



April LC Meet

Don Cook Natatorium
April, 20-22, 2018

***** For ALL Sessions *****

Swimmers must circle in for ALL events 45 minutes prior to the start of the session.
Please note teams assigned to a later warmup must arrive earlier to circle in.

Friday Warm Up Schedule

Open Warm-up 4:30-5:20pm Meet starts at 5:30pm

Friday Timing Assignments

Lobby End of the Pool – Odd heats 200IM Only

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	AQUA	LAP	SPA	SPA	SHRK	SHRK	SHRK	SHRK
Chair 2	AQUA	SPA	SPA	SPA	SHRK	SHRK	SHRK	SCAT

Diving End of the Pool – Even heats 200IM Only

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	ESA	ESA	PEAK	PEAK	BATS	RICE	RICE	RICE
Chair 2	ESA	PEAK	PEAK	PEAK	BATS	RICE	RICE	RICE

All swimmers in the 400 Freestyle must provide 2 timers

400 Freestyle will be run with 2 swimmers per lane. Odd heats will start at the lobby end, even heats will chase start from the diving end.

Girls and boys heats will alternate in pairs: Girls heat 1 & 2 will be followed by boys heat 1 & 2; then girls heats 3 & 4 will be followed by boys heats 3 & 4; etc.

Swimmers will enter the water on their right and remain on that side during the duration of the swim. **SWIMMERS WILL NOT CIRCLE SWIM.**

13 & Over Saturday & Sunday Morning Warm Up Schedule

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30-7:55	FCST	FCST	FCST	FCST	FCST	FCST SCAT(Sat)	BATS	BATS SCAT(Sun)
7:55-8:20	SPA	SPA	SPA	RICE	RICE	RICE	RICE	AQUA LJAC
8:20-8:45	ESA	ESA PEAK	PEAK	PEAK	PEAK	SHRK	SHRK	SHRK LAP

13 & Over Saturday Morning Timing Assignments

LOBBY End – Odd heats (Girls 400IM must provide 2 timers)

Saturday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	RICE	RICE	RICE	RICE	PEAK	PEAK	ESA
Chair 2	FCST	RICE	RICE	RICE	PEAK	PEAK	PEAK	ESA

DIVING End – Even heats (Boys 800 Free must provide 2 timers)

Saturday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	BATS	BATS	SHRK	SHRK	SHRK	SPA	SPA	AQUA
Chair 2	BATS	SCAT	SHRK	SHRK	SPA	SPA	SPA	LJAC

13 & Over Sunday Morning Timing Assignments

LOBBY End – Odd heats & 50m Finishes (Girls 800 Free must provide 2 timers)

Sunday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	RICE	RICE	RICE	LAP	PEAK	PEAK	ESA
Chair 2	FCST	RICE	RICE	RICE	PEAK	PEAK	PEAK	ESA

DIVING End – Even heats & 50m Starts (Boys 400IM must provide 2 timers)

Sunday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	BATS	BATS	SHRK	SHRK	SHRK	SPA	SPA	AQUA
Chair 2	BATS	SCAT	SHRK	SHRK	SPA	SPA	SPA	AQUA

12 & Under Saturday & Sunday Afternoon Warm Up Schedule

Group 1 begins at the conclusion of the morning session;
Groups 2 begins 25 minutes later

Note: Afternoon warmups will begin no earlier than
12:15 pm Saturday and 1:15pm Sunday

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1 st 25 min	FCST	FCST	FCST	FCST	FCST SHRK	SHRK	ESA	ESA
2 nd 25 min	AQUA LAP	PEAK	PEAK	PEAK LJAC	BATS	RICE	RICE	SPA SCAT

12 & Under Saturday Afternoon Timing Assignments

LOBBY End of the Pool – Odd heats (Girls 400IM must provide 2 timers)

Saturday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	RICE	RICE	RICE	SHRK	SHRK	SPA	BATS
Chair 2	FCST	RICE	RICE	SHRK	SHRK	SHRK	SPA	BATS

DIVING End of the Pool – Even heats (Boys 400IM must provide 2 timers)

Saturday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	PEAK	PEAK	PEAK	PEAK	ESA	ESA	ESA	AQUA
Chair 2	PEAK	PEAK	PEAK	SCAT	ESA	ESA	ESA	AQUA

12 & Under Sunday Afternoon Timing Assignments

LOBBY End of the Pool – Odd heats & 50m Finishes

Sunday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	RICE	RICE	RICE	SHRK	SHRK	SPA	BATS
Chair 2	FCST	RICE	RICE	RICE	SHRK	SHRK	SPA	BATS

DIVING End of the Pool – Even heats & 50m Starts

Sunday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	PEAK	PEAK	PEAK	PEAK	ESA	ESA	ESA	AQUA
Chair 2	PEAK	PEAK	PEAK	SCAT	ESA	ESA	AQUA	AQUA

IMPORTANT REMINDERS:

- 1. Swimmers must circle in for all events 45 minutes prior to the start of each session.** There are no exceptions for teams with warmups that start after that time. **If your team is assigned to the last warmup, families must arrive early to circle in.**
- 2. 400 Freestyle will be run with 2 swimmers per lane.**
 - Odd heats will start at the lobby end, even heats will chase start from the diving end.
 - Girls and boys heats will alternate in pairs: Girls heat 1 & 2 will be followed by boys heat 1 & 2; then girls heats 3 & 4 will be followed by boys heats 3 & 4; etc.
 - Swimmers will enter the water on their right and remain on that side during the duration of the swim. **SWIMMERS WILL NOT CIRCLE SWIM.**
- 3. Afternoon Sessions.** The afternoon warmups will begin immediately upon the completion of the morning session and the afternoon competition session will commence 1 hour after the completion of the morning session. Afternoon warmups will not start prior to 12:15 Saturday and 1:15 on Sunday.
4. In all sessions, odd heats will start from the Lobby end of the pool and even heats will start from the Diving end of the pool All 50 meter events will start from the Diving end of the pool.
5. 800 Freestyle and 400 IM will alternate girls and boys heats; girls will start from the lobby end and boys will start from the Diving end
6. Awards will not be distributed to swimmers/parents during the meet. Awards will be given to team coaches at the conclusion of the meet.
7. Coaches must have valid credentials to be on the pool deck.

**2018 Gulf April LC Meet - 4/20/2018 to 4/22/2018
Session Report**

Session: 1 Friday PM
Day of Meet: 1 Starts at 05:30 PM Heat Interval: 0 Seconds / Chase -10

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 11 & Over 200 IM	157	20 u	05:30 PM	_____
Finals	2 Men 11 & Over 200 IM	93	12 u	06:29 PM	_____
Finals	3 Women 11 & Over 400 Freestyle	141	18 u	07:03 PM	_____
Finals	4 Men 11 & Over 400 Freestyle	90	12 u	07:12 PM	_____
	Swimmers Counts for Warm-ups: 286	=====	=====		
	Entry / Heat Totals:	481	62		
	Finish Time			08:57 PM	_____

400 Freestyle will be run with 2 swimmers per lane.

Odd heats will start at the lobby end, even heats will chase start from the diving end.

Girls and boys heats will alternate in pairs: Girls heat 1 & 2 will be followed by boys heat 1 & 2; then girls heats 3 & 4 will be followed by boys heats 3 & 4; etc.

Swimmers will enter the water on their right and remain on that side during the duration of the swim. SWIMMERS WILL NOT CIRCLE SWIM.

First Colony Swim Team

2018 Gulf April LC Meet - 4/20/2018 to 4/22/2018
Session Report

Session: 2 Saturday AM

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +10 Seconds / Chase -32

Round	Event	Entries	Heats	Starts at	
Finals	5 Women 13 & Over 100 Butterfly	94	12 u	09:00 AM	_____
Finals	6 Men 13 & Over 100 Butterfly	108	14 u	09:14 AM	_____
Finals	7 Women 13 & Over 200 Breaststroke	64	8 u	09:29 AM	_____
Finals	8 Men 13 & Over 200 Breaststroke	58	8 u	09:55 AM	_____
Finals	9 Women 13 & Over 100 Backstroke	128	16 u	10:19 AM	_____
Finals	10 Men 13 & Over 100 Backstroke	111	14 u	10:40 AM	_____
Finals	11 Women 13 & Over 100 Freestyle	123	16 u	10:58 AM	_____
Finals	12 Men 13 & Over 100 Freestyle	117	15 u	11:13 AM	_____
Finals	13 Women 13 & Over 400 IM	34	5 u	11:28 AM	_____
Finals	16 Men 13 & Over 800 Freestyle	32	4 u	11:56 AM	_____
	Swimmers Counts for Warm-ups: 300	=====	=====		
	Entry / Heat Totals:	869	112		
	Finish Time			12:37 PM	_____

Session: 3 Saturday PM

Day of Meet: 2 Starts at 01:15 PM Heat Interval: 15 Seconds / Back +10 Seconds / Chase -22

Round	Event	Entries	Heats	Starts at	
Finals	17 Girls 12 & Under 100 Backstroke	122	16 u	01:15 PM	_____
Finals	18 Boys 12 & Under 100 Backstroke	57	8 u	01:42 PM	_____
Finals	19 Girls 12 & Under 50 Butterfly	101	13 u	01:57 PM	_____
Finals	20 Boys 12 & Under 50 Butterfly	54	7 u	02:10 PM	_____
Finals	21 Girls 12 & Under 50 Breaststroke	75	10 u	02:18 PM	_____
Finals	22 Boys 12 & Under 50 Breaststroke	41	6 u	02:29 PM	_____
Finals	23 Girls 11-12 200 Butterfly	1	1 u	02:37 PM	_____
Finals	24 Boys 11-12 200 Butterfly	2	1 u	02:40 PM	_____
Finals	25 Girls 12 & Under 100 Freestyle	148	19 u	02:43 PM	_____
Finals	26 Boys 12 & Under 100 Freestyle	70	9 u	03:08 PM	_____
Finals	27 Girls 11-12 200 Backstroke	15	2 u	03:20 PM	_____
Finals	28 Boys 11-12 200 Backstroke	9	2 u	03:27 PM	_____
Finals	29 Girls 10 & Under 200 IM	22	3 u	03:35 PM	_____
Finals	30 Boys 10 & Under 200 IM	13	2 u	03:45 PM	_____
Finals	31 Mixed 11-12 800 Freestyle	10	2 u	03:53 PM	_____
	Swimmers Counts for Warm-ups: 251	=====	=====		
	Entry / Heat Totals:	740	101		
	Finish Time			04:23 PM	_____

First Colony Swim Team

2018 Gulf April LC Meet - 4/20/2018 to 4/22/2018
Session Report

Session: 4 Sunday AM

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +10 Seconds / Chase -32

Round	Event	Entries	Heats	Starts at	
Finals	33 Women 13 & Over 200 Freestyle	122	16 u	09:00 AM	_____
Finals	34 Men 13 & Over 200 Freestyle	120	15 u	09:38 AM	_____
Finals	35 Women 13 & Over 100 Breaststroke	91	12 u	10:12 AM	_____
Finals	36 Men 13 & Over 100 Breaststroke	99	13 u	10:29 AM	_____
Finals	37 Women 13 & Over 200 Butterfly	32	4 u	10:46 AM	_____
Finals	38 Men 13 & Over 200 Butterfly	26	4 u	10:56 AM	_____
Finals	39 Women 13 & Over 200 Backstroke	61	8 u	11:07 AM	_____
Finals	40 Men 13 & Over 200 Backstroke	54	7 u	11:30 AM	_____
Finals	41 Women 13 & Over 50 Freestyle	105	14 u	11:49 AM	_____
Finals	42 Men 13 & Over 50 Freestyle	111	14 u	12:00 PM	_____
Finals	45 Women 13 & Over 800 Freestyle	38	5 u	12:11 PM	_____
Finals	44 Men 13 & Over 400 IM	37	5 u	01:09 PM	_____
	Swimmers Counts for Warm-ups: 305	=====	=====		
	Entry / Heat Totals:	896	117		
	Finish Time			01:36 PM	_____

Session: 5 Sunday PM

Day of Meet: 3 Starts at 02:15 PM Heat Interval: 15 Seconds / Back +10 Seconds / Chase -22

Round	Event	Entries	Heats	Starts at	
Finals	47 Girls 12 & Under 100 Breaststroke	116	15 u	02:15 PM	_____
Finals	48 Boys 12 & Under 100 Breaststroke	52	7 u	02:42 PM	_____
Finals	49 Girls 12 & Under 50 Freestyle	105	14 u	02:55 PM	_____
Finals	50 Boys 12 & Under 50 Freestyle	55	7 u	03:08 PM	_____
Finals	51 Girls 12 & Under 50 Backstroke	102	13 u	03:14 PM	_____
Finals	52 Boys 12 & Under 50 Backstroke	67	9 u	03:30 PM	_____
Finals	53 Girls 12 & Under 200 Freestyle	87	11 u	03:41 PM	_____
Finals	54 Boys 12 & Under 200 Freestyle	59	8 u	04:14 PM	_____
Finals	55 Girls 12 & Under 100 Butterfly	51	7 u	04:38 PM	_____
Finals	56 Boys 12 & Under 100 Butterfly	18	3 u	04:49 PM	_____
Finals	57 Girls 11-12 200 Breaststroke	12	2 u	04:54 PM	_____
Finals	58 Boys 11-12 200 Breaststroke	3	1 u	05:01 PM	_____
Finals	59 Girls 10 & Under 400 Freestyle	1	1 u	05:05 PM	_____
Finals	60 Boys 10 & Under 400 Freestyle	3	1 u	05:11 PM	_____
Finals	61 Mixed 11-12 400 IM	3	1 u	05:18 PM	_____
	Swimmers Counts for Warm-ups: 250	=====	=====		
	Entry / Heat Totals:	734	100		
	Finish Time			05:25 PM	_____