

Cypress Fairbanks Swim Club Welcomes you to the



2019 SC Championship II Meet

Michael D. Holland Natatorium

February 22-24th, 2019

SANCTION # GULC 19-067 & 19-068

Meet Referee: Tom Jones
Administrative Official: Holger Luebsen
Meet Director: Karen Eckhart



Time and Date:

- Friday PM: Open Warm Up-5:00-6:15pm
 - Meet Start 6:30PM
- Saturday/Sunday AM:
 - 1st Warm up: 7:30-7:55 AM/ 2nd Warm up: 7:55-8:20 AM/ 3rd Warm up: 8:20-8:45 AM
 - Meet Start 9:00 AM
- Saturday/Sunday PM: (OR immediately following the morning session*)
 - 1st Warm up: 12:00-12:25/ 2nd Warm up: 12:25-12:50 PM/ 3rd Warm up: 12:50-1:20 PM
 - Meet Start 1:30*

Meet Format:

This meet will be run utilizing the “Flyover Starts” procedures unless a waiver is received from the Technical Planning Committee Chair. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the “Flyover Start” procedures.

Check-in/Seeding Format:

- The meet will be pre-seeded, with the exception of relays, the 400 IM, and 500/1000 Free, which will be deck seeded events. Empty lanes will be used for deck entries.
- **Coaches, as a courtesy to the meet host, please let the clerk of course know of any scratches you have for pre-seeded events so that we may manage our meet timeline efficiently by filling empty lanes when possible. You may also e-mail the Meet Director ahead of meet start with these scratches if you wish.**
- All events, including relays, will be seeded with heats in the order of fastest to slowest.
- All swimmers must circle in on sheets that will be available at the start of warm-up for the session, and due **45 minutes** before the start of the session in which the event is scheduled to swim.
- After the events are officially closed, no one may check-in or scratch. After checking-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-Chair, Charlie Fry, for each event in which he/she fails to appear.

Relay Cards:

- Relay cards must be turned in to the Clerk of Course **45 minutes** before the start of the session in which the event is scheduled to swim or the entry will be considered scratched.

CFSC 2019 Gulf Short Course Champs II - 2/22/2019 to 2/24/2019**2019 CFSC Gulf Short Course Champs II****Team List**

	Team	Female	Male	Total Athletes	Entries	Relay	Total
1	AMBU-GU Ambush Swimming	7	1	8	40	0	40
2	BBSC-GU Brenham Swim Club	4	8	12	66	0	66
3	CFSC-GU Cypress Fairbanks Swim Club	88	76	164	1,011	43	1054
4	EPRC-GU Eagle Pointe Stingrays	2	2	4	14	0	14
5	HCCL-GU Houston Country Club League	3	4	7	27	0	27
6	HUNT-GU Huntsville Nadadores Swim Club	4	3	7	30	0	30
7	LIFE-GU Life Time Houston Swim Team	44	34	78	328	17	345
8	MARC-GU Montgomery Aquatic Race Club	30	16	46	242	12	254
9	SSAN-GU Swim Streamline at Northampton	64	51	115	680	39	719
10	300-GU Team 300	7	7	14	65	2	67
11	TTST-GU Texas Terrapins Swim Team	7	2	9	53	0	53
12	UN-30-GU Unat-Team 300	1	1	2	11	0	11
13	USA-GU United Swim Aquatics	6	6	12	56	1	57
		267	211	478	2623	114	2737

CFSC 2019 Gulf Short Course Champs II - 2/22/2019 to 2/24/2019
2019 CFSC Gulf Short Course Champs II
Session Report

Circle in for the 500 Free closes at 5:45

Round	Day of Meet: 1	Event	Starts at 06:30 PM	Heat Interval: 20 Seconds / Back +15 Seconds	Entries	Heats	Starts at	
Finals	1	Girls 9-14 500 Freestyle			61	8 u	06:30 PM	_____
Finals	2	Boys 9-14 500 Freestyle			49	7 u	06:36 PM	_____
		Swimmers Counts for Warm-ups: 110			====	====		
		Entry / Heat Totals:			110	15		
		Finish Time					08:16 PM	_____

CFSC 2019 Gulf Short Course Champs II - 2/22/2019 to 2/24/2019
2019 CFSC Gulf Short Course Champs II
Session Report

Session: 2 Saturday AM
 Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Circle in for relays & 400 IM closes at 8:15AM!

Round	Event	Entries	Heats	Starts at	
Finals	3 Girls 11-14 200 Medley Relay	21	3 u	09:00 AM	_____
Finals	4 Boys 13-14 200 Medley Relay	4	1 u	09:10 AM	_____
	Break: 5 Minutes: Break After Relays				
Finals	5 Girls 11-12 100 IM	66	9	09:18 AM	_____
Finals	7 Girls 11-14 200 Freestyle	69	9	09:35 AM	_____
Finals	8 Boys 13-14 200 Freestyle	26	4	10:02 AM	_____
Finals	9 Girls 11-14 100 Breaststroke	67	9	10:14 AM	_____
Finals	10 Boys 13-14 100 Breaststroke	23	3	10:32 AM	_____
Finals	11 Girls 11-14 50 Freestyle	112	14	10:38 AM	_____
Finals	12 Boys 13-14 50 Freestyle	28	4	10:50 AM	_____
Finals	13 Girls 11-14 200 Backstroke	41	6	10:54 AM	_____
Finals	14 Boys 13-14 200 Backstroke	10	2	11:14 AM	_____
Finals	15 Girls 11-14 100 Butterfly	48	6	11:22 AM	_____
Finals	16 Boys 13-14 100 Butterfly	16	2	11:33 AM	_____
Finals	17 Girls 11-12 50 Backstroke	57	8	11:37 AM	_____
Finals	19 Girls 11-14 400 IM	7	1 u	11:47 AM	_____
Finals	20 Boys 13-14 400 IM	4	1 u	11:53 AM	_____
	Swimmers Counts for Warm-ups: 181	=====	=====		
	Entry / Heat Totals:	599	82		
	Finish Time			12:00 PM	_____

CFSC 2019 Gulf Short Course Champs II - 2/22/2019 to 2/24/2019
2019 CFSC Gulf Short Course Champs II
Session Report

Session: 3 Saturday PM
Day of Meet: 2 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Circle in closes for relays 45 minutes before meet start!
Meet start times below are an estimate based on the timeline for the morning session. Meet will not start before 1PM

Round	Event	Entries	Heats	Starts at	
Finals	21 Girls 9-10 200 Medley Relay	14	2 u	01:30 PM	_____
Finals	22 Boys 9-12 200 Medley Relay	20	3 u	01:37 PM	_____
	Break: 5 Minutes: Break After Relays				
Finals	23 Girls 9-10 200 Freestyle	34	5	01:52 PM	_____
Finals	24 Boys 9-12 200 Freestyle	58	8	02:11 PM	_____
Finals	25 Girls 9-10 100 Breaststroke	55	7	02:37 PM	_____
Finals	26 Boys 9-12 100 Breaststroke	70	9	02:53 PM	_____
Finals	27 Girls 9-10 50 Freestyle	71	9	03:11 PM	_____
Finals	28 Boys 9-12 50 Freestyle	123	16	03:21 PM	_____
Finals	29 Girls 9-10 50 Backstroke	61	8	03:37 PM	_____
Finals	30 Boys 9-12 50 Backstroke	104	13	03:48 PM	_____
Finals	31 Girls 9-10 100 Butterfly	21	3	04:06 PM	_____
Finals	32 Boys 9-12 100 Butterfly	27	4	04:12 PM	_____
Finals	33 Girls 9-10 200 IM	37	5	04:20 PM	_____
Finals	34 Boys 9-12 200 IM	57	8	04:39 PM	_____
Finals	36 Boys 11-12 200 Backstroke	14	2	05:07 PM	_____
	Swimmers Counts for Warm-ups: 235	=====	=====		
	Entry / Heat Totals:	766	102		
	Finish Time			05:14 PM	_____

CFSC 2019 Gulf Short Course Champs II - 2/22/2019 to 2/24/2019
2019 CFSC Gulf Short Course Champs II
Session Report

Session: 4 Sunday AM
 Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Circle in closes for relays & 1000 Free at 8:15 AM!

Round	Event	Entries	Heats	Starts at	
Finals	37 Girls 11-14 200 Freestyle Relay	20	3 u	09:00 AM	_____
Finals	38 Boys 13-14 200 Freestyle Relay	4	1 u	09:08 AM	_____
	Break: 5 Minutes: Break After Relays				
Finals	39 Girls 11-14 200 IM	69	9	09:15 AM	_____
Finals	40 Boys 13-14 200 IM	20	3	09:45 AM	_____
Finals	41 Girls 11-14 200 Breaststroke	32	4	09:55 AM	_____
Finals	42 Boys 13-14 200 Breaststroke	14	2	10:10 AM	_____
Finals	43 Girls 11-12 50 Butterfly	49	7	10:17 AM	_____
Finals	45 Girls 11-14 100 Freestyle	115	15	10:24 AM	_____
Finals	46 Boys 13-14 100 Freestyle	27	4	10:48 AM	_____
Finals	47 Girls 11-14 100 Backstroke	105	14	10:54 AM	_____
Finals	48 Boys 13-14 100 Backstroke	19	3	11:22 AM	_____
Finals	49 Girls 11-14 200 Butterfly	7	1	11:28 AM	_____
Finals	50 Boys 13-14 200 Butterfly	2	1	11:31 AM	_____
Finals	51 Girls 11-12 50 Breaststroke	48	6	11:35 AM	_____
Finals	53 Mixed 13-14 1000 Freestyle	5	1 u	11:42 AM	_____
	Swimmers Counts for Warm-ups: 168	=====	=====		
	Entry / Heat Totals:	536	74		
	Finish Time			11:57 AM	_____

CFSC 2019 Gulf Short Course Champs II - 2/22/2019 to 2/24/2019
2019 CFSC Gulf Short Course Champs II
Session Report

Day of Meet: 3 Session: 5 Sunday PM
Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Circle in closes for relays & 400 IM 45 minutes before meet start!
Meet start times below are an estimate based on the timeline for the morning session. Meet will not start before 1PM

Round	Event	Entries	Heats	Starts at	
Finals	55 Girls 9-10 200 Freestyle Relay	13	2 u	01:30 PM	_____
Finals	56 Boys 9-12 200 Freestyle Relay	18	3 u	01:36 PM	_____
	Break: 5 Minutes: Break After Relays				
Finals	57 Girls 9-10 100 IM	56	7	01:49 PM	_____
Finals	58 Boys 9-12 100 IM	87	11	02:04 PM	_____
Finals	60 Boys 11-12 200 Breaststroke	9	2	02:26 PM	_____
Finals	61 Girls 9-10 50 Butterfly	38	5	02:33 PM	_____
Finals	62 Boys 9-12 50 Butterfly	79	10	02:39 PM	_____
Finals	63 Girls 9-10 100 Freestyle	58	8	02:49 PM	_____
Finals	64 Boys 9-12 100 Freestyle	106	14	03:04 PM	_____
Finals	66 Boys 11-12 200 Butterfly	3	1	03:29 PM	_____
Finals	67 Girls 9-10 100 Backstroke	53	7	03:32 PM	_____
Finals	68 Boys 9-12 100 Backstroke	74	10	03:48 PM	_____
Finals	69 Girls 9-10 50 Breaststroke	52	7	04:09 PM	_____
Finals	70 Boys 9-12 50 Breaststroke	79	10	04:18 PM	_____
Finals	72 Boys 11-12 400 IM	1	1 u	04:29 PM	_____
	Swimmers Counts for Warm-ups: 212	=====	=====		
	Entry / Heat Totals:	726	98		
	Finish Time			04:35 PM	_____



2019 SHORT COURSE CHAMPS II



WARM UP ASSIGNMENTS

SESSION I:

Friday, February 22, 2019 PM Session

OPEN WARM UP 5:00- 6:15 PM

MEET START 6:30 PM

SESSION II:

Saturday, February 23, 2019 AM Session

MEET START 9AM

11-14 girls, 13-14 boys

1ST Warm Up: 7:30 – 7:55 A.M.

1	2	3	4	5	6	7	8
CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC

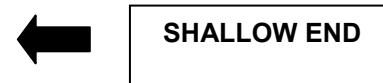
9	10	11	12	13
OPEN	OPEN	OPEN	OPEN	OPEN



2ND Warm Up: 7:55 – 8:20 A.M.

1	2	3	4	5	6	7	8
USA	LIFE	LIFE	LIFE	MARC	MARC	MARC	MARC 300

9	10	11	12	13
OPEN	OPEN	OPEN	OPEN	OPEN



3RD Warm Up: 8:20 – 8:45 P.M.

1	2	3	4	5	6	7	8
BBSC AMBU	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN HUNT	TTST EPRC

9	10	11	12	13
OPEN	OPEN	OPEN	OPEN	OPEN





2019 SHORT COURSE CHAMPS II



Warm up times below are an estimate based on the timeline for the morning session. Meet will not start before 1PM

SESSION III: Saturday, February 23, 2019 PM Session 9-10 girls, 9-12 boys

1st Warm Up: 12:00 – 12:25 P.M.

1	2	3	4	5	6	7	8
BBSC AMBU	LIFE	LIFE	LIFE	LIFE	LIFE HUNT	300	EPRC USA

9	10	11	12	13
OPEN	OPEN	OPEN	OPEN	OPEN



SHALLOW END

2nd Warm Up: 12:25 – 12:50 P.M.

1	2	3	4	5	6	7	8
SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	MARC	MARC HCCL TTST

9	10	11	12	13
OPEN	OPEN	OPEN	OPEN	OPEN



SHALLOW END

3rd Warm Up: 12:50 – 1:15 P.M.

1	2	3	4	5	6	7	8
CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC

9	10	11	12	13
OPEN	OPEN	OPEN	OPEN	OPEN



SHALLOW END



2019 SHORT COURSE CHAMPS II



SESSION IV:
Sunday, February 24, 2019 AM Session

MEET START 9AM
 11-14 girls, 13-14 boys

1ST Warm Up: 7:30 – 7:55 A.M.

1	2	3	4	5	6	7	8
TTST	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN HCCL

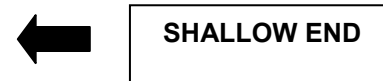
9	10	11	12	13
OPEN	OPEN	OPEN	OPEN	OPEN



2ND Warm Up: 7:55 – 8:20 A.M.

1	2	3	4	5	6	7	8
CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC

9	10	11	12	13
OPEN	OPEN	OPEN	OPEN	OPEN



3RD Warm Up: 8:20 – 8:45 P.M.

1	2	3	4	5	6	7	8
AMBU HUNT 300	MARC USA	MARC	MARC	MARC	LIFE	LIFE	LIFE BBSC

9	10	11	12	13
OPEN	OPEN	OPEN	OPEN	OPEN





2019 SHORT COURSE CHAMPS II



Warm up times below are an estimate based on the timeline for the morning session. Meet will not before 1PM

SESSION V:
Sunday, February 24, 2019 PM Session
 9-10 girls, 9-12 boys

1st Warm Up: 12:00 – 12:25 P.M.

1	2	3	4	5	6	7	8
CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC

9	10	11	12	13
OPEN	OPEN	OPEN	OPEN	OPEN

← SHALLOW END

2nd Warm Up: 12:25 – 12:50 P.M.

1	2	3	4	5	6	7	8
SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	AMBU TTST SSAN

9	10	11	12	13
OPEN	OPEN	OPEN	OPEN	OPEN

← SHALLOW END

3rd Warm Up: 12:50 – 1:15 P.M.

1	2	3	4	5	6	7	8
HCCL BBSC	TEAM 300	LIFE	LIFE	LIFE	USA HUNT	MARC	MARC

9	10	11	12	13
OPEN	OPEN	OPEN	OPEN	OPEN

← SHALLOW END

LANE TIMER ASSIGNMENTS

SESSION 1 Friday, February 22, 2019 PM Session

SWIMMERS PROVIDE THEIR OWN TIMERS & LAP COUNTERS FRIDAY NIGHT

SESSION 2 Saturday, February 23, 2019 AM Session

LANES	1	2	3	4	5	6	7	8
<u>CHAIR 1</u>	MARC	MARC	CFSC	CFSC	CFSC	LIFE	SSAN	SSAN
<u>CHAIR 2</u>	MARC	CFSC	CFSC	CFSC	LIFE	LIFE	SSAN	SSAN

SESSION 3 Saturday, February 24, 2019 PM Session

LANES	1	2	3	4	5	6	7	8
<u>CHAIR 1</u>	SSAN	SSAN	SSAN	SSAN	CFSC	CFSC	LIFE	LIFE
<u>CHAIR 2</u>	MARC	SSAN	SSAN	CFSC	CFSC	CFSC	LIFE	LIFE

SESSION 4 Sunday, February 25, 2019 AM Session

LANES	1	2	3	4	5	6	7	8
<u>CHAIR 1</u>	MARC	CFSC	CFSC	CFSC	CFSC	SSAN	SSAN	LIFE
<u>CHAIR 2</u>	MARC	MARC	CFSC	CFSC	SSAN	SSAN	SSAN	LIFE

SESSION 5 Sunday, February 25, 2019 PM Session

LANES	1	2	3	4	5	6	7	8
<u>CHAIR 1</u>	SSAN	SSAN	CFSC	CFSC	CFSC	MARC	SSAN	LIFE
<u>CHAIR 2</u>	SSAN	SSAN	CFSC	CFSC	CFSC	MARC	SSAN	LIFE

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