead end of pool

All 10&U events are timed finals

11-12 50's, 100's, 200 free & IM are prelim/final, with A final swimming at night

11-12 200 fly/bk/breast & 400 IM are timed final, with top 8 seeded times swimming in finals session.

Finals warm-up begins immediately following afternoon session, or 5:00pm, whichever is later.