



SWAT JUNE LONG COURSE Open
HOSTED BY
SOUTHWESTERN AQUATICS TEAM
JUNE 9-10, 2018
SANCTION # GULC 18-024

Meet Referee: Kyle Stewart

Meet Directors: Tina Pierce; Lawrence Yu

Admin Officials: Lisa Ganguly; Jim McMichael

Safety Marshals: Anna Keniston; Gabrielle Babb

Don Cook Natatorium
16255 Lexington Blvd.
Sugar Land, TX 77478

Directions: From Houston take Hwy 69/59 S toward Victoria. Exit Hwy 6 turn left (South). Turn right onto Lexington Blvd. Go 4 blocks and turn left into the first entrance to Mercer Stadium.

Parking: is available in the lot between the Football stadium and the Natatorium. ***(NO PARKING IN FRONT OF THE NATATORIUM)***



****On deck entries will be accepted.****

IMPORTANT REMINDER:

1. 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.
2. **There will be no spectator set up allowed in the stands or in the lobby.**
3. **Seeding:** The meet will be pre-seeded, with the exception of the 400 Freestyle and 400 IM events which will be deck-seeded. All events will be seeded with heats in the order of fastest to slowest. As a courtesy to the host, coaches should inform the Clerk of Course of swimmers NOT attending the meet.
4. **400 Free / 400IM Check In:** All swimmers entered in the 400 Free and 400 IM events must check in with the Clerk of the Course. **Swimmers are required to circle-in at least 45 minutes before the beginning of the meet session.** Please note teams assigned to a later warm up must arrive earlier to circle in. After the events are officially closed, no one may check in or scratch. After circling in, failure to appear at the starting blocks will result in the swimmer being assessed a \$5.00 fine, payable to Gulf Swimming Administrative Vice-Chairman, Charlie Fry, for each event in which he/she fails to appear.
5. **The 13 & Over 400 I.M. and 400 Free will be swum alternating girls and boys heats; the girls heats will start from the lobby end and the boys heats will start from the scoreboard end. Swimmers in these events must provide their own timers.**
6. **The Open 400 Free will be swum alternating girls and boys heats; the girls heats will start from the lobby end and the boys heats will start from the scoreboard end. Swimmers in these events must provide their own timers. Afternoon competition will not start before 1 pm.**
7. **The facility opens to coaches, swimmers and parents at 7:00 am.**
8. **Facility Rule: Absolutely no food is allowed on deck. Anyone bringing food on deck will be asked to leave the deck immediately.**
9. **Deck Access:** Only athletes, coaches and volunteers will be permitted on deck. Coaches and officials must have valid credentials to access the pool deck.



WARM UP LANE ASSIGNMENTS

Saturday AM Session 1

DAY 1 Warm up #1 (7:30-8:05)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SWAT	SWAT	HCAP	HCAP	HCAP	SHAC	SHAC	SHAC

DAY 1 Warm up #2 (8:05-8:40)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
OAK / TEST TRAC / LIFE	KATY	KATY	COOGS PLAT	SHRKS	SHRKS ESA	AQUA LAP	LJAC / CFSC EPRC / GIST

Saturday PM Session 2

DAY 1 Warm up #1 (12:45-1:10)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SWAT	SWAT	SWAT	HCAP	HCAP	HCAP	HCAP	HCAP

DAY 1 WARM UP #2 (1:10-1:35)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CFSC	CFSC	CFSC	SHAC	SHAC	PLAT	300	TEST

DAY 1 WARM UP #3 (1:35-2:00)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SHRKS	SHRKS	SHRKS COOG	ESA	KATY EPRC SST	AQUA	AQUA OAK	LJAC LAP GIST

SWAT Long Course Open Meet - 6/9/2018 to 6/10/2018**Session Report**

Session: 1 Saturday AM 13 & OVER

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 13 & Over 200 Backstroke	47	6	09:00 AM	_____
Finals	2 Boys 13 & Over 200 Backstroke	39	5	09:19 AM	_____
Finals	3 Girls 13 & Over 100 Butterfly	56	7	09:34 AM	_____
Finals	4 Boys 13 & Over 100 Butterfly	59	8	09:44 AM	_____
	Break: 10 Minutes:				
Finals	5 Girls 13 & Over 200 Breaststroke	31	4	10:04 AM	_____
Finals	6 Boys 13 & Over 200 Breaststroke	36	5	10:17 AM	_____
Finals	7 Girls 13 & Over 100 Freestyle	83	11	10:35 AM	_____
Finals	8 Boys 13 & Over 100 Freestyle	80	10	10:48 AM	_____
	Break: 10 Minutes:				
Finals	9 Girls 13 & Over 200 IM	46	6	11:10 AM	_____
Finals	10 Boys 13 & Over 200 IM	53	7	11:28 AM	_____
Finals	11 Girls 13 & Over 400 Freestyle	39	5 u	11:48 AM	_____
Finals	12 Boys 13 & Over 400 Freestyle	36	5 u	12:15 PM	_____
	Swimmers Counts for Warm-ups: 218	=====	=====		
	Entry / Heat Totals:	605	79		
	Finish Time			12:40 PM	_____

SWAT Long Course Open Meet - 6/9/2018 to 6/10/2018**Session Report**

Session: 2 Saturday PM 12 & Under

Day of Meet: 1 Starts at 02:15 PM Heat Interval: 15 Seconds / Chase -15

Round	Event	Entries	Heats	Starts at	
Finals	13 Girls 12 & Under 200 Backstroke	36	5	02:15 PM	_____
Finals	14 Boys 12 & Under 200 Backstroke	11	2	02:33 PM	_____
Finals	15 Girls 12 & Under 100 Breaststroke	91	12	02:40 PM	_____
Finals	16 Boys 12 & Under 100 Breaststroke	82	11	03:03 PM	_____
	Break: 5 Minutes:				
Finals	17 Girls 12 & Under 50 Butterfly	76	10	03:29 PM	_____
Finals	18 Boys 12 & Under 50 Butterfly	82	11	03:40 PM	_____
Finals	19 Girls 12 & Under 100 Freestyle	135	17	03:52 PM	_____
Finals	20 Boys 12 & Under 100 Freestyle	132	17	04:19 PM	_____
	Break: 5 Minutes:				
Finals	21 Girls 12 & Under 50 Backstroke	107	14	04:52 PM	_____
Finals	22 Boys 12 & Under 50 Backstroke	111	14	05:07 PM	_____
Finals	23 Girls 200 Butterfly	23	3	05:24 PM	_____
Finals	24 Boys 200 Butterfly	8	1	05:34 PM	_____
	Break: 5 Minutes:				
Finals	25 Girls 200 IM	52	7	05:43 PM	_____
Finals	26 Boys 200 IM	41	6	06:07 PM	_____
	Swimmers Counts for Warm-ups: 360	=====	=====		
	Entry / Heat Totals:	987	130		
	Finish Time			06:28 PM	_____



SUNDAY AM SESSION 3

DAY 2 WARM UP #1 (7:30-8:05)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SWAT	SWAT	HCAP	HCAP	HCAP	SHAC	SHAC	SHAC TEST

DAY 2 WARM UP #2 (8:05-8:40)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LJAC / LAP SST / TRAC	KATY	KATY	SHRKS	SHRKS PLAT	ESA OAK STA	AQUA CFSC	COOG 300 EPRC

SUNDAY PM SESSION 4

DAY 2 WARM UP #1 (12:35-1:00)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SWAT	SWAT	SWAT	HCAP	HCAP	HCAP	HCAP	HCAP

DAY 2 WARM UP #2 (1:00-1:25)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CFSC	CFSC	CFSC	CFSC	TEST	COOG	300	PLAT OAK STA

DAY 2 WARM UP #3 (1:25-1:50)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SHRKS	SHAC	SHAC	ESA	ESA	KATY TRAC	AQUA	LJAC LAP GIST

SWAT Long Course Open Meet - 6/9/2018 to 6/10/2018**Session Report**

Session: 3 Sunday AM 13 & OVER

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

Round	Event	Entries	Heats	Starts at
Finals	27 Girls 13 & Over 100 Backstroke	95	12	09:00 AM
Finals	28 Boys 13 & Over 100 Backstroke	71	9	09:17 AM
Finals	29 Girls 13 & Over 200 Butterfly	19	3	09:29 AM
Finals	30 Boys 13 & Over 200 Butterfly	27	4	09:38 AM
	Break: 10 Minutes:			
Finals	31 Girls 13 & Over 50 Freestyle	94	12	10:00 AM
Finals	32 Boys 13 & Over 50 Freestyle	88	11	10:10 AM
Finals	33 Girls 13 & Over 100 Breaststroke	51	7	10:19 AM
Finals	34 Boys 13 & Over 100 Breaststroke	60	8	10:30 AM
	Break: 10 Minutes:			
Finals	35 Girls 13 & Over 200 Freestyle	67	9	10:52 AM
Finals	36 Boys 13 & Over 200 Freestyle	68	9	11:16 AM
	Break: 5 Minutes:			
Finals	37 Girls 13 & Over 400 IM	28	4 u	11:43 AM
Finals	38 Boys 13 & Over 400 IM	26	4 u	12:06 PM
	Swimmers Counts for Warm-ups: 250	=====	=====	
	Entry / Heat Totals:	694	92	
	Finish Time			12:28 PM

SWAT Long Course Open Meet - 6/9/2018 to 6/10/2018**Session Report**

Session: 4 Sunday PM 12 & Under

Day of Meet: 2 Starts at 02:05 PM Heat Interval: 15 Seconds / Chase -15

Round	Event	Entries	Heats	Starts at	
Finals	39 Girls 12 & Under 200 Freestyle	63	8	02:05 PM	_____
Finals	40 Boys 12 & Under 200 Freestyle	54	7	02:33 PM	_____
Finals	41 Girls 12 & Under 100 Butterfly	46	6	02:56 PM	_____
Finals	42 Boys 12 & Under 100 Butterfly	35	5	03:06 PM	_____
	Break: 5 Minutes:				
Finals	43 Girls 12 & Under 50 Breaststroke	106	14	03:20 PM	_____
Finals	44 Boys 12 & Under 50 Breaststroke	108	14	03:38 PM	_____
Finals	45 Girls 12 & Under 100 Backstroke	101	13	03:56 PM	_____
Finals	46 Boys 12 & Under 100 Backstroke	89	12	04:19 PM	_____
	Break: 5 Minutes:				
Finals	47 Girls 12 & Under 50 Freestyle	135	17	04:45 PM	_____
Finals	48 Boys 12 & Under 50 Freestyle	132	17	05:02 PM	_____
Finals	49 Girls 200 Breaststroke	20	3	05:20 PM	_____
Finals	50 Boys 200 Breaststroke	18	3	05:31 PM	_____
	Break: 5 Minutes:				
Finals	51 Girls 400 Freestyle	26	4 u	05:47 PM	_____
Finals	52 Boys 400 Freestyle	21	3 u	06:14 PM	_____
	Swimmers Counts for Warm-ups: 347	=====	=====		
	Entry / Heat Totals:	954	126		
	Finish Time			06:31 PM	_____



TIMING ASSIGNMENTS

AM - Saturday Session 1

Lobby End

LANE	1	2	3	4	5	6	7	8
CHAIR 1	HCAP	HCAP	SHAC	SHAC	KATY	SHARKS	COOGS	SWAT
CHAIR 2	HCAP	HCAP	SHAC	SHAC	KATY	SHARKS	COOGS	LAP/GIST

Diving End

LANE	1	2	3	4	5	6	7	8
CHAIR 1	HCAP	HCAP	SHAC	SHAC	KATY	SHARKS	AQUA	SST/PLAT
CHAIR 2	HCAP	HCAP	SHAC	KATY	KATY	SHARKS	AQUA	TRAC/ESA

PM - Saturday Session 2

Lobby End

LANE	1	2	3	4	5	6	7	8
CHAIR 1	HCAP	HCAP	SHRKS	ESA	SHAC	CFSC	CFSC	300
CHAIR 2	HCAP	HCAP	SHRKS	ESA	SHAC	CFSC	CFSC	300

Diving End

LANE	1	2	3	4	5	6	7	8
CHAIR 1	HCAP	AQUA	SHRKS	SHRKS	SHAC	LJAC	CFSC	TEST
CHAIR 2	HCAP	AQUA	SHRKS	SHAC	SHAC	GIST	CFSC	TEST

AM - Sunday Session 3

Lobby End

LANE	1	2	3	4	5	6	7	8
CHAIR 1	HCAP	HCAP	SHAC	SHAC	SHRKS	SHRKS	KATY	COOGS
CHAIR 2	HCAP	HCAP	SHAC	SHAC	SHRKS	SHRKS	KATY	COOGS

Diving End

LANE	1	2	3	4	5	6	7	8
CHAIR 1	HCAP	HCAP	HCAP	SHAC	SHRKS	ESA	KATY	AQUA
CHAIR 2	HCAP	HCAP	SHAC	SHAC	SHRKS	ESA	KATY	AQUA

PM - Sunday Session 4

Lobby End

LANE	1	2	3	4	5	6	7	8
CHAIR 1	HCAP	HCAP	CFSC	CFSC	ESA	SHRKS	SHAC	SHAC
CHAIR 2	HCAP	HCAP	CFSC	CFSC	ESA	SHRKS	SHAC	SHAC

Diving END

LANE	1	2	3	4	5	6	7	8
CHAIR 1	HCAP	300	CFSC	AQUA	ESA	TEST	SHAC	300
CHAIR 2	HCAP	300	CFSC	AQUA	ESA	COOG	SHAC	300