

# **Gulf Age Group Champs Long Course Meters Prelims/Finals Meet**

**Cypress Fairbanks Swim Club  
July 7-9, 2017**

**Sanction No. GULC 17-046R1  
Warm-Up and Lane Timing Assignments**

**MEET REFEREE: Matt Sale  
ADMIN OFFICIAL: Holger Luebsen  
MEET DIRECTORS: Carolyn Reed, Miki Tran, Huong Le  
SAFETY MARSHAL: Paula Mulvihill  
COACH(ES): Jim Bocci, Head Coach  
Colin Kennedy, Head Age Group Coach**

**PLEASE READ THIS PAGE CAREFULLY**

**AS THERE ARE SOME IMPORTANT CHANGES**

**11 & O Prelims Sessions (Session 1, 4, and 7)**

- There will be 2 warm up sessions. 7:25-7:50 am & 7:50-8:15 am.
- Meet will start at 8:30 am.
- Circle in table in the dryland facility will open at 6:45 am and closes promptly at 7:45 am.
- Clerk of Course in the dryland facility will be open from 6:45-7:45 am.

**10 & U Prelims Sessions (Session 2, 5, and 8)**

- There will be 1, 25-minute warm up session. It will not start before 12:00 pm.
- Meet will start at 12:35 pm or 35 minutes after the start of the warm up session.
- Circle in table in the dryland facility will open at 10:50 am and closes promptly at 11:50 am or 10 minutes prior to the start of warm up, whichever is later.
- Clerk of Course in the dryland facility will be open from 10:50-11:50 am or 10 minutes prior to the start of warm up, whichever is later.
- Flyover start procedures will be utilized.
- Meet will run in 8 lanes, with 1 warm up / warm down lane and 1 buffer lane.
- Separate warm up/ warm down pool will be closed.

**Finals Sessions (Session 3, 6, and 9)**

- Open warm up will be at 4:30-5:15.
- Meet will start at 5:30 pm.

## 2017 Gulf Long Course Age Group Champs, Sanction #: GULC17-046R1

July 7-9, 2017

## Team List - Team Size

|    | Team                                    | Female | Male | Total Athletes | Entries | Relay | Total |
|----|---|--------|------|----------------|---------|-------|-------|
| 1  | CFSC-GU Cypress Fairbanks Swim Club     | 44     | 36   | 80             | 436     | 54    | 490   |
| 2  | TWST-GU The Woodlands Swim Team         | 31     | 29   | 60             | 297     | 48    | 345   |
| 3  | FCST-GU First Colony Swim Team          | 21     | 24   | 45             | 195     | 21    | 216   |
| 4  | KATY-GU Katy Aquatics                   | 18     | 26   | 44             | 243     | 26    | 269   |
| 5  | DADS-GU Dads Club Swim Team             | 20     | 17   | 37             | 195     | 21    | 216   |
| 6  | SSAN-GU Swim Streamline at Northampton  | 19     | 16   | 35             | 158     | 23    | 181   |
| 7  | MAC-GU Magnolia Aquatic Club            | 19     | 8    | 27             | 125     | 17    | 142   |
| 8  | AGS-GU Aggie Swim Club                  | 10     | 13   | 23             | 101     | 0     | 101   |
| 9  | HCAP-GU Harris County Aquatics Program  | 8      | 15   | 23             | 110     | 6     | 116   |
| 10 | BTA-GU Blue Tide Aquatics               | 6      | 14   | 20             | 109     | 14    | 123   |
| 11 | ESA-GU Eagle Swimming Association       | 9      | 10   | 19             | 84      | 4     | 88    |
| 12 | PACK-GU Premier Aquatics                | 6      | 13   | 19             | 101     | 8     | 109   |
| 13 | SHRK-GU Sharks Swim Club                | 15     | 3    | 18             | 70      | 6     | 76    |
| 14 | SSS-GU South Shore Sails                | 12     | 6    | 18             | 91      | 8     | 99    |
| 15 | PEAK-GU Pearland Aquatics               | 8      | 6    | 14             | 40      | 0     | 40    |
| 16 | RICE-GU Rice Aquatics                   | 7      | 7    | 14             | 55      | 3     | 58    |
| 17 | USHAC-GU UnAtt - Shac                   | 9      | 5    | 14             | 75      | 0     | 75    |
| 18 | AQUA-GU Aquastar                        | 3      | 9    | 12             | 63      | 2     | 65    |
| 19 | ECS-GU Energy Core Swimming             | 5      | 4    | 9              | 45      | 0     | 45    |
| 20 | ESCA-GU Escalate Aquatic Team           | 4      | 5    | 9              | 40      | 4     | 44    |
| 21 | BATS-GU Bridge Bats                     | 2      | 6    | 8              | 34      | 0     | 34    |
| 22 | CATS-GU Conroe Area Team Swimmers       | 5      | 3    | 8              | 47      | 0     | 47    |
| 23 | SPA-GU Sienna Plantation Aquatics       | 5      | 3    | 8              | 27      | 0     | 27    |
| 24 | FINS-GU TeamFINS                        | 1      | 5    | 6              | 33      | 3     | 36    |
| 25 | COOG-GU Houston Cougars                 | 4      | 1    | 5              | 14      | 0     | 14    |
| 26 | ALAC-GU Alief Aquatic Club              | 1      | 3    | 4              | 20      | 0     | 20    |
| 27 | BLST-GU Battleground Area Swim Team     | 1      | 3    | 4              | 8       | 0     | 8     |
| 28 | LJAC-GU Lake Jackson Aquatic Club       | 2      | 2    | 4              | 24      | 0     | 24    |
| 29 | PLAT-GU Platinum Aquatics               | 3      | 1    | 4              | 18      | 0     | 18    |
| 30 | TTST-GU Texas Terrapins Swim Team       | 2      | 2    | 4              | 19      | 0     | 19    |
| 31 | USSAN-GU UnAtt - Swim Streamline at Nor | 3      | 1    | 4              | 16      | 0     | 16    |
| 32 | NOCH-GU North Channel Aquatics          | 2      | 1    | 3              | 15      | 0     | 15    |
| 33 | SST-GU Spring Swim Team                 | 2      | 1    | 3              | 15      | 0     | 15    |
| 34 | TYES-GU Team Yes Aquatics of Houston    | 2      | 1    | 3              | 16      | 0     | 16    |
| 35 | UMAC-GU UnAtt - Magnolia Aquatic Club   | 1      | 2    | 3              | 15      | 0     | 15    |
| 36 | MARC-GU Montgomery Aquatic Race Club    | 0      | 2    | 2              | 5       | 0     | 5     |
| 37 | PFL-GU Power for Life                   | 1      | 1    | 2              | 7       | 0     | 7     |
| 38 | STA-GU South Texas Aquatics             | 0      | 2    | 2              | 11      | 0     | 11    |
| 39 | SCAT-GU Space City Aquatic Team         | 2      | 0    | 2              | 3       | 0     | 3     |
| 40 | HUNT-GU Huntsville Nadadores Swim Club  | 1      | 0    | 1              | 3       | 0     | 3     |
| 41 | LIFE-GU Life Time Houston Swim Team     | 0      | 1    | 1              | 2       | 0     | 2     |
| 42 | PACE-GU Pacesetters Aquatic Club        | 0      | 1    | 1              | 3       | 0     | 3     |
| 43 | SWAT-GU Southwestern Aquatics Team - S  | 1      | 0    | 1              | 2       | 0     | 2     |
| 44 | 300-GU Team 300                         | 0      | 1    | 1              | 2       | 0     | 2     |
| 45 | TASC-GU Tomball Area Swim Club          | 1      | 0    | 1              | 6       | 0     | 6     |
| 46 | UAGS-GU UnAtt - Aggie Swim Club         | 0      | 1    | 1              | 7       | 0     | 7     |
| 47 | UDAD-GU UnAtt - Dads Club Swim Team     | 1      | 0    | 1              | 2       | 0     | 2     |
| 48 | UPACK-GU UnAtt - Premier Aquatics       | 1      | 0    | 1              | 2       | 0     | 2     |
| 49 | UNSTA-GU UnAtt - South Texas Aquatics   | 1      | 0    | 1              | 2       | 0     | 2     |
| 50 | UNAT Unattached                         | 0      | 1    | 1              | 2       | 0     | 2     |
| 51 | UTWST-GU Unat-The Woodlands             | 1      | 0    | 1              | 7       | 0     | 7     |
| 52 | VSST-GU VillaSport Swim Team            | 1      | 0    | 1              | 1       | 0     | 1     |
| 53 | SHAC-GU Shac                            | 0      | 0    | 0              | 0       | 0     | 0     |

**2017 Gulf Long Course Age Group Champs, Sanction #: GULC17-046R1**

**July 7-9, 2017**

**Team List - Team Size**

| <b>Team</b> | <b>Female</b> | <b>Male</b> | <b>Total Athletes</b> | <b>Entries</b> | <b>Relay</b> | <b>Total</b> |
|-------------|---------------|-------------|-----------------------|----------------|--------------|--------------|
|             | 321           | 311         | 632                   | 3021           | 268          | 3289         |

**2017 Gulf Long Course Age Group Champs, Sanction #: GULC17-046R1****July 7-9, 2017****Session Report**

Session: 1 Friday AM Prelims

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 15 Seconds / Chase -33

| Round    | Event                              | Entries | Heats | Starts at |       |
|----------|------------------------------------|---------|-------|-----------|-------|
| Prelims  | 5 Girls 11-12 50 Butterfly         | 52      | 6 u   | 08:30 AM  | _____ |
| Prelims  | 6 Boys 11-12 50 Butterfly          | 49      | 5 u   | 08:35 AM  | _____ |
| Prelims  | 9 Girls 11-14 200 IM               | 63      | 7 u   | 08:40 AM  | _____ |
| Prelims  | 10 Boys 11-14 200 IM               | 100     | 10 u  | 08:57 AM  | _____ |
| Prelims  | 13 Girls 11-14 100 Backstroke      | 80      | 8 u   | 09:20 AM  | _____ |
| Prelims  | 14 Boys 11-14 100 Backstroke       | 97      | 10 u  | 09:28 AM  | _____ |
| Prelims  | 15 Girls 11-14 200 Breaststroke    | 65      | 7 u   | 09:38 AM  | _____ |
| Prelims  | 16 Boys 11-14 200 Breaststroke     | 79      | 8 u   | 09:58 AM  | _____ |
|          | Break: 5 Minutes:                  |         |       |           |       |
| Finals   | 17 Girls 13-14 400 Freestyle Relay | 15      | 2 u   | 10:25 AM  | _____ |
| Finals   | 18 Boys 13-14 400 Freestyle Relay  | 14      | 2 u   | 10:34 AM  | _____ |
| Finals   | 19 Girls 11-12 400 Freestyle Relay | 12      | 2 u   | 10:43 AM  | _____ |
| Finals   | 20 Boys 11-12 400 Freestyle Relay  | 14      | 2 u   | 10:53 AM  | _____ |
|          | Break: 5 Minutes:                  |         |       |           |       |
| Finals-S | 1 Girls 11-14 400 Freestyle        | 37      | 4 u   | 11:09 AM  | _____ |
| Finals-S | 2 Boys 11-14 400 Freestyle         | 41      | 5 u   | 11:28 AM  | _____ |
|          | Swimmers Counts for Warm-ups: 386  | =====   | ===== |           |       |
|          | Entry / Heat Totals:               | 718     | 78    |           |       |
|          | Finish Time                        |         |       | 11:51 AM  | _____ |

**2017 Gulf Long Course Age Group Champs, Sanction #: GULC17-046R1****July 7-9, 2017****Session Report**

Session: 2 Friday PM Prelims

Day of Meet: 1 Starts at 12:35 PM Heat Interval: 15 Seconds / Back +15 Seconds

| <b>Round</b> | <b>Event</b>                            | <b>Entries</b> | <b>Heats</b> | <b>Starts at</b> |       |
|--------------|---|----------------|--------------|------------------|-------|
| Prelims      | 3 Girls 10 & Under 50 Butterfly         | 37             | 5 u          | 12:35 PM         | _____ |
| Prelims      | 4 Boys 10 & Under 50 Butterfly          | 43             | 6 u          | 12:40 PM         | _____ |
| Prelims      | 7 Girls 10 & Under 200 IM               | 35             | 5 u          | 12:46 PM         | _____ |
| Prelims      | 8 Boys 10 & Under 200 IM                | 36             | 5 u          | 01:03 PM         | _____ |
| Prelims      | 11 Girls 10 & Under 100 Backstroke      | 57             | 8 u          | 01:21 PM         | _____ |
| Prelims      | 12 Boys 10 & Under 100 Backstroke       | 55             | 7 u          | 01:38 PM         | _____ |
|              | Break: 5 Minutes:                       |                |              |                  |       |
| Finals       | 21 Girls 10 & Under 200 Freestyle Relay | 12             | 2 u          | 01:57 PM         | _____ |
| Finals       | 22 Boys 10 & Under 200 Freestyle Relay  | 12             | 2 u          | 02:02 PM         | _____ |
|              | Swimmers Counts for Warm-ups: 150       | =====          | =====        |                  |       |
|              | Entry / Heat Totals:                    | 287            | 40           |                  |       |
|              | Finish Time                             |                |              | 02:08 PM         | _____ |

**2017 Gulf Long Course Age Group Champs, Sanction #: GULC17-046R1****July 7-9, 2017****Session Report**

Session: 3 Friday Finals

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 45 Seconds / Back +15 Seconds

| Round    | Event                              | Entries | Heats | Starts at |       |
|----------|------------------------------------|---------|-------|-----------|-------|
| Finals-2 | 1 Girls 11-14 400 Freestyle        | 20      | 2 u   | 05:30 PM  | _____ |
| Finals-2 | 2 Boys 11-14 400 Freestyle         | 20      | 2 u   | 05:42 PM  | _____ |
| Finals   | 3 Girls 10 & Under 50 Butterfly    | 20      | 2 u   | 05:53 PM  | _____ |
| Finals   | 4 Boys 10 & Under 50 Butterfly     | 20      | 2 u   | 05:56 PM  | _____ |
| Finals   | 5 Girls 11-12 50 Butterfly         | 20      | 2 u   | 05:59 PM  | _____ |
| Finals   | 6 Boys 11-12 50 Butterfly          | 20      | 2 u   | 06:01 PM  | _____ |
|          | Break: 5 Minutes:                  |         |       |           |       |
| Finals   | 7 Girls 10 & Under 200 IM          | 20      | 2 u   | 06:09 PM  | _____ |
| Finals   | 8 Boys 10 & Under 200 IM           | 20      | 2 u   | 06:17 PM  | _____ |
| Finals   | 9 Girls 11-14 200 IM               | 40      | 4 u   | 06:24 PM  | _____ |
| Finals   | 10 Boys 11-14 200 IM               | 40      | 4 u   | 06:38 PM  | _____ |
| Finals   | 11 Girls 10 & Under 100 Backstroke | 20      | 2 u   | 06:51 PM  | _____ |
| Finals   | 12 Boys 10 & Under 100 Backstroke  | 20      | 2 u   | 06:56 PM  | _____ |
| Finals   | 13 Girls 11-14 100 Backstroke      | 40      | 4 u   | 07:00 PM  | _____ |
| Finals   | 14 Boys 11-14 100 Backstroke       | 40      | 4 u   | 07:09 PM  | _____ |
| Finals   | 15 Girls 11-14 200 Breaststroke    | 40      | 4 u   | 07:18 PM  | _____ |
| Finals   | 16 Boys 11-14 200 Breaststroke     | 40      | 4 u   | 07:33 PM  | _____ |
|          | Swimmers Counts for Warm-ups: 334  | =====   | ===== |           |       |
|          | Entry / Heat Totals:               | 440     | 44    |           |       |
|          | Finish Time                        |         |       | 07:47 PM  | _____ |

**2017 Gulf Long Course Age Group Champs, Sanction #: GULC17-046R1****July 7-9, 2017****Session Report**

Session: 4 Saturday AM Prelims

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 15 Seconds / Chase -33

| Round    | Event                              | Entries | Heats | Starts at |       |
|----------|------------------------------------|---------|-------|-----------|-------|
| Finals   | 23 Girls 13-14 200 Freestyle Relay | 16      | 2 u   | 08:30 AM  | _____ |
| Finals   | 24 Boys 13-14 200 Freestyle Relay  | 14      | 2 u   | 08:35 AM  | _____ |
| Finals   | 25 Girls 11-12 200 Freestyle Relay | 15      | 2 u   | 08:40 AM  | _____ |
| Finals   | 26 Boys 11-12 200 Freestyle Relay  | 13      | 2 u   | 08:45 AM  | _____ |
|          | Break: 5 Minutes:                  |         |       |           |       |
| Prelims  | 31 Girls 11-14 100 Butterfly       | 90      | 9 u   | 08:54 AM  | _____ |
| Prelims  | 32 Boys 11-14 100 Butterfly        | 81      | 9 u   | 09:03 AM  | _____ |
| Prelims  | 35 Girls 11-14 200 Freestyle       | 90      | 9 u   | 09:12 AM  | _____ |
| Prelims  | 36 Boys 11-14 200 Freestyle        | 91      | 10 u  | 09:31 AM  | _____ |
| Prelims  | 39 Girls 11-14 100 Breaststroke    | 84      | 9 u   | 09:52 AM  | _____ |
| Prelims  | 40 Boys 11-14 100 Breaststroke     | 78      | 8 u   | 10:03 AM  | _____ |
| Prelims  | 43 Girls 11-14 50 Freestyle        | 98      | 10 u  | 10:11 AM  | _____ |
| Prelims  | 44 Boys 11-14 50 Freestyle         | 116     | 12 u  | 10:19 AM  | _____ |
| Prelims  | 45 Girls 11-12 200 Backstroke      | 29      | 3 u   | 10:28 AM  | _____ |
| Prelims  | 46 Boys 11-12 200 Backstroke       | 35      | 4 u   | 10:35 AM  | _____ |
|          | Break: 5 Minutes:                  |         |       |           |       |
| Finals   | 47 Girls 13-14 200 Medley Relay    | 15      | 2 u   | 10:51 AM  | _____ |
| Finals   | 48 Boys 13-14 200 Medley Relay     | 14      | 2 u   | 10:56 AM  | _____ |
| Finals   | 49 Girls 11-12 200 Medley Relay    | 15      | 2 u   | 11:01 AM  | _____ |
| Finals   | 50 Boys 11-12 200 Medley Relay     | 12      | 2 u   | 11:06 AM  | _____ |
|          | Break: 5 Minutes:                  |         |       |           |       |
| Finals-S | 27 Girls 13-14 400 IM              | 10      | 1 u   | 11:17 AM  | _____ |
| Finals-S | 28 Boys 13-14 400 IM               | 15      | 2 u   | 11:22 AM  | _____ |
|          | Swimmers Counts for Warm-ups: 415  | =====   | ===== |           |       |
|          | Entry / Heat Totals:               | 931     | 102   |           |       |
|          | Finish Time                        |         |       | 11:33 AM  | _____ |

**2017 Gulf Long Course Age Group Champs, Sanction #: GULC17-046R1****July 7-9, 2017****Session Report**

Session: 5 Saturday PM Prelims

Day of Meet: 2 Starts at 12:35 PM Heat Interval: 15 Seconds / Back +15 Seconds

| Round   | Event                                | Entries | Heats | Starts at |       |
|---------|--------------------------------------|---------|-------|-----------|-------|
| Prelims | 29 Girls 10 & Under 100 Butterfly    | 36      | 5 u   | 12:35 PM  | _____ |
| Prelims | 30 Boys 10 & Under 100 Butterfly     | 44      | 6 u   | 12:45 PM  | _____ |
| Prelims | 33 Girls 10 & Under 200 Freestyle    | 41      | 6 u   | 12:56 PM  | _____ |
| Prelims | 34 Boys 10 & Under 200 Freestyle     | 30      | 4 u   | 01:15 PM  | _____ |
| Prelims | 37 Girls 10 & Under 100 Breaststroke | 30      | 4 u   | 01:27 PM  | _____ |
| Prelims | 38 Boys 10 & Under 100 Breaststroke  | 31      | 4 u   | 01:35 PM  | _____ |
| Prelims | 41 Girls 10 & Under 50 Freestyle     | 54      | 7 u   | 01:43 PM  | _____ |
| Prelims | 42 Boys 10 & Under 50 Freestyle      | 46      | 6 u   | 01:50 PM  | _____ |
|         | Break: 5 Minutes:                    |         |       |           |       |
| Finals  | 51 Girls 10 & Under 200 Medley Relay | 12      | 2 u   | 02:00 PM  | _____ |
| Finals  | 52 Boys 10 & Under 200 Medley Relay  | 12      | 2 u   | 02:07 PM  | _____ |
|         | Swimmers Counts for Warm-ups: 155    | =====   | ===== |           |       |
|         | Entry / Heat Totals:                 | 336     | 46    |           |       |
|         | Finish Time                          |         |       | 02:13 PM  | _____ |

**2017 Gulf Long Course Age Group Champs, Sanction #: GULC17-046R1****July 7-9, 2017****Session Report**

Session: 6 Saturday Finals

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

| Round    | Event                                | Entries | Heats | Starts at |       |
|----------|--------------------------------------|---------|-------|-----------|-------|
| Finals-1 | 27 Girls 13-14 400 IM                | 10      | 1 u   | 05:30 PM  | _____ |
| Finals-1 | 28 Boys 13-14 400 IM                 | 10      | 1 u   | 05:37 PM  | _____ |
| Finals   | 29 Girls 10 & Under 100 Butterfly    | 20      | 2 u   | 05:43 PM  | _____ |
| Finals   | 30 Boys 10 & Under 100 Butterfly     | 20      | 2 u   | 05:48 PM  | _____ |
| Finals   | 31 Girls 11-14 100 Butterfly         | 40      | 4 u   | 05:52 PM  | _____ |
| Finals   | 32 Boys 11-14 100 Butterfly          | 40      | 4 u   | 06:00 PM  | _____ |
| Finals   | 33 Girls 10 & Under 200 Freestyle    | 20      | 2 u   | 06:07 PM  | _____ |
| Finals   | 34 Boys 10 & Under 200 Freestyle     | 20      | 2 u   | 06:14 PM  | _____ |
| Finals   | 35 Girls 11-14 200 Freestyle         | 40      | 4 u   | 06:21 PM  | _____ |
| Finals   | 36 Boys 11-14 200 Freestyle          | 40      | 4 u   | 06:33 PM  | _____ |
| Finals   | 37 Girls 10 & Under 100 Breaststroke | 20      | 2 u   | 06:45 PM  | _____ |
| Finals   | 38 Boys 10 & Under 100 Breaststroke  | 20      | 2 u   | 06:50 PM  | _____ |
| Finals   | 39 Girls 11-14 100 Breaststroke      | 40      | 4 u   | 06:55 PM  | _____ |
| Finals   | 40 Boys 11-14 100 Breaststroke       | 40      | 4 u   | 07:03 PM  | _____ |
| Finals   | 41 Girls 10 & Under 50 Freestyle     | 20      | 2 u   | 07:12 PM  | _____ |
| Finals   | 42 Boys 10 & Under 50 Freestyle      | 20      | 2 u   | 07:14 PM  | _____ |
| Finals   | 43 Girls 11-14 50 Freestyle          | 40      | 4 u   | 07:17 PM  | _____ |
| Finals   | 44 Boys 11-14 50 Freestyle           | 40      | 4 u   | 07:22 PM  | _____ |
|          | Break: 5 Minutes:                    |         |       |           |       |
| Finals   | 45 Girls 11-12 200 Backstroke        | 20      | 2 u   | 07:32 PM  | _____ |
| Finals   | 46 Boys 11-12 200 Backstroke         | 20      | 2 u   | 07:39 PM  | _____ |
|          | Swimmers Counts for Warm-ups: 340    | =====   | ===== |           |       |
|          | Entry / Heat Totals:                 | 540     | 54    |           |       |
|          | Finish Time                          |         |       | 07:47 PM  | _____ |

**2017 Gulf Long Course Age Group Champs, Sanction #: GULC17-046R1****July 7-9, 2017****Session Report**

Session: 7 Sunday AM Prelims

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 15 Seconds / Chase -33

| Round    | Event                             | Entries | Heats | Starts at |       |
|----------|-----------------------------------|---------|-------|-----------|-------|
| Prelims  | 55 Girls 13-14 200 Backstroke     | 39      | 4 u   | 08:30 AM  | _____ |
| Prelims  | 56 Boys 13-14 200 Backstroke      | 42      | 5 u   | 08:40 AM  | _____ |
| Prelims  | 59 Girls 11-12 50 Backstroke      | 41      | 5 u   | 08:52 AM  | _____ |
| Prelims  | 60 Boys 11-12 50 Backstroke       | 60      | 6 u   | 08:56 AM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Prelims  | 63 Girls 11-14 100 Freestyle      | 101     | 11 u  | 09:07 AM  | _____ |
| Prelims  | 64 Boys 11-14 100 Freestyle       | 120     | 12 u  | 09:16 AM  | _____ |
| Prelims  | 67 Girls 11-12 50 Breaststroke    | 44      | 5 u   | 09:25 AM  | _____ |
| Prelims  | 68 Boys 11-12 50 Breaststroke     | 39      | 4 u   | 09:30 AM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Prelims  | 69 Girls 11-14 200 Butterfly      | 52      | 6 u   | 09:39 AM  | _____ |
| Prelims  | 70 Boys 11-14 200 Butterfly       | 50      | 5 u   | 09:54 AM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Finals   | 71 Girls 13-14 400 Medley Relay   | 13      | 2 u   | 10:11 AM  | _____ |
| Finals   | 72 Boys 13-14 400 Medley Relay    | 13      | 2 u   | 10:22 AM  | _____ |
| Finals   | 73 Girls 11-12 400 Medley Relay   | 13      | 2 u   | 10:32 AM  | _____ |
| Finals   | 74 Boys 11-12 400 Medley Relay    | 12      | 2 u   | 10:43 AM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Finals-S | 53 Girls 13-14 800 Freestyle      | 3       | 1 u   | 11:00 AM  | _____ |
| Finals-S | 54 Boys 13-14 800 Freestyle       | 3       | 1 u   | 11:10 AM  | _____ |
|          | Swimmers Counts for Warm-ups: 372 | =====   | ===== |           |       |
|          | Entry / Heat Totals:              | 645     | 73    |           |       |
|          | Finish Time                       |         |       | 11:19 AM  | _____ |

**2017 Gulf Long Course Age Group Champs, Sanction #: GULC17-046R1****July 7-9, 2017****Session Report**

Session: 8 Sunday PM Prelims

Day of Meet: 3 Starts at 12:35 PM Heat Interval: 15 Seconds / Back +15 Seconds

| <b>Round</b> | <b>Event</b>                        | <b>Entries</b> | <b>Heats</b> | <b>Starts at</b> |       |
|--------------|-------------------------------------|----------------|--------------|------------------|-------|
| Prelims      | 57 Girls 10 & Under 50 Backstroke   | 50             | 7 u          | 12:35 PM         | _____ |
| Prelims      | 58 Boys 10 & Under 50 Backstroke    | 47             | 6 u          | 12:45 PM         | _____ |
| Prelims      | 61 Girls 10 & Under 100 Freestyle   | 52             | 7 u          | 12:52 PM         | _____ |
| Prelims      | 62 Boys 10 & Under 100 Freestyle    | 36             | 5 u          | 01:04 PM         | _____ |
| Prelims      | 65 Girls 10 & Under 50 Breaststroke | 34             | 5 u          | 01:12 PM         | _____ |
| Prelims      | 66 Boys 10 & Under 50 Breaststroke  | 29             | 4 u          | 01:18 PM         | _____ |
|              | Break: 5 Minutes:                   |                |              |                  |       |
| Finals       | 75 Girls 10 & Under 400 Freestyle   | 26             | 4 u          | 01:27 PM         | _____ |
| Finals       | 76 Boys 10 & Under 400 Freestyle    | 18             | 3 u          | 01:53 PM         | _____ |
|              | Swimmers Counts for Warm-ups: 150   | =====          | =====        |                  |       |
|              | Entry / Heat Totals:                | 292            | 41           |                  |       |
|              | Finish Time                         |                |              | 02:12 PM         | _____ |

**2017 Gulf Long Course Age Group Champs, Sanction #: GULC17-046R1****July 7-9, 2017****Session Report**

Session: 9 Sunday Finals

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

| Round    | Event                               | Entries | Heats | Starts at |       |
|----------|-------------------------------------|---------|-------|-----------|-------|
| Finals-1 | 53 Girls 13-14 800 Freestyle        | 10      | 1 u   | 05:30 PM  | _____ |
| Finals-1 | 54 Boys 13-14 800 Freestyle         | 10      | 1 u   | 05:42 PM  | _____ |
| Finals   | 55 Girls 13-14 200 Backstroke       | 20      | 2 u   | 05:52 PM  | _____ |
| Finals   | 56 Boys 13-14 200 Backstroke        | 20      | 2 u   | 06:00 PM  | _____ |
| Finals   | 57 Girls 10 & Under 50 Backstroke   | 20      | 2 u   | 06:06 PM  | _____ |
| Finals   | 58 Boys 10 & Under 50 Backstroke    | 20      | 2 u   | 06:10 PM  | _____ |
| Finals   | 59 Girls 11-12 50 Backstroke        | 20      | 2 u   | 06:13 PM  | _____ |
| Finals   | 60 Boys 11-12 50 Backstroke         | 20      | 2 u   | 06:16 PM  | _____ |
|          | Break: 5 Minutes:                   |         |       |           |       |
| Finals   | 61 Girls 10 & Under 100 Freestyle   | 20      | 2 u   | 06:24 PM  | _____ |
| Finals   | 62 Boys 10 & Under 100 Freestyle    | 20      | 2 u   | 06:28 PM  | _____ |
| Finals   | 63 Girls 11-14 100 Freestyle        | 40      | 4 u   | 06:32 PM  | _____ |
| Finals   | 64 Boys 11-14 100 Freestyle         | 40      | 4 u   | 06:40 PM  | _____ |
| Finals   | 65 Girls 10 & Under 50 Breaststroke | 20      | 2 u   | 06:47 PM  | _____ |
| Finals   | 66 Boys 10 & Under 50 Breaststroke  | 20      | 2 u   | 06:50 PM  | _____ |
| Finals   | 67 Girls 11-12 50 Breaststroke      | 20      | 2 u   | 06:53 PM  | _____ |
| Finals   | 68 Boys 11-12 50 Breaststroke       | 20      | 2 u   | 06:55 PM  | _____ |
| Finals   | 69 Girls 11-14 200 Butterfly        | 40      | 4 u   | 06:58 PM  | _____ |
| Finals   | 70 Boys 11-14 200 Butterfly         | 40      | 4 u   | 07:12 PM  | _____ |
|          | Swimmers Counts for Warm-ups: 308   | =====   | ===== |           |       |
|          | Entry / Heat Totals:                | 420     | 42    |           |       |
|          | Finish Time                         |         |       | 07:25 PM  | _____ |

# WARM UP ASSIGNMENTS

## FRIDAY MORNING Warm Up

1<sup>st</sup> Warm Up – 7:25 am – 7:50 am

| Lane 1 | Lane 2 | Lane 3               | Lane 4 | Lane 5               | Lane 6 | Lane 7               | Lane 8 | Lane 9              | Lane 10              |
|--------|--------|----------------------|--------|----------------------|--------|----------------------|--------|---------------------|----------------------|
| CFSC   | CFSC   | CFSC<br>AQUA<br>TYES | KATY   | KATY<br>LJAC<br>COOG | SSAN   | SSAN<br>RICE<br>CATS | MAC    | AGS<br>ESCA<br>MARC | PACK<br>PLAT<br>SCAT |

2<sup>nd</sup> Warm Up – 7:50 am – 8:15 am

| Lane 1 | Lane 2               | Lane 3 | Lane 4               | Lane 5 | Lane 6             | Lane 7              | Lane 8             | Lane 9               | Lane 10           |
|--------|----------------------|--------|----------------------|--------|--------------------|---------------------|--------------------|----------------------|-------------------|
| TSWT   | TWST<br>TTST<br>TASC | DADS   | DADS<br>PEAK<br>BATS | FCST   | SSS<br>SST<br>BLST | HCAP<br>ECS<br>ALAC | SHAC<br>ESA<br>PFL | SHRK<br>FINS<br>NOCH | BTA<br>STA<br>SPA |

## FRIDAY AFTERNOON Warm Up

1<sup>st</sup> Warm Up – 12:00 pm – 12:25 pm

| Lane 1 | Lane 2                      | Lane 3 | Lane 4                      | Lane 5                    | Lane 6                      | Lane 7               | Lane 8                     | Lane 9                       | Lane 10                      |
|--------|-----------------------------|--------|-----------------------------|---------------------------|-----------------------------|----------------------|----------------------------|------------------------------|------------------------------|
| CFSC   | CFSC<br>SHRK<br>BATS<br>SPA | TWST   | TWST<br>AQUA<br>ESA<br>FINS | AGS<br>SSS<br>RICE<br>ECS | FCST<br>BTA<br>TYES<br>LIFE | DADS<br>HCAP<br>SCAT | ESCA<br>MAC<br>300<br>SWAT | KATY<br>CATS<br>ALAC<br>PACK | SSAN<br>PLAT<br>PEAK<br>TTST |

## FRIDAY FINALS Warm Up

OPEN Warm Up – 4:30pm – 5:15pm

## SATURDAY MORNING Warm Up

1<sup>st</sup> Warm Up – 7:25 am – 7:50 am

| Lane 1 | Lane 2      | Lane 3 | Lane 4               | Lane 5 | Lane 6              | Lane 7               | Lane 8              | Lane 9              | Lane 10             |
|--------|-------------|--------|----------------------|--------|---------------------|----------------------|---------------------|---------------------|---------------------|
| TWST   | TWST<br>SST | FCST   | FCST<br>PEAK<br>FINS | DADS   | DADS<br>ESA<br>BLST | BTA<br>L JAC<br>ALAC | SSS<br>AQUA<br>TTST | SHAC<br>STA<br>NOCH | HCAP<br>ECS<br>PLAT |

2<sup>nd</sup> Warm Up – 7:50 am – 8:15 am

| Lane 1 | Lane 2 | Lane 3               | Lane 4 | Lane 5              | Lane 6 | Lane 7               | Lane 8               | Lane 9              | Lane 10             |
|--------|--------|----------------------|--------|---------------------|--------|----------------------|----------------------|---------------------|---------------------|
| CFSC   | CFSC   | CFSC<br>SHRK<br>TASC | KATY   | KATY<br>SPA<br>COOG | SSAN   | SSAN<br>RICE<br>BATS | PACK<br>TYES<br>ESCA | MAC<br>MARC<br>HUNT | AGS<br>CATS<br>SCAT |

## SATURDAY AFTERNOON Warm Up

1<sup>st</sup> Warm Up – 12:00 pm – 12:25 pm

| Lane 1 | Lane 2                       | Lane 3 | Lane 4                     | Lane 5                       | Lane 6                    | Lane 7                      | Lane 8                      | Lane 9                       | Lane 10                    |
|--------|------------------------------|--------|----------------------------|------------------------------|---------------------------|-----------------------------|-----------------------------|------------------------------|----------------------------|
| CFSC   | CFSC<br>DADS<br>SWAT<br>ALAC | TWST   | TWST<br>ESCA<br>SPA<br>300 | FCST<br>COOG<br>PACE<br>VSST | BTA<br>SHRK<br>SSS<br>AGS | SSAN<br>RICE<br>BATS<br>ECS | KATY<br>MAC<br>FINS<br>LIFE | HCAP<br>CATS<br>TTST<br>PACK | AQUA<br>ESA<br>TYES<br>PFL |

## SATURDAY FINALS Warm Up

OPEN Warm Up – 4:30pm – 5:15pm

## SUNDAY MORNING Warm Up

1<sup>st</sup> Warm Up – 7:25 am – 7:50 am

| Lane 1 | Lane 2 | Lane 3               | Lane 4 | Lane 5              | Lane 6 | Lane 7               | Lane 8      | Lane 9      | Lane 10             |
|--------|--------|----------------------|--------|---------------------|--------|----------------------|-------------|-------------|---------------------|
| CFSC   | CFSC   | CFSC<br>SHRK<br>HUNT | KATY   | KATY<br>ECS<br>TTST | SSAN   | SSAN<br>FINS<br>BATS | AGS<br>TYES | MAC<br>MARC | PACK<br>SPA<br>TASC |

2<sup>nd</sup> Warm Up – 7:50 am – 8:15 am

| Lane 1 | Lane 2 | Lane 3 | Lane 4                | Lane 5       | Lane 6            | Lane 7               | Lane 8              | Lane 9              | Lane 10             |
|--------|--------|--------|-----------------------|--------------|-------------------|----------------------|---------------------|---------------------|---------------------|
| TWST   | TWST   | DADS   | DADS<br>PEAK<br>L JAC | FCST<br>NOCH | BTA<br>SST<br>PFL | HCAP<br>ALAC<br>ESCA | SSS<br>AQUA<br>PLAT | SHAC<br>COOG<br>STA | ESA<br>RICE<br>CATS |

## SUNDAY AFTERNOON Warm Up

1<sup>st</sup> Warm Up – 12:00 pm – 12:25 pm

| Lane 1 | Lane 2                     | Lane 3 | Lane 4                     | Lane 5               | Lane 6               | Lane 7              | Lane 8                      | Lane 9                      | Lane 10                     |
|--------|----------------------------|--------|----------------------------|----------------------|----------------------|---------------------|-----------------------------|-----------------------------|-----------------------------|
| CFSC   | CFSC<br>BATS<br>ECS<br>SPA | TWST   | TWST<br>BTA<br>CATS<br>SSS | FCST<br>COOG<br>FINS | KATY<br>AQUA<br>PEAK | SSAN<br>AGS<br>PACK | DADS<br>SHRK<br>RICE<br>PFL | ESCA<br>ESA<br>TTST<br>ALAC | HCAP<br>MAC<br>TYES<br>PACE |

## SUNDAY FINALS Warm Up

OPEN Warm Up – 4:30pm – 5:15pm

**Friday, July 7<sup>th</sup> — First AM Session —  
Locker Room End**

**\*\*Swimmers provide their own timers and lap counters for 400 & above events\*\***

| Chair | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10 |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| 1     | FINS   | TWST   | TWST   | CFSC   | CFSC   | KATY   | FCST   | PACK   | BTA    | AQUA    |
| 2     | ESA    | DADS   | TWST   | CFSC   | CFSC   | KATY   | FCST   | PACK   | SHRK   | SSAN    |

**Friday, July 7<sup>th</sup> — First AM Session —  
Field End**

**\*\*Swimmers provide their own timers and lap counters for 400 & above events\*\***

| Chair | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10 |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| 1     | SSS    | DADS   | TWST   | CFSC   | CFSC   | KATY   | MAC    | AGS    | PEAK   | RICE    |
| 2     | HCAP   | DADS   | TWST   | CFSC   | CFSC   | KATY   | MAC    | AGS    | COOG   | SSAN    |

**Friday, July 7<sup>th</sup> — Second PM Session —  
Locker Room End**

**\*\*Swimmers provide their own timers and lap counters for 400 & above events\*\***

| Chair | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10 |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| 1     | FCST   | SSAN   | MAC    | CFSC   | TWST   | ESCA   | HCAP   | DADS   | Buffer | W/U     |
| 2     | FCST   | SSAN   | ESA    | CFSC   | TWST   | KATY   | AQUA   | CATS   | Lane   | W/D     |

**Friday Finals Third Session — Open Lane Timing**

**Saturday, Jul 8<sup>th</sup> — Fourth AM Session —  
Locker Room End**

**\*\*Swimmers provide their own timers and lap counters for 400 & above events\*\***

| Chair | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10 |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| 1     | BTA    | AGS    | KATY   | CFSC   | CFSC   | TWST   | FCST   | DADS   | USHAC  | RICE    |
| 2     | HCAP   | AGS    | KATY   | CFSC   | CFSC   | TWST   | FCST   | DADS   | SSS    | ESA     |

**Saturday, July 8<sup>th</sup> — Fourth AM Session —  
Field End**

**\*\*Swimmers provide their own timers and lap counters for 400 & above events\*\***

| Chair | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10 |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| 1     | PEAK   | PACK   | KATY   | CFSC   | CFSC   | TWST   | FCST   | SSAN   | MAC    | ECS     |
| 2     | SHRK   | PACK   | KATY   | CFSC   | TWST   | TWST   | DADS   | SSAN   | MAC    | FINS    |

**Saturday, July 8<sup>th</sup> — Fifth PM Session —  
Locker Room End**

**\*\*Swimmers provide their own timers and lap counters for 400 & above events\*\***

| Chair | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10 |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| 1     | CATS   | ESCA   | TWST   | TWST   | CFSC   | FCST   | DADS   | ESA    | Buffer | W/U     |
| 2     | MAC    | AGS    | TWST   | CFSC   | CFSC   | SSAN   | KATY   | HCAP   | Lane   | W/D     |

**Saturday Finals Sixth Session — Open Lane Timing**

**Sunday, July 9<sup>th</sup> — Seventh AM Session —  
Locker Room End**

**\*\*Swimmers provide their own timers and lap counters for 400 & above events\*\***

| Chair    | Lane 1     | Lane 2      | Lane 3      | Lane 4      | Lane 5      | Lane 6      | Lane 7      | Lane 8      | Lane 9      | Lane 10    |
|----------|------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|------------|
| <b>1</b> | <b>AGS</b> | <b>SSAN</b> | <b>KATY</b> | <b>CFSC</b> | <b>CFSC</b> | <b>TWST</b> | <b>DADS</b> | <b>PACK</b> | <b>HCAP</b> | <b>MAC</b> |
| <b>2</b> | <b>AGS</b> | <b>ESA</b>  | <b>KATY</b> | <b>CFSC</b> | <b>CFSC</b> | <b>TWST</b> | <b>FCST</b> | <b>PACK</b> | <b>MAC</b>  | <b>ECS</b> |

**Sunday, July 9<sup>th</sup> — Seventh AM Session —  
Field End**

**\*\*Swimmers provide their own timers and lap counters for 400 & above events\*\***

| Chair    | Lane 1       | Lane 2      | Lane 3      | Lane 4      | Lane 5      | Lane 6      | Lane 7      | Lane 8      | Lane 9      | Lane 10     |
|----------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>1</b> | <b>SSS</b>   | <b>SSAN</b> | <b>KATY</b> | <b>CFSC</b> | <b>CFSC</b> | <b>DADS</b> | <b>FCST</b> | <b>BTA</b>  | <b>RICE</b> | <b>FINS</b> |
| <b>2</b> | <b>USHAC</b> | <b>SSAN</b> | <b>KATY</b> | <b>TWST</b> | <b>TWST</b> | <b>DADS</b> | <b>BTA</b>  | <b>PEAK</b> | <b>SHRK</b> | <b>BATS</b> |

**Sunday, July 9<sup>th</sup> — Eighth PM Session —  
Locker Room End**

**\*\*Swimmers provide their own timers and lap counters for 400 & above events\*\***

| Chair    | Lane 1      | Lane 2      | Lane 3      | Lane 4      | Lane 5      | Lane 6      | Lane 7      | Lane 8     | Lane 9        | Lane 10    |
|----------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|------------|---------------|------------|
| <b>1</b> | <b>SHRK</b> | <b>MAC</b>  | <b>CFSC</b> | <b>SSAN</b> | <b>TWST</b> | <b>DADS</b> | <b>ESCA</b> | <b>AGS</b> | <b>Buffer</b> | <b>W/U</b> |
| <b>2</b> | <b>KATY</b> | <b>HCAP</b> | <b>CFSC</b> | <b>SSAN</b> | <b>TWST</b> | <b>FCST</b> | <b>ESA</b>  | <b>BTA</b> | <b>Lane</b>   | <b>W/D</b> |

**Sunday Final Ninth Session — Open Lane Timing**