



**USA SWIMMING/ SPEEDO CHAMPIONS SERIES
2013 SOUTHERN ZONE
LC SECTIONAL CHAMPIONSHIPS**

**CISD Natatorium, Shenandoah, Texas
July 30 – August 3, 2013**

MEET REFEREES: Herb Schwab and Rick Allenstein (Administrative)
MEET DIRECTOR: Pat Norris

GENERAL MEETING: All swimmers must be represented at the General Meeting held Tuesday in the Hospitality area. Coach packets will be distributed in the Lobby following the General Meeting.

CREDENTIAL TAGS: All meet personnel and USA Swimming registered coaches, officials and participating swimmers will be issued credential tags. Replacement credential tags will be \$25. Meet volunteers and timers/ counters must check-in at the volunteer check-in table located in the main lobby.

POOL: 50 meter, 8 lane indoor competitive pool with non-turbulent lane lines will be used for session warm-up and competition. The diving well (25 yard, 4 lanes) will be available during the meet.

MEET FORMAT: This is a prelim-finals long course meters meet with A, B, C & D finals for events 400 meters or less. The 800 Free, 1500 Free and all relays are timed finals.

SCHEDULE:	Tuesday, July 30	General Meeting 3:30 p.m.		
		Finals	Warm-up: 4:30 p.m.	Meet starts: 6:00 p.m.
	Wednesday, July 31	Prelims	Warm-up: 7:00 a.m.	Meet starts: 9:00 a.m.
		Finals	Warm-up: 4:30 p.m.	Meet starts: 6:00 p.m.
	Thursday, August 1	Prelims	Warm-up: 7:00 a.m.	Meet starts: 9:00 a.m.
		Finals	Warm-up: 4:30 p.m.	Meet starts: 6:00 p.m.
	Friday, August 2	Prelims	Warm-up: 7:00 a.m.	Meet starts: 9:00 a.m.
		Finals	Warm-up: 4:30 p.m.	Meet starts: 6:00 p.m.
	Saturday, August 3	Prelims	Warm-up: 7:00 a.m.	Meet starts: 9:00 a.m.
		Finals	Warm-up: 3:30 p.m.	Meet starts: 5:00 p.m.

Open warm-ups will be in effect. Warm-ups will end 15 minutes prior to the start of each session.

TIME TRIALS: Time trials will be conducted following the Tuesday session (800 Freestyle only) and between the prelim and final sessions Wednesday through Friday, time permitting.

VOLUNTEER TIMERS: Timers may sign up in advance online using the following links:

Prelim Timers: <http://www.signupgenius.com/go/70A0A48ACA72CA64-prelim1>

Final Timers: <http://www.signupgenius.com/go/70A0A48ACA72CA64-final>

SPECTATOR SEATING: The spectator seating area will accommodate 1,200 occupants. No reserve seating is allowed. Lawn chairs and large ice chests are prohibited, but small coolers that can fit below your seat are allowed. Any items left between sessions will be removed for cleaning purposes.

SPECTATOR TICKETS:	All Session Pass	\$20	PROGRAMS:	Meet Binder/ Psych/ ALL Heat Sheets	\$20
	Each <i>Prelim</i> Session	\$ 2		Each <i>Prelim</i> Heat Sheet	\$ 2
	Each <i>Final</i> Session	\$ 4		Each <i>Final</i> Heat Sheet	\$ 4

*all ticket & heat sheet sales are **CASH ONLY**.



"It's About Time"



Parents, siblings, friends:

Come help out and be a volunteer timer during the upcoming Sectionals Meet. Timing slots are available during Prelims and Finals on Wednesday, August 1 – Saturday, August 3. It's easy to sign up on-line, just double-click on the buttons below and follow the instructions:

- **Prelim** Session Timers:



-

- **Final** Session Timers:



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Please note that session end times are approximate. Plan on staying to the end of the session if possible. Finals Sessions will be streamed LIVE at the following link:

<http://www.ihigh.com/cisdnat/>



Final Session Timers will receive ***free admission*** for that session (\$4 value) and a ***free t-shirt*** to wear while timing. Our goal is for all of the timers to look uniform behind the blocks during LIVE streaming. There will be no refunds for All Session Passes.

Volunteers should arrive 15 minutes early and check in at the volunteer table on the left side of the Lobby. If you are unfamiliar with the operation of the watches and timing system, the head timer will help get you oriented.

2013 SCS Long Course Sectional Championships - 7/30/2013 to 8/3/2013

A LCM Prelim Finals Meet, Sanction #: GULC 13-111

Hosted by the Woodlands Swim Team

Team List

Team	Female	Male	Total Athletes	Entries	Relay	Total
1 ATAC-NT Academy of Texas Aquatic Champ	2	1	3	19	0	19
2 AGS-GU Aggie Swim Club	8	7	15	46	6	52
3 AAAA-ST Alamo Area Aquatic Association	14	29	43	194	12	206
4 ALAC-GU Alief Aquatic Club	0	1	1	1	0	1
5 AST-WT Amarillo Swim Team	1	1	2	7	0	7
6 AMBU-GU Ambush Swimming	2	3	5	14	0	14
7 AQUA-GU Aquastar	0	1	1	7	0	7
8 AQTX-ST Aquatex Swim Team	2	1	3	13	0	13
9 BLAS-LA Blast Swim Team	0	1	1	3	0	3
10 BTA-GU Blue Tide Aquatics	7	13	20	70	12	82
11 BBSC-GU Brenham Swim Club	0	2	2	9	0	9
12 CPS-ST Cedar Park Swimming	4	0	4	14	3	17
13 CAT-NT Champion Aquatic Team	1	2	3	9	0	9
14 COM-WT City Of Midland Swim Team	1	2	3	12	0	12
15 COR-NT City of Richardson Swim Team	4	0	4	12	0	12
16 COSS-LA City of Shreveport Swim Team	0	3	3	9	0	9
17 CBA-ST Coastal Bend Allstars	1	1	2	4	0	4
18 CFSC-GU Cypress Fairbanks Swim Club	15	10	25	105	12	117
19 DADS-GU Dads Club Swim Team	4	2	6	18	0	18
20 DM-NT Dallas Mustangs	15	15	30	125	15	140
21 DAC-NT Denton Isd Aquatics Club	1	0	1	2	0	2
22 DSSC-BD Desert Shark Swim Club	0	3	3	14	0	14
23 ESA-GU Eagle Swim Association	7	3	10	41	2	43
24 EPAP-BD El Paso Aqua Posse	5	4	9	38	4	42
25 ESP-NT Elite Swim Program	0	1	1	3	0	3
26 FCST-GU First Colony Swim Team, Inc.	2	3	5	21	0	21
27 FAST-NT Fort Worth Area Swim Team	8	4	12	71	5	76
28 FINS-LA Franco's Fins	1	0	1	1	0	1
29 FA-NT Frisco Aquatics	11	11	22	80	12	92
30 HCAP-GU Harris County Aquatics Program	0	3	3	15	0	15
31 HEAT-ST Heart of Texas Aquatics Team	0	1	1	5	0	5
32 HU-GU Houston ,university of	0	0	0	0	0	0
33 HSC-GU Houston Swim Club	9	10	19	76	6	82
34 KATY-GU Katy Aquatic Team For Youth	0	2	2	7	0	7
35 LAC-NT Lakeside Aquatic Club	16	15	31	128	17	145
36 LAP-GU Lighthouse Aquatics Program	0	2	2	5	0	5
37 LSAC-ST Lone Star Aquatic Club	0	1	1	4	0	4
38 LSST-GU Lone Star Swim Team	1	1	2	2	0	2
39 TXLA-ST Longhorn Aquatics	4	5	9	50	6	56
40 LCA-ST Lost Creek Aquatics	6	8	14	46	1	47
41 LSC-WT Lubbock Swim Club	2	2	4	17	0	17
42 MAC-GU Magnolia Aquatic Club	5	2	7	30	0	30
43 MAC-NT Mansfield Aquatic Club	5	2	7	26	0	26
44 MTRO-NT Metroplex Aquatics	2	1	3	10	0	10
45 NTRO-ST Nitro Swimming	18	14	32	131	12	143
46 NTN-NT North Texas Nadadores	7	7	14	52	3	55
47 NAMS-ST Northwest Austin Makos Swim Cl	0	1	1	5	0	5
48 WAVE-LA Nu Wave Swim Club	0	4	4	14	1	15
49 PEAK-GU Pearland Aquatics	6	1	7	34	2	36
50 PFL-GU Power For Life	5	9	14	45	6	51
51 PACK-GU Premier Aquatics Club of Klein	5	12	17	72	9	81
52 RICE-GU Rice Aquatics	1	2	3	8	0	8
53 RACE-NT Rockwall Aquatic Center of Exc	2	0	2	13	0	13

2013 SCS Long Course Sectional Championships - 7/30/2013 to 8/3/2013

A LCM Prelim Finals Meet, Sanction #: GULC 13-111

Hosted by the Woodlands Swim Team

Team List

	Team	Female	Male	Total Athletes	Entries	Relay	Total
54	WAVE-ST San Antonio Wave	4	2	6	11	0	11
55	SHRK-GU Sharks Swim Team	0	2	2	8	0	8
56	SPA-GU Sienna Plantation Aquatics	4	3	7	36	2	38
57	SSS-GU South Shore Sails	4	0	4	16	1	17
58	SWAT-NT South West Aquatics Of Texas	2	0	2	5	0	5
59	SPAR-LA Spartan Swimming	1	2	3	7	0	7
60	SST-GU Spring Swim Team	0	1	1	1	0	1
61	SASA-ST Streamline Aquatics	8	6	14	60	6	66
62	FINS-GU Team Fins	2	4	6	22	3	25
63	TCU-NT Texas Christian University	3	2	5	14	0	14
64	GOLD-ST Texas Gold	2	6	8	29	3	32
65	TRS-NT Texas RiverSharks	2	1	3	8	0	8
66	TWST-GU The Woodlands Swim Team	7	13	20	68	6	74
67	TASC-GU Tomball Area Swim Club	0	2	2	4	0	4
68	UN-10-ST Unattached	0	1	1	2	0	2
69	UN-12-GU Unattached	1	0	1	4	0	4
70	UAAAA-ST Unattached Aaaa	0	1	1	5	0	5
71	UCFSC-GU Unattached Cfsc	3	0	3	9	0	9
72	UCOM-WT Unattached Com	0	1	1	4	0	4
73	UCPS-ST Unattached Cps	1	0	1	5	0	5
74	UDM-NT Unattached DM	0	1	1	2	0	2
75	UGOLD-ST Unattached Gold	0	1	1	2	0	2
76	UHU-GU Unattached HU	4	0	4	16	0	16
77	ULAC-NT Unattached Lac	1	0	1	5	0	5
78	UNTRO-ST Unattached Ntro	0	1	1	2	0	2
79	URICE-GU Unattached Rice	1	0	1	3	0	3
80	UTRS-NT Unattached Trs	1	0	1	4	0	4
81	UTWST-GU Unattached Twst	2	0	2	7	0	7
82	UTXLA-ST Unattached Txla	4	1	5	15	0	15
83	WHAT-GU West Houston Aquatic Team	1	2	3	8	0	8
84	WETT-BD West Texas Typhoon	2	0	2	14	0	14
		270	282	552	2153	167	2320

2013 SCS Long Course Sectional Championships - 7/30/2013 to 8/3/2013
A LCM Prelim Finals Meet, Sanction #: GULC 13-111
Hosted by the Woodlands Swim Team
Session Report

Session: 1 Tuesday Timed Finals
Day of Meet: 1 Starts at 06:00 PM Heat Interval: 20 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Women 800 Freestyle ¹	27	4u	06:00 PM _____
Finals	2 Men 800 Freestyle ¹	23	3u	06:10 PM _____
	Swimmers Counts for Warm-ups: 50	=====	=====	
	Entry / Heat Totals:	50	7	
	Finish Time			07:07 PM _____

¹ Swimmers must provide their own timers and counter. The event will be deck seeded and swim fastest to slowest, alternating heats of women and men.

2013 SCS Long Course Sectional Championships - 7/30/2013 to 8/3/2013**A LCM Prelim Finals Meet, Sanction #: GULC 13-111****Hosted by the Woodlands Swim Team****Session Report**

Session: 2 Wednesday Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	3 Women 100 Freestyle	104	13u	09:00 AM	_____
Prelims	4 Men 100 Freestyle	118	15u	09:20 AM	_____
Prelims	5 Women 200 Breaststroke	62	8u	09:41 AM	_____
Prelims	6 Men 200 Breaststroke	69	9u	10:08 AM	_____
Prelims	7 Women 200 Backstroke	74	10u	10:36 AM	_____
Prelims	8 Men 200 Backstroke	71	9u	11:09 AM	_____
Prelims	9 Women 200 Butterfly	73	10u	11:36 AM	_____
Prelims	10 Men 200 Butterfly	89	12u	12:06 PM	_____
	Swimmers Counts for Warm-ups: 484	=====	=====		
	Entry / Heat Totals:	660	86		
	Finish Time			12:39 PM	_____

2013 SCS Long Course Sectional Championships - 7/30/2013 to 8/3/2013
A LCM Prelim Finals Meet, Sanction #: GULC 13-111
Hosted by the Woodlands Swim Team
Session Report

Session: 3 Wednesday Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	3 Women 100 Freestyle	32	4u	06:00 PM _____
Finals	4 Men 100 Freestyle	32	4u	06:09 PM _____
Finals	5 Women 200 Breaststroke	32	4u	06:18 PM _____
Finals	6 Men 200 Breaststroke	32	4u	06:34 PM _____
Finals	7 Women 200 Backstroke	32	4u	06:49 PM _____
Finals	8 Men 200 Backstroke	32	4u	07:05 PM _____
Finals	9 Women 200 Butterfly	32	4u	07:19 PM _____
Finals	10 Men 200 Butterfly	32	4u	07:34 PM _____
	Swimmers Counts for Warm-ups: 233	=====	=====	
	Entry / Heat Totals:	256	32	
	Finish Time			07:48 PM _____

2013 SCS Long Course Sectional Championships - 7/30/2013 to 8/3/2013
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Hosted by the Woodlands Swim Team
Session Report

Session: 4 Thursday Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Prelims	11 Women 200 Freestyle	91	12u	09:00 AM _____
Prelims	12 Men 200 Freestyle	105	14u	09:33 AM _____
Prelims	13 Women 400 IM ²	74	10u	10:08 AM _____
Prelims	14 Men 400 IM ²	65	9u	10:17 AM _____
	Break: 15 Minutes			
Finals-S	15 Women 800 Freestyle Relay	7	1u	12:09 PM _____
Finals-S	16 Men 800 Freestyle Relay	13	2u	12:18 PM _____
	Swimmers Counts for Warm-ups: 297	=====	=====	
	Entry / Heat Totals:	355	48	
	Finish Time			12:36 PM _____

² The 400 IM in prelims will swim in the following order: the first three fastest heats of women, the first three fastest heats of men, then alternating heats of women/ men, fast to slow.

2013 SCS Long Course Sectional Championships - 7/30/2013 to 8/3/2013
A LCM Prelim Finals Meet, Sanction #: GULC 13-111
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Session Report

Session: 5 Thursday Finals

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	11 Women 200 Freestyle	32	4u	06:00 PM _____
Finals	12 Men 200 Freestyle	32	4u	06:14 PM _____
Finals	13 Women 400 IM	32	4u	06:27 PM _____
Finals	14 Men 400 IM	32	4u	06:52 PM _____
	Break: 15 Minutes			
Finals-2	15 Women 800 Freestyle Relay	16	2u	07:31 PM _____
Finals-2	16 Men 800 Freestyle Relay	16	2u	07:52 PM _____
	Swimmers Counts for Warm-ups: 119	=====	=====	
	Entry / Heat Totals:	160	20	
	Finish Time			08:11 PM _____

2013 SCS Long Course Sectional Championships - 7/30/2013 to 8/3/2013
A LCM Prelim Finals Meet, Sanction #: GULC 13-111
Hosted by the Woodlands Swim Team
Session Report

Session: 6 Friday Prelims

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	17 Women 100 Backstroke	99	13u	09:00 AM	_____
Prelims	18 Men 100 Backstroke	76	10u	09:25 AM	_____
Prelims	19 Women 400 Freestyle ³	82	11u	09:43 AM	_____
Prelims	20 Men 400 Freestyle ³	70	9u	09:54 AM	_____
Prelims	21 Women 100 Breaststroke	68	9u	11:22 AM	_____
Prelims	22 Men 100 Breaststroke	68	9u	11:39 AM	_____
Prelims	23 Women 100 Butterfly	98	13u	11:54 AM	_____
Prelims	24 Men 100 Butterfly	93	12u	12:15 PM	_____
	Break: 15 Minutes				
Finals-S	25 Women 400 Freestyle Relay	12	2u	12:48 PM	_____
Finals-S	26 Men 400 Freestyle Relay	15	2u	12:57 PM	_____
	Swimmers Counts for Warm-ups: 470	=====	=====		
	Entry / Heat Totals:	681	90		
	Finish Time			01:06 PM	_____

³ The 400 Free in prelims will swim in the following order: the first three fastest heats of women, the first three fastest heats of men, then alternating heats of women/ men, fast to slow.

2013 SCS Long Course Sectional Championships - 7/30/2013 to 8/3/2013
A LCM Prelim Finals Meet, Sanction #: GULC 13-111
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Session Report

Session: 7 Friday Finals

Day of Meet: 4 Starts at 06:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	17 Women 100 Backstroke	32	4u	06:00 PM _____
Finals	18 Men 100 Backstroke	32	4u	06:11 PM _____
Finals	19 Women 400 Freestyle	32	4u	06:21 PM _____
Finals	20 Men 400 Freestyle	32	4u	06:44 PM _____
Finals	21 Women 100 Breaststroke	32	4u	07:06 PM _____
Finals	22 Men 100 Breaststroke	32	4u	07:16 PM _____
Finals	23 Women 100 Butterfly	32	4u	07:25 PM _____
Finals	24 Men 100 Butterfly	32	4u	07:34 PM _____
	Break: 15 Minutes			
Finals-2	25 Women 400 Freestyle Relay	16	2u	07:58 PM _____
Finals-2	26 Men 400 Freestyle Relay	16	2u	08:09 PM _____
	Swimmers Counts for Warm-ups: 224	=====	=====	
	Entry / Heat Totals:	288	36	
	Finish Time			08:19 PM _____

2013 SCS Long Course Sectional Championships - 7/30/2013 to 8/3/2013
A LCM Prelim Finals Meet, Sanction #: GULC 13-111
Hosted by the Woodlands Swim Team
Session Report

Session: 8 Saturday Prelims

Day of Meet: 5 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	27 Women 200 IM	91	12u	09:00 AM	_____
Prelims	28 Men 200 IM	94	12u	09:36 AM	_____
Prelims	30 Women 50 Freestyle	106	14u	10:10 AM	_____
Prelims	31 Men 50 Freestyle	109	14u	10:23 AM	_____
	Break: 15 Minutes				
Finals-S	33 Women 400 Medley Relay	10	2u	10:51 AM	_____
Finals-S	34 Men 400 Medley Relay	14	2u	11:02 AM	_____
Finals-S	29 Women 1500 Freestyle ⁴	21	3u	11:12 AM	_____
Finals-S	32 Men 1500 Freestyle ⁴	17	3u	11:21 AM	_____
	Swimmers Counts for Warm-ups: 377	=====	=====		
	Entry / Heat Totals:	462	62		
	Finish Time			01:01 PM	_____

⁴ Swimmers in the preliminary heats of the 1500 Free must provide their own timers and counter. The event will be deck seeded and swim fastest to slowest. During Prelims, the 1500 Free will swim after any 400 Medley Relays, alternating heats of women and men.

2013 SCS Long Course Sectional Championships - 7/30/2013 to 8/3/2013
A LCM Prelim Finals Meet, Sanction #: GULC 13-111
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Session Report

Session: 9 Saturday Finals

Day of Meet: 5 Starts at 05:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	27 Women 200 IM	32	4u	05:00 PM _____
Finals	28 Men 200 IM	32	4u	05:15 PM _____
Finals-1	29 Women 1500 Freestyle	8	1u	05:29 PM _____
Finals	30 Women 50 Freestyle	32	4u	05:48 PM _____
Finals	31 Men 50 Freestyle	32	4u	05:55 PM _____
Finals-1	32 Men 1500 Freestyle	8	1u	06:02 PM _____
	Break: 15 Minutes			
Finals-2	33 Women 400 Medley Relay	16	2u	06:35 PM _____
Finals-2	34 Men 400 Medley Relay	16	2u	06:48 PM _____
	Swimmers Counts for Warm-ups: 171	=====	=====	
	Entry / Heat Totals:	176	22	
	Finish Time			06:59 PM _____