

Southern Senior Champs Invitational

December 4th – 7th 2025

Short Course Yards – Prelims/Final

Hosted by The Woodlands Swim Team



Sanction Number # GU-SC-26-029

Meet Program

- General Information
- Warm Up Info /Timing Chair Assignments

MEET REFEREE: Claude Humbert
ADMIN REFEREE: Lisa Blok
MEET DIRECTOR: Jennie Shamburger(coachjenn@itwst.org), Denise French, Tara Bailey
SAFETY MARSHAL: Richelle Sykes, Hilary Toma, Dylan Rose
COACH: Jarrod Murphy, Head Coach, The Woodlands Swim Team

Meet Schedule

Thursday, Dec. 4 th	Timed Finals Warm Up: 4:00pm** / Start: 5:30pm**
Friday, Dec. 5 th	Prelims: Warm Up: 7:30am/Start: 9:00am Finals: Warm Up: 4:30pm / Start: 5:30pm
Saturday, Dec. 6 th	Prelims: Warm Up: 7:30am / Start: 9:00am Finals: Warm Up: 4:30pm / Start: 5:30pm
Sunday, Dec. 7 th	Prelims: Warm Up: 7:30am / Start: 9:00am Finals: Warm Up: 3:30pm / Start: 4:30pm

Southern Sr Champs Coaches Meeting to be held via ZOOM on Monday 12/1 at 7:30pm central time. Meeting ID: 890 0923 8958 Passcode: 461375. Any changes to conduct of the meet will be decided at this meeting. It is responsibility of all swimmer and coaches to be aware of any changes made at this time.

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*****Thursday PM deck will be open to meet swimmers at 4pm sharp at conclusion of CISD practice time. Please note UPDATED 5:30pm start time for the Thursday PM session based on vote at online coaches' meeting Monday 12/1.***

Open Warm-ups for all Prelims/Finals Sessions will include dedicated push/pace and start lanes during the last :15 minutes of warm up. Warm up will end :15 min prior to the start of each session.

General Information:

Coaches Meeting: All swimmers must be represented at a general meeting to be held via ZOOM on Monday 12/1 at 7:30pm central time. Meeting ID: 890 0923 8958 Passcode: 461375

Any changes to the conduct of the meet will be decided at this meeting. It is each swimmer and coach's responsibility to be aware of any changes made at this meeting.

Deck Seeded Meet: The scratch box will be located at the Clerk of Course table / Scratch table on deck under the window by the Meet Ops room.

- Thursday's events: 1000 FR is deck seeded. Scratches are made by not circling in for the 1000 FR. Check in closes at 4:45pm / :45 minutes prior to the meet start. Relay cards for Thursday events are due to the Clerk of Course at least :45 min prior to the start of the timed finals session or the entry will be considered scratched.
- Friday's events: Scratches are due via online scratch link by 8pm on Thursday. Google form for Friday scratches has been emailed to all teams. **Friday prelims scratches accepted ONLINE ONLY via link.** Link info at www.gulfswimming.org under Meets and meet title.
- Saturday's events: Scratches are due by 6pm on Friday, Dec. 6th at Scratch Table on pool deck.
- Sunday's events: Scratches are due by 6pm on Saturday, Dec. 7th (This includes positive check in for the 1650 FR event) at Scratch Table on pool deck.

Relays: Properly completed relay cards must be turned in to the Clerk of Course :45 minutes prior to the start of the sessions that the events will be swum or the entry will be considered scratched. **Please indicate AM or PM for all relay cards on Friday/Saturday/Sunday.**

Thursday Events: The 1000 FR will be timed finals, swum fastest to slowest. Women will swim in the West (scoreboard) pool and Men will swim in the East (bulkhead) pool. Swimmers in the 1000 FR must provide 2 timers and a lap counter. All Thursday night relays will be swum in the East (bulkhead) pool only.

Friday, Saturday and Sunday Prelims: For all prelims, the Men's pool will be the EAST Pool and the Women's pool will be the WEST pool for individual events and relays.

- Swimmers may elect to swim the 1650 FR during prelims. The fastest 8 girls and the fastest 8 boys who check-in for the event, and who do NOT elect to swim in prelims, will swim during finals. All other heats of the 1650 will be swum as the last heats in prelims fastest to slowest. Swimmers must provide 2 timers and a lap counter for this event. ****The 1650 FR event will be AFTER the relays in prelims.**
- Swimmers in the 500 FR must provide their own lap counter for prelims and finals.
- All relays will be swum as timed finals with the fastest 16 women's relays and fastest 16 men's relays swimming during finals. All other relays will swim during prelims, slowest to fastest in event order. ***Relays in prelims on Friday/Saturday/Sunday will be swum girls in the West(scoreboard) pool and boys in the East (bulkhead) pool.***
- **Please pick up relay cards/coaches packets at check in on Thursday 12/4 or prior to start of warm up each day as they are due 45 min prior to start of prelim session.**

Finals Note: Meet will have A, B, C and D finals. There will be an E final for the 50-100-200 yard events. Relays, 1000 FR and 1650 FR will be swum as timed finals events.

No Shows: After the heats have been seeded, any swimmer who fails to compete in an individual event heat in which they have been entered and have not been scratched will be barred from further individual and relay events for that day and fined \$5 for missed event payable to Gulf Swimming. A no show at finals is subject to a \$50 fine payable to Gulf Swimming and expulsion from the remainder of the meet.

On Deck Entries: Accepted each day up to :45 minutes prior to the start of the prelims sessions as follows:

1. Swimmers must pay double the individual entry fee at the time of entry. If not already entered in the meet, the swimmer surcharge fee shall also apply.
2. Swimmers must supply completed entry forms entered at the swimmer's best times. Swimmers entering by the scratch deadline – the day before the session – will be seeded into the events according to their best times.
3. Swimmers entering on the same day of the session will be allowed to swim in open lanes in the last heat. A heat may be added if necessary.
4. Swimmers must be qualified to swim the event entered. They must show proof of USA Swimming registration and APT certification (for swimmers aged 18 and over).
5. Swimmers must not exceed the allotted number of events allowed each day.
6. Swimmers who on-deck to change an entry time in an event in which they are already entered must still pay the on deck entry fees, but will be seeded with the new time only if entered by the scratch deadline.

Please refer to meet announcement posted at www.gulfswimming.org for more information and rules and procedures regarding scratching from finals.

Lane Timer Assignments

****There will be a timer's meeting 20 minutes before the start of each session (8:40am for 9am prelims start and 5:10pm for 5:30pm finals and 4:10pm for 4:30pm Sunday finals start) in the Natatorium lobby for ALL TIMERS at that session****

Teams NOT assigned a timing chair will be asked to fill in as needed from the stands

Thursday, December 4th

****All swimmers responsible for their own timers (2) and lap counter for the 1000 FR event****

Timer assignments are for the 200s of relays at the beginning and end of the meet. Please stress to your timers that they are expected to stay for BOTH relay events.

RELAY TIMERS		East (Bulkhead)			Pool			
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	TWST	TWST	TWST	TWST	FCST	PACK	SHRKS	DADS
Chair 2	TWST	TWST	TWST	TWST	FCST	PACK	SHRKS	DADS

Friday, December 5th AM Session/Prelims

Men's	Pool		EAST (Bulkhead)		Pool			
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	DADS	DADS	DADS	KATY	KATY	CFSC	FCST	FCST
Chair 2	DADS	DADS	DADS	KATY	KATY	CFSC	FCST	FCST
Women's	Pool		WEST (Scoreboard)		Pool			
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	SSAN	BTA	BTA	FRST	PACK	KATY	DADS	FCST
Chair 2	SSAN	BTA	BATS	ESA	PACK	KATY	DADS	FCST

**Team timing assignments include timing for the 400 IM and relays in prelim heats.*

Saturday, December 6th AM Session/Prelims

Men's	Pool		EAST (Bulkhead)		Pool			
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	DADS	DADS	DADS	CFSC	KATY	SSAN	FCST	FCST
Chair 2	DADS	DADS	DADS	CFSC	KATY	SSAN	FCST	FCST
Women's	Pool		WEST (Scoreboard)		Pool			
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	KATY	BTA	PACK	FRST	BATS	DADS	SSAN
Chair 2	FCST	KATY	BTA	PACK	FRST	BATS	DADS	SSAN

***Team timing assignments include timing for the 500 FR and relays in prelim heats.*

Sunday, December 7th AM Session/Prelims

Men's	Pool		EAST (Bulkhead)		Pool			
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	DADS	DADS	FCST	FCST	KATY	KATY	SHRK	HEAT
Chair 2	DADS	DADS	FCST	FCST	KATY	KATY	SHRK	HEAT
Women's	Pool		WEST (Scoreboard)		Pool			
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	BATS	BTA	PACK	CFSC	KATY	FCST	DADS	DADS
Chair 2	BATS	BTA	PACK	CFSC	KATY	FCST	DADS	DADS

****Swimmers in the 1650 FR will be responsible for their own timers and lap counters after relays in prelims.*

TWST will provide timers for all Fri/Sat/Sun Finals Sessions.

*****Swimmers in the 1650 FR Finals on Sunday will be responsible for their own lap counters.*

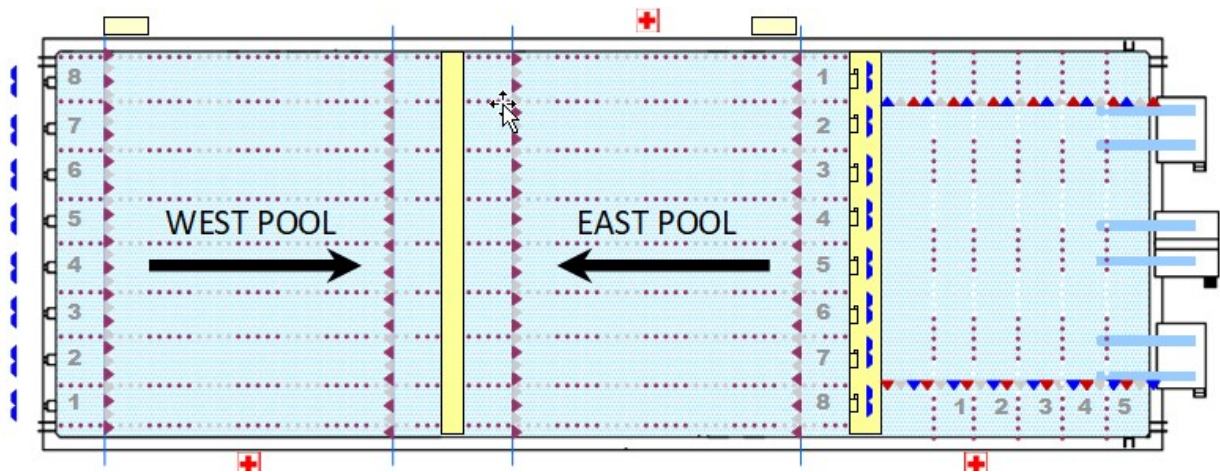
Natatorium Layout - Scoreboard (WEST) pool on left walking onto pool deck. Bulkhead (EAST) pool in middle. West Pool loads from pool deck. East pool loads from top of bulkhead and exits bottom (one way ingress/egress).

Locker rooms on deck FOR ATHLETES ONLY. Women's locker rooms on bottom/west side. Men's locker rooms on bottom/diving well side.

Warm up/down pool will be diving well for prelims.

Bathrooms for coaches/officials/parents/siblings will be in downstairs lobby. Upstairs lobby has single/family restrooms.

Viewing gallery is upstairs. STANDING AGAINST RAILING and blocking walkway is a violation of facility rules.



Entry Side