

**2017 Southern Zone Senior LC Championships - 8/1/2017 to 8/5/2017**  
**Session Report**

Session: 1A Tuesday - 800M Free

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 800 Freestyle	58	8	02:00 PM	_____
Finals	2 Men 800 Freestyle	72	9	02:09 PM	_____
	**** 800 Free Awards ****				
	Swimmers Counts for Warm-ups: 130	=====	=====		
	Entry / Heat Totals:	130	17		
	Finish Time			04:49 PM	_____

Session: 1B Tuesday - 200M Relays

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

Round	Event	Entries	Heats	Starts at	
Finals	3 Women 200 Medley Relay	43	6	06:00 PM	_____
Finals	4 Men 200 Medley Relay	43	6	06:23 PM	_____
	**** Break: 10 Minutes – Medley Relay Awards ****				
Finals	5 Women 200 Freestyle Relay	42	6	06:52 PM	_____
Finals	6 Men 200 Freestyle Relay	43	6	07:07 PM	_____
	**** Break: 10 Minutes – Free Relay Awards ****				
Finals	7 Mixed 200 Medley Relay	45	6	07:31 PM	_____
Finals	8 Mixed 200 Freestyle Relay	43	6	07:48 PM	_____
	**** Mixed Relay Awards ****				
	Swimmers Counts for Warm-ups: 321	=====	=====		
	Entry / Heat Totals:	259	36		
	Finish Time			08:02 PM	_____

**800 FREE:** The 800 Free will be swum, fastest to slowest, alternating women's and men's heats. Swimmers must provide their own timers and lap counters. **Positive check-in deadline – 1:15 p.m.**

**RELAYS:** Heats of the men's and women's relay events will be swum as follows – the 2<sup>nd</sup> fastest heat of women, then the fastest heat of women, then the 2<sup>nd</sup> fastest heat of men, then the fastest heat of men and then alternating one heat of women and one heat of men in the order of fastest to slowest. Mixed relays will be swum with heats in the order of fastest to slowest. **All Relay Cards due by 5:00 p.m.**

**AWARDS CEREMONIES:** Awards will be presented immediately following each event. The coach of the winning swimmer / relay team may present the awards.

**GENERAL MEETING:** All swimmers must be represented at a general meeting to be held August 1, 2017 after the completion of Tuesday's events in Room 281, located upstairs behind the spectator seating area. Any changes to the conduct of the meet will be decided at this meeting. It is each swimmer's and coach's responsibility to be aware of any changes made during this meeting.

**SCRATCH BOX:** Scratches for Wednesday's events due by the conclusion of the General Meeting.

**TEAM WARM-UP:** The competition pool will remain open until 9:00 p.m.

**2017 Southern Zone Senior LC Championships - 8/1/2017 to 8/5/2017**  
**Session Report**

Session: 2 Wednesday - Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Chase -35

Round	Event	Entries	Heats	Starts at	
Prelims	9 Women 100 Freestyle	225	29	09:00 AM	_____
Prelims	10 Men 100 Freestyle	230	29	09:24 AM	_____
Prelims	11 Women 200 Breaststroke	71	9	09:45 AM	_____
Prelims	12 Men 200 Breaststroke	76	10	10:09 AM	_____
Prelims	13 Women 200 Backstroke	102	13	10:34 AM	_____
Prelims	14 Men 200 Backstroke	86	11	11:04 AM	_____
Prelims	15 Women 200 Butterfly	66	9	11:28 AM	_____
Prelims	16 Men 200 Butterfly	79	10	11:49 AM	_____
Prelims	17 Women 50 Breaststroke	63	8	12:10 PM	_____
Prelims	18 Men 50 Breaststroke	58	8	12:18 PM	_____
	Swimmers Counts for Warm-ups: 671	=====	=====		
	Entry / Heat Totals:	1,056	136		
	Finish Time			12:26 PM	_____

**SEEDING:** Preliminary heats will be seeded in the order of fastest to slowest.

**CHASE STARTS:** 100 and 200 meter events will be run utilizing chase starts alternating odd and even heats, and in event order. Odd heats will start from the Dive Well end of the pool. Even heats will start from the Lobby end of the pool.

**50 METER EVENTS:** All heats of 50 meter events will start from the Lobby end of the pool.

**TEAM TIMING:** Teams please follow the published timing assignments for each preliminary session. However, anyone is welcome to help with lane timing. Please access the deck 15 minutes prior to the start of the session (8:45 a.m.). Timers will be offered drinks, snacks and receive a **free meet t-shirt**.

**TIME TRIALS:** Time trial entries are **due by 11:00 a.m.** Swimmers must provide their own timers.

**ON-DECK ENTRIES:** **Close at 8:15 a.m.** Swimmers will be plugged into empty lanes.

**MEET PROGRAMS:** Will be posted on the Gulf Swimming webpage the evening prior, go to [www.gulfswimming.org](http://www.gulfswimming.org) Paper copies will not be sold/available to spectators.

**2017 Southern Zone Senior LC Championships - 8/1/2017 to 8/5/2017**  
**Session Report**

Session: 3 Wednesday - Finals

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 45 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	9 Women 100 Freestyle *** Awards Break W100 Free ***	32	4 u	05:30 PM	_____
Finals	10 Men 100 Freestyle *** Awards Break M100 Free ***	32	4 u	05:40 PM	_____
Finals	11 Women 200 Breaststroke *** Awards Break W200 Breast ***	32	4 u	05:50 PM	_____
Finals	12 Men 200 Breaststroke *** Awards Break M200 Breast ***	32	4 u	06:07 PM	_____
Finals	13 Women 200 Backstroke *** Awards Break W200 Back ***	32	4 u	06:23 PM	_____
Finals	14 Men 200 Backstroke *** Awards Break M200 Back ***	32	4 u	06:39 PM	_____
Finals	15 Women 200 Butterfly *** Awards Break W200 Fly ***	32	4 u	06:54 PM	_____
Finals	16 Men 200 Butterfly *** Awards Break M200 Fly ***	32	4 u	07:10 PM	_____
Finals	17 Women 50 Breaststroke *** Awards Break W50 Breast ***	32	4 u	07:24 PM	_____
Finals	18 Men 50 Breaststroke *** Awards Break M50 Breast ***	32	4 u	07:33 PM	_____
Finals	19 Women 800 Freestyle Relay Swimmers Counts for Warm-ups: 335	40	5 u	07:42 PM	_____
	Entry / Heat Totals:	=====	=====		
	Finish Time	360	45	08:33 PM	_____

**RELAYS:** Relays heats will be swum in the order of fastest to slowest. **Relay Cards due by 4:45 p.m.**

**AWARDS CEREMONIES:** Awards will be presented immediately following each event. The coach of the winning swimmer / relay team may present the awards.

**SCRATCH BOX:** Scratches for Thursday's events are **due by 7:00 p.m.**

**2017 Southern Zone Senior LC Championships - 8/1/2017 to 8/5/2017**  
**Session Report**

Session: 4 Thursday - Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Chase -35

Round	Event	Entries	Heats	Starts at
Prelims	21 Women 50 Backstroke	65	9	09:00 AM
Prelims	22 Men 50 Backstroke	56	7	09:09 AM
Prelims	23 Women 200 Freestyle	198	25	09:15 AM
Prelims	24 Men 200 Freestyle	225	29	10:07 AM
Prelims	25 Women 400 IM	85	11	11:01 AM
Prelims	26 Men 400 IM	88	11	11:06 AM
Prelims	27 Women 50 Butterfly	92	12	12:52 PM
Prelims	28 Men 50 Butterfly	81	11	01:04 PM
	Swimmers Counts for Warm-ups: 620	=====	=====	
	Entry / Heat Totals:	890	115	
	Finish Time			01:14 PM

**400 IM: Positive check-in deadline – 8:15 a.m.**

**SEEDING:** Preliminary heats will be seeded in the order of fastest to slowest.

**50 METER EVENTS:** All heats of 50 meter events will start from the Lobby end of the pool.

**CHASE STARTS:**

The 200 freestyle will be swum utilizing chase starts alternating odd and even heats, and in event order. Odd heats will start from the Dive Well end of the pool. Even heats will start from the Lobby end of the pool.

The 400 IM will be swum utilizing chase starts alternating women's and men's heats. Women's heats will start from the Dive Well end of the pool and men's heats will start from the Lobby end of the pool

**TEAM TIMING:** Teams please follow the published timing assignments for each preliminary session. However, anyone is welcome to help with lane timing. Please access the deck 15 minutes prior to the start of the session (8:45 a.m.). Timers will be offered drinks, snacks and receive a **free meet t-shirt**.

**TIME TRIALS:** Time trial entries are **due by 11:00 a.m.** Swimmers must provide their own timers.

**ON-DECK ENTRIES:** **Close at 8:15 a.m.** Swimmers will be plugged into empty lanes.

**2017 Southern Zone Senior LC Championships - 8/1/2017 to 8/5/2017**  
**Session Report**

Session: 5 Thursday - Finals

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 45 Seconds

Round	Event	Entries	Heats	Starts at
Finals	21 Women 50 Backstroke *** Awards Break W50 Back ***	32	4 u	05:30 PM
Finals	22 Men 50 Backstroke *** Awards Break M50 Back ***	32	4 u	05:39 PM
Finals	23 Women 200 Freestyle *** Awards Break W200 Free ***	32	4 u	05:47 PM
Finals	24 Men 200 Freestyle *** Awards Break M200 Free ***	32	4 u	06:03 PM
Finals	25 Women 400 IM *** Awards Break W400 IM ***	32	4 u	06:18 PM
Finals	26 Men 400 IM *** Awards Break M400 IM ***	32	4 u	06:46 PM
Finals	27 Women 50 Butterfly *** Awards Break W50 Fly ***	32	4 u	07:12 PM
Finals	28 Men 50 Butterfly *** Awards Break M50 Fly ***	32	4 u	07:20 PM
Finals	30 Men 800 Freestyle Relay Swimmers Counts for Warm-ups: 301	44 =====	6 u	07:30 PM
	Entry / Heat Totals:	300	38	
	Finish Time			08:27 PM

**RELAYS:** Relays heats will be swum in the order of fastest to slowest. **Relay Cards due by 4:45 p.m.**

**AWARDS CEREMONIES:** Awards will be presented immediately following each event. The coach of the winning swimmer / relay team may present the awards.

**SCRATCH BOX:** Scratches for Friday's events are **due by 7:00 p.m.**

**2017 Southern Zone Senior LC Championships - 8/1/2017 to 8/5/2017**  
**Session Report**

Session: 6 Friday - Prelims

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 20 Seconds / Chase -35

Round	Event	Entries	Heats	Starts at	
Prelims	31 Women 100 Backstroke	118	15	09:00 AM	_____
Prelims	32 Men 100 Backstroke	117	15	09:15 AM	_____
Prelims	33 Women 400 Freestyle	110	14	09:28 AM	_____
Prelims	34 Men 400 Freestyle	138	18	09:32 AM	_____
Prelims	35 Women 100 Breaststroke	93	12	11:48 AM	_____
Prelims	36 Men 100 Breaststroke	95	12	12:01 PM	_____
Prelims	37 Women 100 Butterfly	136	17	12:13 PM	_____
Prelims	38 Men 100 Butterfly	167	21	12:28 PM	_____
	Swimmers Counts for Warm-ups: 666	=====	=====		
	Entry / Heat Totals:	974	124		
	Finish Time			12:45 PM	_____

**400 FREE: Positive check-in deadline – 8:15 a.m.**

**SEEDING:** Preliminary heats will be seeded in the order of fastest to slowest.

**CHASE STARTS:**

100 meter events will be swum utilizing chase starts alternating odd and even heats, and in event order. Odd heats will start from the Dive Well end of the pool. Even heats will start from the Lobby end of the pool.

The 400 Free will be swum utilizing chase starts alternating women's and men's heats. Women's heats will start from the Dive Well end of the pool and men's heats will start from the Lobby end of the pool

**TEAM TIMING:** Teams please follow the published timing assignments for each preliminary session. However, anyone is welcome to help with lane timing. Please access the deck 15 minutes prior to the start of the session (8:45 a.m.). Timers will be offered drinks, snacks and receive a **free meet t-shirt**.

**TIME TRIALS:** Time trial entries are **due by 11:00 a.m.** Swimmers must provide their own timers.

**ON-DECK ENTRIES:** **Close at 8:15 a.m.** Swimmers will be plugged into empty lanes.

**2017 Southern Zone Senior LC Championships - 8/1/2017 to 8/5/2017**  
**Session Report**

Session: 7 Friday - Finals  
 Day of Meet: 4 Starts at 05:30 PM Heat Interval: 45 Seconds

Round	Event	Entries	Heats	Starts at
Finals	31 Women 100 Backstroke *** Awards Break W100 Back ***	32	4 u	05:30 PM _____
Finals	32 Men 100 Backstroke *** Awards Break M100 Back ***	32	4 u	05:41 PM _____
Finals	33 Women 400 Freestyle *** Awards Break W400 Free ***	32	4 u	05:51 PM _____
Finals	34 Men 400 Freestyle *** Awards Break M400 Free ***	32	4 u	06:15 PM _____
Finals	35 Women 100 Breaststroke *** Awards Break W100 Breast ***	32	4 u	06:38 PM _____
Finals	36 Men 100 Breaststroke *** Awards Break M100 Breast ***	32	4 u	06:49 PM _____
Finals	37 Women 100 Butterfly *** Awards Break W100 Fly ***	32	4 u	07:00 PM _____
Finals	38 Men 100 Butterfly *** Awards Break M100 Fly ***	32	4 u	07:10 PM _____
Finals	39 Women 400 Freestyle Relay	50	7 u	07:22 PM _____
Finals	40 Men 400 Freestyle Relay	54	7 u	07:58 PM _____
	Swimmers Counts for Warm-ups: 428	=====	=====	
	Entry / Heat Totals:	360	46	
	Finish Time			08:30 PM _____

**RELAYS:** Heats of the men's and women's relay events will be swum as follows – the 2<sup>nd</sup> fastest heat of women, then the fastest heat of women, then the 2<sup>nd</sup> fastest heat of men, then the fastest heat of men and then alternating one heat of women and one heat of men in the order of fastest to slowest. **Relay Cards due by 4:45 p.m.**

**AWARDS CEREMONIES:** Awards will be presented immediately following each event. The coach of the winning swimmer / relay team may present the awards.

**SCRATCH BOX:** Scratches for Saturday's events are **due by 7:00 p.m.**

**1500 FREE:** **Positive check-in deadline – 7:00 p.m.** Declare preference of prelims or finals.

**2017 Southern Zone Senior LC Championships - 8/1/2017 to 8/5/2017**  
**Session Report**

Session: 8A Saturday - Prelims

Day of Meet: 5 Starts at 09:00 AM Heat Interval: 20 Seconds / Chase -35

Round	Event	Entries	Heats	Starts at	
Prelims	43 Women 200 IM	156	20	09:00 AM	_____
Prelims	44 Men 200 IM	160	20	09:48 AM	_____
Prelims	47 Women 50 Freestyle	200	25	10:30 AM	_____
Prelims	48 Men 50 Freestyle	172	22	10:51 AM	_____
	Swimmers Counts for Warm-ups: 543	=====	=====		
	Entry / Heat Totals:	688	87		
	Finish Time			11:07 AM	_____

Session: 8B Saturday 1500M Free

Day of Meet: 5 Starts at 11:10 AM Heat Interval: 20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	41 Women 1500 Freestyle	30	4 u	11:10 AM	_____
Finals-S	46 Men 1500 Freestyle	52	7 u	11:28 AM	_____
	Swimmers Counts for Warm-ups: 98	=====	=====		
	Entry / Heat Totals:	82	11		
	Finish Time			02:34 PM	_____

**SEEDING:** Preliminary heats will be seeded in the order of fastest to slowest.

**CHASE STARTS:** The 200 IM will be run utilizing chase starts alternating odd and even heats, and in event order. Odd heats will start from the Dive Well end of the pool. Even heats will start from the Lobby end of the pool.

**50 METER EVENTS:** All heats of 50 Free will start from the Lobby end of the pool.

**TEAM TIMING:** Teams please follow the published timing assignments for each preliminary session. However, anyone is welcome to help with lane timing. Please access the deck 15 minutes prior to the start of the session (8:45 a.m.). Timers will be offered drinks, snacks and receive a **free meet t-shirt**.

**TIME TRIALS:** 800 Free and 1500 Free only offered on Saturday. Swimmers must provide their own timers and lap counters.

**ON-DECK ENTRIES:** **Close at 8:15 a.m.** Swimmers will be plugged into empty lanes.

**1500 FREE:** The 1500 Free will be swum, fastest to slowest, alternating women's and men's heats. Swimmers must provide their own timers and lap counters.



**2017 Southern Zone Senior LC Championships - 8/1/2017 to 8/5/2017**  
**Session Report**

Session: 9 Saturday - Finals  
 Day of Meet: 5 Starts at 05:30 PM Heat Interval: 45 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	41 Women 1500 Freestyle *** Awards Break W1500 Free ***	8	1 u	05:30 PM	_____
Finals	43 Women 200 IM *** Awards Break W200 IM ***	32	4 u	05:54 PM	_____
Finals	44 Men 200 IM *** Awards Break M200 IM ***	32	4 u	06:10 PM	_____
Finals-1	46 Men 1500 Freestyle *** Awards Break M1500 Free ***	8	1 u	06:26 PM	_____
Finals	47 Women 50 Freestyle *** Awards Break W50 Free ***	32	4 u	06:48 PM	_____
Finals	48 Men 50 Freestyle *** Awards Break M50 Free ***	32	4 u	06:57 PM	_____
Finals	49 Women 400 Medley Relay	46	6 u	07:05 PM	_____
Finals	50 Men 400 Medley Relay	50	7 u	07:40 PM	_____
	Swimmers Counts for Warm-ups: 409	=====	=====		
	Entry / Heat Totals:	240	31		
	Finish Time			08:17 PM	_____

**RELAYS:** Heats of the men's and women's relay events will be swum as follows – the 2<sup>nd</sup> fastest heat of women, then the fastest heat of women, then the 2<sup>nd</sup> fastest heat of men, then the fastest heat of men and then alternating one heat of women and one heat of men in the order of fastest to slowest. **Relay Cards due by 4:45 p.m.**

**AWARDS CEREMONIES:** Awards will be presented immediately following each event. The coach of the winning swimmer / relay team may present the awards.