

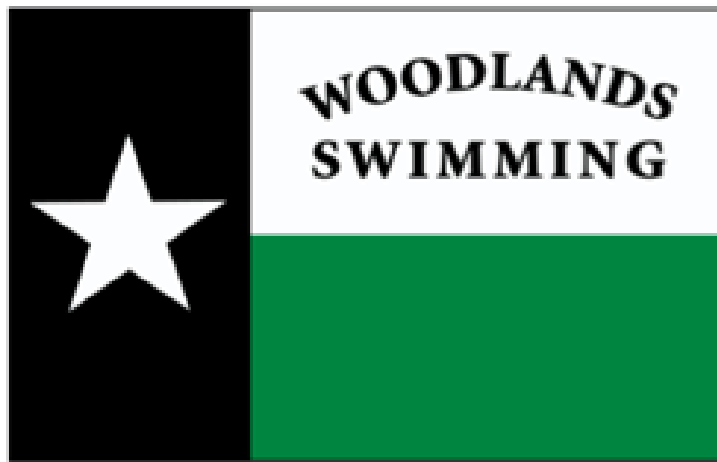
GULF SENIOR CHAMPS

July 14-16, 2017

A Long Course Meters Prelim-Finals Meet

Hosted By

THE WOODLANDS SWIM TEAM



Sanction No. GULC 17-021R2

Warm-ups, Timing Chair Assignments and Timelines

MEET REFEREE:	Claude Humbert
ADMIN OFFICIAL:	Robin Gawronska
MEET DIRECTOR:	Monica Lopez
SAFETY MARSHAL:	Pati Bryant
COACH(ES):	Andy Pym

Team Athlete Count

2017 LC Gulf Senior Champs Hosted by TWST

	Team	Female	Male	Total Athletes	Entries	Relay	Total
1	AGS-GU Aggie Swim Club	3	3	6	33	0	33
2	ALAC-GU Alief Aquatic Club	1	0	1	7	0	7
3	AQUA-GU Aquastar	2	2	4	27	0	27
4	BTA-GU Blue Tide Aquatics	7	11	18	102	6	108
5	BBSC-GU Brenham Swim Club	0	2	2	17	0	17
6	CATS-GU Conroe Area Team Swimmers	1	0	1	7	0	7
7	CFSC-GU Cypress Fairbanks Swim Club	9	7	16	97	4	101
8	DADS-GU Dads Club Swim Team	10	8	18	104	0	104
9	ESA-GU Eagle Swimming Association	6	6	12	60	0	60
10	ECS-GU Energy Core Swimming	1	2	3	18	0	18
11	FCST-GU First Colony Swim Team	11	9	20	107	0	107
12	HCAP-GU Harris County Aquatics Program	2	5	7	45	2	47
13	COOG-GU Houston Cougars	4	2	6	33	2	35
14	HUNT-GU Huntsville Nadadores Swim Club	1	0	1	6	0	6
15	KATY-GU Katy Aquatics	15	21	36	286	10	296
16	MAC-GU Magnolia Aquatic Club	14	6	20	110	0	110
17	UMAC-GU Magnolia Aquatic Club-UnAtt	3	1	4	24	0	24
18	NOCH-GU North Channel Aquatics	0	2	2	11	0	11
19	PACE-GU Pacesetters Aquatic Club	0	1	1	3	0	3
20	PEAK-GU Pearland Aquatics	7	5	12	77	0	77
21	PLAT-GU Platinum Aquatics	1	1	2	12	0	12
22	PFL-GU Power for Life	5	0	5	28	2	30
23	PACK-GU Premier Aquatics	10	9	19	116	6	122
24	RICE-GU Rice Aquatics	9	9	18	129	8	137
25	SHAC-GU Shac	0	0	0	0	0	0
26	USHAC-GU Shac - UnAtt	13	10	23	130	0	130
27	SHRK-GU Sharks Swim Club	4	6	10	57	0	57
28	SPA-GU Sienna Plantation Aquatics	3	4	7	63	2	65
29	SSS-GU South Shore Sails	6	7	13	83	4	87
30	STA-GU South Texas Aquatics	3	4	7	25	0	25
31	SWAT-GU Southwestern Aquatics Team - S	2	6	8	42	2	44
32	SST-GU Spring Swim Team	3	3	6	35	0	35
33	SSAN-GU Swim Streamline at Northampton	9	7	16	97	6	103
34	USSAN-GU Swim Streamline at North-UnAtt	1	0	1	6	0	6
35	FINS-GU TeamFINS	4	7	11	77	4	81
36	TTST-GU Texas Terrapins Swim Team	1	2	3	9	0	9
37	UTWST-GU The Woodlands - UnAtt	0	1	1	4	0	4
38	TWST-GU The Woodlands Swim Team	16	23	39	202	12	214
39	UNAT Unattached	0	0	0	0	0	0
40	UBATS-GU Unattached Bridge Bats	0	1	1	8	0	8
		187	193	380	2297	70	2367

Open Warm-ups in effect for All Sessions

	<u>Date</u>	<u>Warm-ups</u>	<u>Session Start</u>
Session 1	Friday, July 16 th prelims	7:30 am	9:00 am
Session 2	Friday, July 16 th finals	4:30 pm	5:30 pm
Session 3	Saturday, July 17 th prelims	7:30 am	9:00 am
Session 4	Saturday, July 17 th finals	4:30 pm	5:30 pm
Session 5	Sunday, July 18 th prelims	7:30 am	9:00 am
Session 6	Sunday, July 18 th finals	4:30 pm	5:30 pm

Prelims

7:30 - 8:30 am --- Open Warm-ups

**8:30 - 8:45 am --- Sprint/Pace Lanes 1 & 8
Dive Lanes 2 & 7 (One way starts)**

Positive check in is required for all events. Coaches and swimmers are asked to circle in by 45 minutes prior to the start of each prelim session. After the events are officially closed, no one may check-in or scratch.

The **1500 free** will be swum as timed finals. At check-in, swimmers may elect to swim the event during prelims. The fastest 8 girls and the fastest 8 boys in each event who check in, and who do not elect to swim in prelims, will swim during finals. All other heats will be swum during prelims, alternating girls and boys.

The prelim sessions will be run utilizing chase starts, alternating odd (scoreboard) and even (bulkhead) heats for individual events of 100 and 200 meters. For events less than 400 meters, all girls' heats will be swum first, followed by all boys' heats.

All **50 meter events** will start from the East (bulkhead) end of the pool.

The **400 free/400 IM** heats swum during prelims: the first three heats of girls will swim, then the first three heats of boys. After that, the heats will swim alternating one girls' heat then one boys' heat. Girls' heats will start at the West (scoreboard) end of the pool and the boys' heats will start at the East (bulkhead) end of the pool.

Finals

4:30 - 5:10 pm --- Open Warm-ups

**5:10 - 5:20 am --- Sprint/Pace Lanes 1 & 8
Dive Lanes 2 & 7 (One way starts)**

Lane Timer Assignments

Prelims

Timers please report to timing chair at 8:45 am each morning

Friday, July 14, 2017

West End - Scoreboard								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	BTA	DADS	PACK	SSAN	SSS	PEAK	SHARK	SPA
Chair 2	BTA	DADS	PACK	SSAN	FINS	ESA	HCAP	STA

East End - Bulkhead								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	MAC	RICE	CFSC	TWST	KATY	KATY	SHAC	FCST
Chair 2	MAC	RICE	CFSC	TWST	KATY	KATY	SHAC	FCST

Saturday, July 15, 2017

West End - Scoreboard								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	BTA	DADS	PACK	SSAN	SSS	PEAK	SHRK	SPA
Chair 2	BTA	DADS	PACK	SSAN	FINS	ESA	HCAP	SWAT

East End - Bulkhead								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	MAC	RICE	CFSC	TWST	TWST	KATY	SHAC	FCST
Chair 2	MAC	RICE	CFSC	TWST	KATY	KATY	SHAC	FCST

Sunday, July 16, 2017

West End - Scoreboard								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	BTA	DADS	PACK	SSAN	SSS	PEAK	SHRK	SPA
Chair 2	BTA	DADS	PACK	SSAN	FINS	ESA	HCAP	SWAT

East End - Bulkhead								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	MAC	RICE	CFSC	TWST	TWST	KATY	KATY	SHAC
Chair 2	MAC	RICE	CFSC	TWST	TWST	KATY	KATY	SHAC

Swimmers in the 400/1500 Free and 400 IM must provide 2 timers and a lap counter where applicable.

FINALS

Timers Needed for ALL Lanes

Come on Down... It's the Best Seat in the House!

TIMELINE

Friday, July 14, 2017

Session: 1 Friday Prelims

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 15 Seconds / Chase -20

Round	Event	Entries	Heats		Starts at		
Prelims	1	Girls 13 & Over 200 Freestyle	126	16	u	09:00 AM	_____
Prelims	2	Boys 13 & Over 200 Freestyle	122	16	u	09:36 AM	_____
Prelims	3	Girls 13 & Over 100 Breaststroke	53	7	u	10:08 AM	_____
Prelims	4	Boys 13 & Over 100 Breaststroke	53	7	u	10:18 AM	_____
Prelims	5	Girls 13 & Over 100 Butterfly	94	12	u	10:26 AM	_____
Prelims	6	Boys 13 & Over 100 Butterfly	102	13	u	10:39 AM	_____
Prelims	7	Girls 13 & Over 50 Backstroke	49	7	u	10:52 AM	_____
Prelims	8	Boys 13 & Over 50 Backstroke	51	7	u	10:58 AM	_____
Prelims	9	Girls 13 & Over 400 IM	46	6	u	11:03 AM	_____
Prelims	10	Boys 13 & Over 400 IM	35	5	u	11:36 AM	_____
		Swimmers Counts for Warm-ups: 340	=====	=====			
		Entry / Heat Totals:	731	96			
		Finish Time				12:01 PM	_____

Session: 2 Friday Finals

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 75 Seconds

Round	Event	Entries	Heats		Starts at		
Finals	1	Girls 13 & Over 200 Freestyle	32	4	u	05:30 PM	_____
Finals	2	Boys 13 & Over 200 Freestyle	32	4	u	05:44 PM	_____
Finals	3	Girls 13 & Over 100 Breaststroke	32	4	u	05:57 PM	_____
Finals	4	Boys 13 & Over 100 Breaststroke	32	4	u	06:07 PM	_____
Finals	5	Girls 13 & Over 100 Butterfly	32	4	u	06:17 PM	_____
Finals	6	Boys 13 & Over 100 Butterfly	32	4	u	06:27 PM	_____
Finals	7	Girls 13 & Over 50 Backstroke	32	4	u	06:36 PM	_____
Finals	8	Boys 13 & Over 50 Backstroke	32	4	u	06:43 PM	_____
Finals	9	Girls 13 & Over 400 IM	32	4	u	06:50 PM	_____
Finals	10	Boys 13 & Over 400 IM	32	4	u	07:16 PM	_____
Finals	11	Girls 13 & Over 400 Freestyle Relay	21	3	u	07:41 PM	_____
Finals	12	Boys 13 & Over 400 Freestyle Relay	19	3	u	07:58 PM	_____
		Swimmers Counts for Warm-ups: 263	=====	=====			
		Entry / Heat Totals:	355	46			
		Finish Time				08:13 PM	_____

Saturday, July 15, 2017

Session: 3 Saturday Prelims

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

Round		Event	Entries	Heats		Starts at	
Prelims	13	Girls 13 & Over 200 Butterfly	47	6	u	09:00 AM	_____
Prelims	14	Boys 13 & Over 200 Butterfly	50	7	u	09:15 AM	_____
Prelims	15	Girls 13 & Over 50 Freestyle	135	17	u	09:31 AM	_____
Prelims	16	Boys 13 & Over 50 Freestyle	131	17	u	09:44 AM	_____
Prelims	17	Girls 13 & Over 200 Breaststroke	42	6	u	09:56 AM	_____
Prelims	18	Boys 13 & Over 200 Breaststroke	40	5	u	10:14 AM	_____
Prelims	19	Girls 13 & Over 100 Backstroke	92	12	u	10:28 AM	_____
Prelims	20	Boys 13 & Over 100 Backstroke	76	10	u	10:42 AM	_____
Prelims	21	Girls 13 & Over 400 Freestyle	79	10	u	10:53 AM	_____
Prelims	22	Boys 13 & Over 400 Freestyle	87	11	u	11:40 AM	_____
		Swimmers Counts for Warm-ups: 363	=====	=====			
		Entry / Heat Totals:	772	101			
		Finish Time				12:28 PM	_____

Session: 4 Saturday Finals

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

Round		Event	Entries	Heats		Starts at	
Finals	13	Girls 13 & Over 200 Butterfly	32	4	u	05:30 PM	_____
Finals	14	Boys 13 & Over 200 Butterfly	32	4	u	05:45 PM	_____
Finals	15	Girls 13 & Over 50 Freestyle	32	4	u	05:59 PM	_____
Finals	16	Boys 13 & Over 50 Freestyle	32	4	u	06:06 PM	_____
Finals	17	Girls 13 & Over 200 Breaststroke	32	4	u	06:13 PM	_____
Finals	18	Boys 13 & Over 200 Breaststroke	32	4	u	06:29 PM	_____
Finals	19	Girls 13 & Over 100 Backstroke	32	4	u	06:45 PM	_____
Finals	20	Boys 13 & Over 100 Backstroke	32	4	u	06:54 PM	_____
Finals	21	Girls 13 & Over 400 Freestyle	32	4	u	07:04 PM	_____
Finals	22	Boys 13 & Over 400 Freestyle	32	4	u	07:27 PM	_____
Finals	23	Girls 13 & Over 400 Medley Relay	20	3	u	07:49 PM	_____
Finals	24	Boys 13 & Over 400 Medley Relay	19	3	u	08:08 PM	_____
		Swimmers Counts for Warm-ups: 268	=====	=====			
		Entry / Heat Totals:	355	46			
		Finish Time				08:24 PM	_____

Sunday, July 16, 2017

Session: 5 Sunday Prelims

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

Round	Event	Entries	Heats		Starts at		
Prelims	25	Girls 13 & Over 100 Freestyle	135	17	u	09:00 AM	_____
Prelims	26	Boys 13 & Over 100 Freestyle	144	18	u	09:17 AM	_____
Prelims	27	Girls 13 & Over 200 Backstroke	55	7	u	09:33 AM	_____
Prelims	28	Boys 13 & Over 200 Backstroke	49	7	u	09:51 AM	_____
Prelims	29	Girls 13 & Over 50 Butterfly	50	7	u	10:08 AM	_____
Prelims	30	Boys 13 & Over 50 Butterfly	68	9	u	10:14 AM	_____
Prelims	31	Girls 13 & Over 200 IM	88	11	u	10:21 AM	_____
Prelims	32	Boys 13 & Over 200 IM	86	11	u	10:49 AM	_____
Prelims	33	Girls 13 & Over 50 Breaststroke	36	5	u	11:14 AM	_____
Prelims	34	Boys 13 & Over 50 Breaststroke	40	5	u	11:19 AM	_____
Finals-S	35	Girls 13 & Over 1500 Freestyle	16	2	u	11:23 AM	_____
Finals-S	36	Boys 13 & Over 1500 Freestyle	18	3	u	12:01 PM	_____
		Swimmers Counts for Warm-ups: 339	=====	=====			
		Entry / Heat Totals:	778	102			
		Finish Time				12:54 PM	_____

Session: 6 Sunday Finals

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

Round	Event	Entries	Heats		Starts at		
Finals	25	Girls 13 & Over 100 Freestyle	32	4	u	05:30 PM	_____
Finals	26	Boys 13 & Over 100 Freestyle	32	4	u	05:40 PM	_____
Finals-1	35	Girls 13 & Over 1500 Freestyle	8	1	u	05:48 PM	_____
Finals	27	Girls 13 & Over 200 Backstroke	32	4	u	06:08 PM	_____
Finals	28	Boys 13 & Over 200 Backstroke	32	4	u	06:23 PM	_____
Finals-1	36	Boys 13 & Over 1500 Freestyle	8	1	u	06:38 PM	_____
Finals	29	Girls 13 & Over 50 Butterfly	32	4	u	06:57 PM	_____
Finals	30	Boys 13 & Over 50 Butterfly	32	4	u	07:04 PM	_____
Finals	31	Girls 13 & Over 200 IM	32	4	u	07:11 PM	_____
Finals	32	Boys 13 & Over 200 IM	32	4	u	07:26 PM	_____
Finals	33	Girls 13 & Over 50 Breaststroke	32	4	u	07:40 PM	_____
Finals	34	Boys 13 & Over 50 Breaststroke	32	4	u	07:47 PM	_____
		Swimmers Counts for Warm-ups: 257	=====	=====			
		Entry / Heat Totals:	336	42			
		Finish Time				07:55 PM	_____