



2024 Gulf Senior Champs (LSST) Meet

HOSTED BY

Lone Star Swim Team

A Short Course Prelims/Finals Meet

December 13-15, 2024

Sanction Number GU-SC-25-043

Meet Referee: Rick Tobin / Doug Davis

Meet Mobile Listing: "2024 Gulf Senior Champs (LSST)"

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Warm up assignments Session 1, Friday PM (Timed Finals)

Doors Open 4 PM

General Open Warm Up 4:15 – 5:00

5:00 – 5:15 Starts, Push Pace and General Warm Up in Competition Pool

Competition Pool Warm Up

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
GENERAL WARM UP	GENERAL WARM UP	STARTS	STARTS	STARTS	STARTS	PUSH PACE	PUSH PACE

Warm Up Pool **COUNT LANES FROM OFFICES**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
GENERAL WARM UP	GENERAL WARM UP	GENERAL WARM UP	GENERAL WARM UP	CLOSED

MEET STARTS 5:30 PM

No timing assignments Friday Evening - Swimmers must provide their own timers and counters for the 400 IM & 500 Free

2024 Gulf Senior Championships, Sanction #: GU-SC-25-043
December 13-15, 2024 -- Hosted by Lone Star Swim Team
Session Report

Session: 1 Friday Timed Finals
Day of Meet: 1 Starts at 05:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 13 & Over 400 IM Check-in Required by 4:45p Must Provide 2 timers Fast to Slow alt. Girls/Boys	12	2 u	05:30 PM	_____
Finals	2 Boys 13 & Over 400 IM Check-in Required by 4:45p Must Provide 2 timers Fast to Slow alt. Girls/Boys	20	3 u	05:43 PM	_____
Finals	3 Girls 13 & Over 500 Freestyle Check-in Required by 4:45p Must Provide 2 timers & counter Fast to Slow alt. Girls/Boys	37	5 u	06:01 PM	_____
Finals	4 Boys 13 & Over 500 Freestyle Check-in Required by 4:45p Must Provide 2 timers & counter Fast to Slow alt. Girls/Boys	35	5 u	06:34 PM	_____
	Swimmers Counts for Warm-ups: 104	=====	=====		
	Entry / Heat Totals:	104	15		
	Finish Time			07:06 PM	_____



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Warm up assignments Session 2, Saturday AM

Competition Pool Warm Up # 1 (7:45 – 8:15 am)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
KATY	KATY	HYDRA	HYDRA	CFSC	CFSC	CFSC	LSST PLAT

Warm Up Pool Warm Up # 1 (7:45 – 8:15 am) **COUNT LANES FROM OFFICES**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
KATY	KATY	KATY	KATY	CLOSED

Competition Pool Warm Up # 2 (8:15 – 8:45 am)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	AGS	AGS	TST	TST	DADS TST	DADS	DADS

Warm Up Pool Warm Up # 2 (8:15 – 8:45 am) **COUNT LANES FROM OFFICES**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
DADS	DADS	DADS	DADS	CLOSED

Timing Assignments

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	HYDRA	DADS	DADS	KATY	KATY	TST	CFSC
AGS	AGS	DADS	DADS	KATY	KATY	CFSC	CFSC

2024 Gulf Senior Championships, Sanction #: GU-SC-25-043
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Session Report

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

Round	Event	Entries	Heats	Starts at	
Prelims	5 Girls 13 & Over 200 Butterfly	18	3	09:00 AM	_____
Prelims	6 Boys 13 & Over 200 Butterfly	12	2	09:11 AM	_____
Prelims	7 Girls 13 & Over 50 Freestyle	122	16	09:17 AM	_____
Prelims	8 Boys 13 & Over 50 Freestyle	112	14	09:31 AM	_____
Prelims	9 Girls 13 & Over 100 Breaststroke	55	7	09:43 AM	_____
Prelims	10 Boys 13 & Over 100 Breaststroke	67	9	09:57 AM	_____
Prelims	11 Girls 13 & Over 200 Freestyle	93	12	10:13 AM	_____
Prelims	12 Boys 13 & Over 200 Freestyle	82	11	10:47 AM	_____
Prelims	13 Girls 13 & Over 100 Backstroke	103	13	11:18 AM	_____
Prelims	14 Boys 13 & Over 100 Backstroke	98	13	11:45 AM	_____
Finals	15 Girls 13 & Over 400 Medley Relay	15	2 u	12:11 PM	_____
Relay Cards Due by 8:15a					
Finals	16 Boys 13 & Over 400 Medley Relay	13	2 u	12:21 PM	_____
Relay Cards Due by 8:15a					
Finals-S	17 Girls 13 & Over 1000 Freestyle	4	1 u	12:31 PM	_____
Check-in Required by 9:00a					
Must Provide 2 timers & counter					
Alt. Hts Women/Men Fastest 8 Finals					
Finals-S	18 Boys 13 & Over 1000 Freestyle	0	0	12:44 PM	_____
Check-in Required by 9:00a					
Must Provide 2 timers & counter					
Alt. Hts Women/Men Fastest 8 Finals					
Swimmers Counts for Warm-ups: 265		=====	=====		
Entry / Heat Totals:		794	105		
Finish Time				12:44 PM	_____

Per CyFair Aquatics: Venue closed end of Prelims-4 PM



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Warm up assignments Session 3, Saturday PM (Finals)

Per CyFair Aquatics: Venue closed end of Prelims-4 PM

Doors Open 4 PM

General Open Warm Up 4:15 – 5:00

5:00 – 5:15 Starts, Push Pace and General Warm Up in Competition Pool

Competition Pool Warm Up

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
GENERAL WARM UP	GENERAL WARM UP	STARTS	STARTS	STARTS	STARTS	PUSH PACE	PUSH PACE

Warm Up Pool **COUNT LANES FROM OFFICES**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
GENERAL WARM UP	GENERAL WARM UP	GENERAL WARM UP	GENERAL WARM UP	CLOSED

FINALS SESSION STARTS 5:30 PM

Timing Assignments

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	HYDRA	DADS	DADS	KATY	KATY	TST	CFSC
AGS	AGS	DADS	DADS	KATY	KATY	CFSC	CFSC

2024 Gulf Senior Championships, Sanction #: GU-SC-25-043
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Session Report

Session: 3 Saturday Finals
Day of Meet: 2 Starts at 05:30 PM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	5 Girls 13 & Over 200 Butterfly	18	3 u	05:30 PM	_____
Finals	6 Boys 13 & Over 200 Butterfly	12	3 u	05:40 PM	_____
Finals	7 Girls 13 & Over 50 Freestyle	24	3 u	05:50 PM	_____
Finals	8 Boys 13 & Over 50 Freestyle	24	3 u	05:53 PM	_____
Finals	9 Girls 13 & Over 100 Breaststroke	24	3 u	05:56 PM	_____
Finals	10 Boys 13 & Over 100 Breaststroke	24	3 u	06:01 PM	_____
Finals	11 Girls 13 & Over 200 Freestyle	24	3 u	06:07 PM	_____
Finals	12 Boys 13 & Over 200 Freestyle	24	3 u	06:15 PM	_____
Finals	13 Girls 13 & Over 100 Backstroke	24	3 u	06:23 PM	_____
Finals	14 Boys 13 & Over 100 Backstroke	24	3 u	06:29 PM	_____
Finals-1	17 Girls 13 & Over 1000 Freestyle	8	1 u	06:35 PM	_____
Check-in Required by 9:00a					
Must Provide 2 timers & counter					
Alt. Hts Women/Men Fastest 8 Finals					
Finals-1	18 Boys 13 & Over 1000 Freestyle	6	1 u	06:48 PM	_____
Check-in Required by 9:00a					
Must Provide 2 timers & counter					
Alt. Hts Women/Men Fastest 8 Finals					
Swimmers Counts for Warm-ups: 133		=====	=====		
Entry / Heat Totals:		236	32		
Finish Time				07:04 PM	_____

Per CyFair Aquatics: Venue closed end of Prelims-4 PM



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Warm up assignments Session 4, Sunday AM

Competition Pool Warm Up # 1 (7:45 – 8:15 am)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LSST HYDRA	HYDRA	HYDRA	TST	TST	TST	DADS	DADS

Warm Up Pool Warm Up # 1 (7:45 – 8:15 am) **COUNT LANES FROM OFFICES**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
DADS	DADS	DADS	DADS	CLOSED

Competition Pool Warm Up # 2 (8:15 – 8:45 am)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
KATY	KATY PLAT	AGS	AGS	AGS	CFSC	CFSC	CFSC

Warm Up Pool Warm Up # 2 (8:15 – 8:45 am) **COUNT LANES FROM OFFICES**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
KATY	KATY	KATY	KATY	CLOSED

****** COMPETITION POOL TEAMS MUST ALLOW WARM UP POOL TEAMS TIME TO SHARE THE LANE AND DIVE FROM BLOCKS AT THE END OF THE WARM UP SESSION ******

Timing Assignments

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	HYDRA	DADS	DADS	KATY	KATY	TST	CFSC
AGS	AGS	DADS	DADS	KATY	KATY	CFSC	CFSC

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Session Report

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

Round	Event	Entries	Heats	Starts at	
Prelims	19 Girls 13 & Over 200 Backstroke	48	6	09:00 AM	_____
Prelims	20 Boys 13 & Over 200 Backstroke	44	6	09:21 AM	_____
Prelims	21 Girls 13 & Over 100 Freestyle	121	16	09:41 AM	_____
Prelims	22 Boys 13 & Over 100 Freestyle	106	14	10:06 AM	_____
Prelims	23 Girls 13 & Over 200 Breaststroke	32	4	10:26 AM	_____
Prelims	24 Boys 13 & Over 200 Breaststroke	36	5	10:41 AM	_____
Prelims	25 Girls 13 & Over 100 Butterfly	63	8	10:58 AM	_____
Prelims	26 Boys 13 & Over 100 Butterfly	62	8	11:12 AM	_____
Prelims	27 Girls 13 & Over 200 IM	86	11	11:25 AM	_____
Prelims	28 Boys 13 & Over 200 IM	85	11	12:01 PM	_____
Finals	29 Girls 13 & Over 400 Freestyle Relay	14	2 u	12:36 PM	_____
	Relay Cards Due by 8:15a				
Finals	30 Boys 13 & Over 400 Freestyle Relay	13	2 u	12:45 PM	_____
	Relay Cards Due by 8:15a				
Finals-S	31 Girls 13 & Over 1650 Freestyle	3	1 u	12:53 PM	_____
	Check-in Required by 9:00a				
	Must Provide 2 timers & counter				
	Alt. Hts Women/Men Fastest 8 Finals				
Finals-S	32 Boys 13 & Over 1650 Freestyle	0	0	01:20 PM	_____
	Check-in Required by 9:00a				
	Must Provide 2 timers & counter				
	Alt. Hts Women/Men Fastest 8 Finals				
	Swimmers Counts for Warm-ups: 244	=====	=====		
	Entry / Heat Totals:	713	94		
	Finish Time			01:20 PM	_____

Per CyFair Aquatics: Venue closed end of Prelims-4 PM



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Sanction Number GU-SC-25-043



Warm up assignments Session 5, Sunday PM (Finals)

Per CyFair Aquatics: Venue closed end of Prelims-4 PM

Doors Open 4 PM

General Open Warm Up 4:15 – 5:00

5:00 – 5:15 Starts, Push Pace and General Warm Up in Competition Pool

Competition Pool Warm Up

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
GENERAL WARM UP	GENERAL WARM UP	STARTS	STARTS	STARTS	STARTS	PUSH PACE	PUSH PACE

Warm Up Pool **COUNT LANES FROM OFFICES**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
GENERAL WARM UP	GENERAL WARM UP	GENERAL WARM UP	GENERAL WARM UP	CLOSED

FINALS SESSION STARTS 5:30 PM

Timing Assignments

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	HYDRA	DADS	DADS	KATY	KATY	TST	CFSC
AGS	AGS	DADS	DADS	KATY	KATY	CFSC	CFSC

2024 Gulf Senior Championships, Sanction #: GU-SC-25-043
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Session Report

Session: 5 Sunday Finals
Day of Meet: 3 Starts at 05:30 PM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Girls 13 & Over 200 Backstroke	24	3 u	05:30 PM	_____
Finals	20 Boys 13 & Over 200 Backstroke	24	3 u	05:40 PM	_____
Finals	21 Girls 13 & Over 100 Freestyle	24	3 u	05:50 PM	_____
Finals	22 Boys 13 & Over 100 Freestyle	24	3 u	05:55 PM	_____
Finals	23 Girls 13 & Over 200 Breaststroke	24	3 u	06:00 PM	_____
Finals	24 Boys 13 & Over 200 Breaststroke	24	3 u	06:10 PM	_____
Finals	25 Girls 13 & Over 100 Butterfly	24	3 u	06:20 PM	_____
Finals	26 Boys 13 & Over 100 Butterfly	24	3 u	06:26 PM	_____
Finals	27 Girls 13 & Over 200 IM	24	3 u	06:31 PM	_____
Finals	28 Boys 13 & Over 200 IM	24	3 u	06:40 PM	_____
Finals-1	31 Girls 13 & Over 1650 Freestyle	8	1 u	06:49 PM	_____
Check-in Required by 9:00a					
Must Provide 2 timers & counter					
Alt. Hts Women/Men Fastest 8 Finals					
Finals-1	32 Boys 13 & Over 1650 Freestyle	4	1 u	07:15 PM	_____
Check-in Required by 9:00a					
Must Provide 2 timers & counter					
Alt. Hts Women/Men Fastest 8 Finals					
Swimmers Counts for Warm-ups: 135		=====	=====		
Entry / Heat Totals:		252	32		
Finish Time				07:42 PM	_____

Per CyFair Aquatics: Venue closed end of Prelims-4 PM