



FCST Tri Meet Invitational

HOSTED BY
First Colony Swim Team
November 10-12, 2017

FBISD Training Pool 16701 Bissonett Houston, TX 77083

**Positive check-in is required for all events 400 yards and over.
Positive check in will close 30 minutes prior to each session start.**

Events	LOBBY End Pool	DIVING End Pool
Relays		All Relays
11& Over 500 Free / 400 IM / 1000 Free	All Girls Heats	All Boys Heats
All other events (including the 10 & Under 500 Free)	Odd Heats	Even Heats

Two sections of the stands will be reserved for temporary spectator viewing. All other sections of the stands will be reserved for swimmers. All spectators should be prepared to set-up outside and come in to watch their swimmers from the temporary spectator viewing area and then return outside. There will be no spectator set-up allowed in the stands or in the lobby. Tent stakes are not permitted at the facility, buckets for water to secure tents will be available for use.

Friday Evening Warm Up

Session 1 5:00-5:25pm

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Lobby	FCST	FCST	FCST	FCST	FCST	FCST	FCST	FCST
Diving	FCST	FCST	FCST	FCST	FCST	FCST	FCST	FCST

Session 2 5:25-5:50pm

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Lobby	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC
Diving	TWST	TWST	TWST	TWST	TWST	TWST	TWST	TWST
Warmup	CFSC	CFSC	CFSC	CFSC	CFSC			

Friday Evening Timing

Lobby Pool

200 IM Odd heats; (Girls 500 Free – must provide their own timers)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	FCST	FCST	FCST	FCST	FCST	FCST	FCST
Chair 2	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	TWST	TWST

Diving Pool

200 IM Even heats; (Boys 500 Free – must provide their own timers)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	CFSC	CFSC	CFSC	CFSC	CFSC	TWST	TWST	TWST
Chair 2	CFSC	CFSC	CFSC	CFSC	CFSC	TWST	TWST	TWST

Saturday & Sunday Morning

13 & Over - Warm Up

One Session 7:30 – 8:15am

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Lobby	FCST	FCST	FCST	CFSC	CFSC	CFSC	TWST	TWST
Diving	FCST	FCST	CFSC	CFSC	CFSC	TWST	TWST	TWST
Warmup	FCST	FCST	CFSC	TWST	TWST			

Saturday & Sunday Morning

13 & Over - Timing

Lobby Pool

Relays; Odd heats; (Girls 400 IM/1000 Free – must provide their own timers)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	FCST	FCST	FCST	FCST	FCST	FCST	FCST
Chair 2	CFSC	CFSC	CFSC	CFSC	TWST	TWST	TWST	TWST

Diving Pool

Even heats; (Boys 400 IM/1000 Free – must provide their own timers)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	CFSC	CFSC	CFSC	CFSC	TWST	TWST	TWST	TWST
Chair 2	CFSC	CFSC	CFSC	CFSC	TWST	TWST	TWST	TWST

Saturday Afternoon
12 & Under - Warm Up

Session 1 11:30-11:55am

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Lobby	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC
Diving	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	TCAP	TCAP

Session 2 11:55am-12:20pm

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Lobby	FCST	FCST	FCST	FCST	FCST	FCST	TWST	TWST
Diving	TWST	TWST	TWST	TWST	TWST	TWST	TWST	TWST
Warmup	FCST	FCST	FCST	FCST	FCST			

Saturday Afternoon
12 & Under - Timing

Lobby Pool

Relays; Odd heats; (Girls 500 Free ODD Heats – must provide their own timers)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	FCST	FCST	FCST	FCST	FCST	FCST	FCST
Chair 2	CFSC	CFSC	CFSC	TCAP	TWST	TWST	TWST	TWST

Diving Pool

Even heats; (Girls 500 Free EVEN Heats – must provide their own timers)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	CFSC	CFSC	CFSC	CFSC	TWST	TWST	TWST	TWST
Chair 2	CFSC	CFSC	CFSC	CFSC	TWST	TWST	TWST	TWST

Sunday Afternoon
12 & Under - Warm Up

Session 1 11:30-11:55am

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Lobby	TWST	TWST	TWST	TWST	TWST	TWST	TWST	TWST
Diving	TWST	TWST	TWST	TWST	TWST	TWST	TWST	TCAP

Session 2 11:55am-12:20pm

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Lobby	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC
Diving	FCST	FCST	FCST	FCST	FCST	FCST	FCST	FCST
Warmup	CFSC	CFSC	CFSC	CFSC	FCST			

Sunday Afternoon
12 & Under - Timing

Lobby Pool

Relays; Odd heats; (Boys 500 Free ODD Heats – must provide their own timers)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	FCST	FCST	FCST	FCST	FCST	FCST	FCST
Chair 2	CFSC	CFSC	CFSC	TWST	TWST	TWST	TWST	TWST

Diving Pool

Even heats; (Boys 500 Free EVEN Heats – must provide their own timers)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	CFSC	CFSC	CFSC	CFSC	TWST	TWST	TWST	TWST
Chair 2	CFSC	CFSC	CFSC	CFSC	TWST	TWST	TWST	TWST