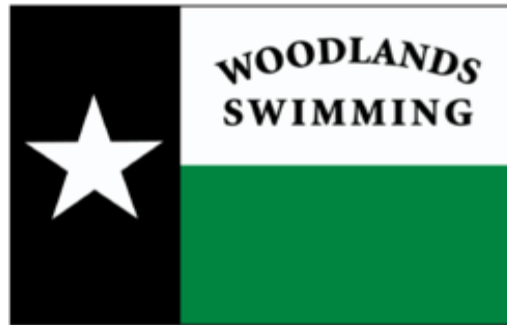


# SOUTHERN SENIOR CHAMPIONSHIPS INVITATIONAL SHORT COURSE YARDS PRELIMS & FINALS MEET

HOSTED BY  
THE WOODLANDS SWIM TEAM

December 1-4, 2016



SANCTION No. GUSC 17-037

## Warm-ups Timelines Lane Timing Assignments

### Meet Announcement revised as follows:

**Number of Events:** Swimmers may compete in up to three (3) individual events per day and one (1) relay event per day. **One (1) relay event per day EXCEPTION, swimmers may compete in up to two (2) relays on Thursday, the timed finals session.** Teams may enter a maximum of 3 relays per event.

**Teams may “on-deck” additional Thursday relays (200 Medley Relay and 200 Free Relay) following the “on-deck” process. However, the “double the entry fee” provision is waived for Thursday relays only. Thursday relays are \$16.50 per relay. The “double the entry fee” will apply to all other events, individual and relays.**

<b>Meet Referee:</b>	Andrea Walin
<b>Admin Official:</b>	Robyn Gawronska
<b>Meet Director:</b>	Monica Lopez
<b>Safety Marshal:</b>	Kyle Shumaker
<b>Entries Chair:</b>	Matt Lanigan

# Open Warm-ups for all Prelims and Finals Sessions

Thursday, December 1, 2016	Timed Finals	Warm-up: 3:30 pm Meet Start: 5:00 pm
Friday, December 2, 2016	Prelims: Finals:	Warm-up: 7:30 am/Start: 9:00 am Warm-up: 4:30 pm/ Start: 5:30 pm
Saturday, December 3, 2016	Prelims: Finals:	Warm-up: 7:30 am / Start: 9:00 am Warm-up: 4:30 pm / Start: 5:30 pm
Sunday, December 4, 2016	Prelims: Finals:	Warm-up: 7:30 am / Start: 9:00 am Warm-up: 3:30 pm / Start: 4:30 pm

## Lane Timer Assignments

Thursday December 1, 2016 -- PM Session -- Timed Finals – West (Scoreboard) Pool Friday, Saturday & Sunday, December 2-4, 2016 -- PM Sessions -- Finals – East (Bulkhead) 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

Friday, Saturday and Sunday, December 2-4, 2016 -- AM Sessions Prelims								
West (Scoreboard) Pool								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	PACK	CFSC	CFSC	BTA	HCAP	SSAN	HCS
Chair 2	RICE	DADS	CFSC	SSS	KATY	MAC	ESA	SHRK
East (Bulkhead) 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

**Meet host will provide timers for all evening events; Thursday Timed Finals, and Friday, Saturday and Sunday Finals.**

**Swimmers in the 1650 Free must provide their own timers during Sunday Prelims.**

**Swimmers in the 500, 1000 and 1650 Free events must provide their own lap counters, in both Prelims and Finals.**

TWST

**Southern Senior Championships Invitational, Sanction #: GUSC 17-037**  
**December 1 - December 4 2016**  
**Session Report**

**Session: 1 Thursday December 1 Evening Session - Timed Finals**  
 Day of Meet: 1 Starts at 05:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	_____
Finals	1 Women 200 Medley Relay	18	3 u	05:00 PM	_____
Finals	2 Men 200 Medley Relay	19	3 u	05:08 PM	_____
Finals	3 Women 1000 Freestyle	45	6 u	05:15 PM	_____
Finals	4 Men 1000 Freestyle	53	7 u	05:25 PM	_____
Break: 15 Minutes: 15 Min Break					
Finals	5 Women 200 Freestyle Relay	19	3 u	07:52 PM	_____
Finals	6 Men 200 Freestyle Relay	20	3 u	07:59 PM	_____
Swimmers Counts for Warm-ups: 150		=====	=====		
Entry / Heat Totals:		174	25		
Finish Time				08:04 PM	_____

**Session Notes:**

- **All events will run in the West Pool for this session, swum with heats in the order of fastest to slowest.**
- **Athletes can swim in both the 200 Medley Relay and the 200 Free Relay**
- **1000 Freestyle events will alternate women / men.**
- **Estimated finish time for the 1000 freestyle is 7:37 pm**
- **Relays will run heats in event order and will not alternate women/men.**

TWST

**Southern Senior Championships Invitational, Sanction #: GUSC 17-037****December 1 - December 4 2016****Session Report****Session: 2 Friday December 2 Morning Session - Prelims**

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

Round	Event	Entries	Heats	Starts at	
Prelims	7 Women 100 Breaststroke	107	14 u	09:00 AM	_____
Prelims	8 Men 100 Breaststroke	114	15 u	09:11 AM	_____
Prelims	9 Women 200 Freestyle	157	20 u	09:23 AM	_____
Prelims	10 Men 200 Freestyle	172	22 u	09:46 AM	_____
Prelims	11 Women 100 Butterfly	128	16 u	10:11 AM	_____
Prelims	12 Men 100 Butterfly	166	21 u	10:22 AM	_____
Prelims	13 Women 400 IM	86	11 u	10:36 AM	_____
Prelims	14 Men 400 IM	99	13 u	10:36 AM	_____

Break: 15 Minutes: 15 Minute Break

Finals-S	15 Women 400 Freestyle Relay	11	2 u	11:56 AM	_____
Finals-S	16 Men 400 Freestyle Relay	18	3 u	12:00 PM	_____

Swimmers Counts for Warm-ups: 494

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Entry / Heat Totals:

1,058

137

Finish Time - Double Ended

12:07 PM

**Session Notes:**

- **Events 7-12 will swim: odd heats - West pool, even heats - East pool**
- **Events 13-16 will swim: women - West pool, men - East pool**

**Session: 3 Friday December 2 Evening Session - Finals**

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 75 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	7 Women 100 Breaststroke	32	4 u	05:30 PM	_____
Finals	8 Men 100 Breaststroke	32	4 u	05:40 PM	_____
Finals	9 Women 200 Freestyle	32	4 u	05:49 PM	_____
Finals	10 Men 200 Freestyle	32	4 u	06:02 PM	_____
Finals	11 Women 100 Butterfly	32	4 u	06:14 PM	_____
Finals	12 Men 100 Butterfly	32	4 u	06:22 PM	_____
Finals	13 Women 400 IM	32	4 u	06:31 PM	_____
Finals	14 Men 400 IM	32	4 u	06:54 PM	_____

Break: 15 Minutes: 15 Minute Break

Finals-2	15 Women 400 Freestyle Relay	16	2 u	07:31 PM	_____
Finals-2	16 Men 400 Freestyle Relay	16	2 u	07:41 PM	_____

Swimmers Counts for Warm-ups: 279

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Entry / Heat Totals:

288

36

Finish Time

07:51 PM

TWST

**Southern Senior Championships Invitational, Sanction #: GUSC 17-037****December 1 - December 4 2016****Session Report****Session: 4 Saturday December 3 Morning Session - Prelims**

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

Round	Event	Entries	Heats	Starts at	
Prelims	17 Women 200 Butterfly	95	12 u	09:00 AM	_____
Prelims	18 Men 200 Butterfly	109	14 u	09:16 AM	_____
Prelims	19 Women 50 Freestyle	174	22 u	09:33 AM	_____
Prelims	20 Men 50 Freestyle	211	27 u	09:42 AM	_____
Prelims	21 Women 200 Breaststroke	92	12 u	09:52 AM	_____
Prelims	22 Men 200 Breaststroke	111	14 u	10:10 AM	_____
Prelims	23 Women 100 Backstroke	142	18 u	10:29 AM	_____
Prelims	24 Men 100 Backstroke	160	20 u	10:44 AM	_____
Prelims	25 Women 500 Freestyle	110	14 u	10:59 AM	_____
Prelims	26 Men 500 Freestyle	145	19 u	10:59 AM	_____

Break: 15 Minutes: 15 Minute Break

Finals-S	27 Women 800 Freestyle Relay	9	2 u	12:48 PM	_____
Finals-S	28 Men 800 Freestyle Relay	17	3 u	12:57 PM	_____

Swimmers Counts for Warm-ups: 593

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Entry / Heat Totals:

1,375

177

Finish Time - Double Ended

01:12 PM

**Session Notes:**

- **Events 17-24 will swim: odd heats - West pool, even heats - East pool**
- **Events 25-28 will swim: women - West pool, men - East pool**

**Session: 5 Saturday December 3 Evening Session - Finals**

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 75 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	17 Women 200 Butterfly	32	4 u	05:30 PM	_____
Finals	18 Men 200 Butterfly	32	4 u	05:44 PM	_____
Finals	19 Women 50 Freestyle	32	4 u	05:57 PM	_____
Finals	20 Men 50 Freestyle	32	4 u	06:03 PM	_____
Finals	21 Women 200 Breaststroke	32	4 u	06:10 PM	_____
Finals	22 Men 200 Breaststroke	32	4 u	06:25 PM	_____
Finals	23 Women 100 Backstroke	32	4 u	06:38 PM	_____
Finals	24 Men 100 Backstroke	32	4 u	06:47 PM	_____
Finals	25 Women 500 Freestyle	32	4 u	06:56 PM	_____
Finals	26 Men 500 Freestyle	32	4 u	07:21 PM	_____

Break: 15 Minutes: 15 Minute Break

Finals-2	27 Women 800 Freestyle Relay	16	2 u	08:00 PM	_____
Finals-2	28 Men 800 Freestyle Relay	16	2 u	08:19 PM	_____

Swimmers Counts for Warm-ups: 314

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Entry / Heat Totals:

352

44

Finish Time

08:36 PM

TWST

**Southern Senior Championships Invitational, Sanction #: GUSC 17-037****December 1 - December 4 2016****Session Report****Session: 6 Sunday December 4 Morning Session - Prelims**

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	29 Women 100 Freestyle	223	28 u	09:00 AM	_____
Prelims	30 Men 100 Freestyle	268	34 u	09:45 AM	_____
Prelims	33 Women 200 Backstroke	125	16 u	10:05 AM	_____
Prelims	34 Men 200 Backstroke	136	17 u	10:28 AM	_____
Prelims	35 Women 200 IM	180	23 u	10:52 AM	_____
Prelims	36 Men 200 IM	205	26 u	11:24 AM	_____

Break: 15 Minutes: 15 Minute Break

Finals-S	37 Women 400 Medley Relay	11	2 u	12:11 PM	_____
Finals-S	38 Men 400 Medley Relay	19	3 u	12:11 PM	_____
Finals-S	31 Women 1650 Freestyle	27	4 u	12:24 PM	_____
Finals-S	32 Men 1650 Freestyle	47	6 u	12:24 PM	_____

Swimmers Counts for Warm-ups: 575

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Entry / Heat Totals:

1,241

159

Finish Time - Double Ended

01:54 PM

**Session Notes:**

- **Events 29-30 & 33-36 will swim: odd heats - West pool, even heats - East pool**
- **Events 37-38 & 31-32 will swim: women - West pool, men - East pool**

**Session: 7 Sunday December 4 Evening Session - Finals**

Day of Meet: 4 Starts at 04:30 PM Heat Interval: 75 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	29 Women 100 Freestyle	32	4 u	04:30 PM	_____
Finals	30 Men 100 Freestyle	32	4 u	04:39 PM	_____
Finals-1	31 Women 1650 Freestyle	8	1 u	04:47 PM	_____
Finals-1	32 Men 1650 Freestyle	8	1 u	05:07 PM	_____
Finals	33 Women 200 Backstroke	32	4 u	05:25 PM	_____
Finals	34 Men 200 Backstroke	32	4 u	05:39 PM	_____
Finals	35 Women 200 IM	32	4 u	05:52 PM	_____
Finals	36 Men 200 IM	32	4 u	06:05 PM	_____

Break: 15 Minutes: 15 Min Break

Finals-2	37 Women 400 Medley Relay	16	2 u	06:33 PM	_____
Finals-2	38 Men 400 Medley Relay	16	2 u	06:44 PM	_____

Swimmers Counts for Warm-ups: 305

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Entry / Heat Totals:

240

30

Finish Time

06:54 PM