

2012 LONG COURSE SECTIONAL CHAMPIONSHIP

A LONG COURSE METER PRELIM FINALS MEET

Hosted By



THE WOODLANDS SWIM TEAM
July 31 – August 4, 2012

USAS OME Deadline of 11:59 pm, Tuesday July 24

LOCATION: CISD Natatorium, 19133 David Memorial Drive, Shenandoah, Texas 77385

HOTEL INFORMATION: CITY OF SHENANDOAH

Visit the Convention and Visitors Bureau website for additional information on lodging:
<http://www.shenandoahxcvb.com/Hotels.cfm>

THE WOODLANDS TOWNSHIP

Visit the Woodlands Convention and Visitors Bureau website for additional information on accommodations:
<http://www.thewoodlandscvb.com/pages/Home/WhereToStay/tabid/60/Default.aspx>

HEAD COACH: Tim Bauer (281) 224-9054 email: coachtim@itwst.org

MEET DIRECTOR: Pat Norris (713) 817-2319 email: patnorris@me.com

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.

All preliminary events will swim fastest to slowest. The 50 Free will start from the bulkhead end.

Finals will swim slowest to fastest. The 800/1500 Free and all relays will swim fastest to slowest. Only the top 8 qualifiers in the 1500 Free will swim at finals. The top 16 relays will swim in finals. There will be a 15 minute break before the relay events.

The Meet Referee and Meet Director reserve the right to conduct chase starts from both ends of the pool and/or conduct fly-over starts based on the number of entries and projected timeline.

QUALIFYING TIMES: Qualifying times are 2012 Texas Senior Circuit Sectional time standards (see attached). Swimmers must be qualified to swim the events entered. Events may be qualified for by meeting yards or meters qualifying times. Qualifying times must have been achieved within two (2) years of the first day of the meet (July 31, 2012). All swimmers must have met the "Sectional Standards" for each event entered (except for bonus entries, see rules below).

Number of Events: Swimmers may compete in a maximum of 3 individual events per day and 1 relay event per day. Swimmers may enter and compete in a maximum of 7 individual events for the entire meet.

Bonus Events: Swimmers entered in at least one individual event, may swim up to 2 bonus events during the championships, provided they have achieved the "Sectional Bonus Standards".

Eligible Swimmers: Open to USA Swimming registered teams and swimmers in Texas and Louisiana.

ORDER OF EVENTS

Tuesday, July 31, 2012

Finals Session #1

Warm-ups: 4:30 p.m.

Meet Starts: 6:00 p.m.

Women's Event #	Event	Men's Event #
1	800 Freestyle ¹	2

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

Wednesday, August 1, 2012

Prelims Session #2

Warm-ups: 7:00 a.m.

Meet Starts: 9:00 a.m.

Finals Session #3

Warm-ups: 4:30 p.m.

Meet Starts: 6:00 p.m.

Women's Event #	Event	Men's Event #
3	100 Freestyle	4
5	200 Breaststroke	6
7	200 Backstroke	8
9	200 Butterfly	10

Thursday, August 2, 2012

Prelims Session #4

Warm-ups: 7:00 a.m.

Meet Starts: 9:00 a.m.

Finals Session #5

Warm-ups: 4:30 p.m.

Meet Starts: 6:00 p.m.

Women's Event #	Event	Men's Event #
11	200 Freestyle	12
13	400 Ind. Medley ²	14
	<15 minute break>	
15	800 Free Relay	16

²The 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.

Friday, August 3, 2012

Prelims Session #6

Warm-ups: 7:00 a.m.

Meet Starts: 9:00 a.m.

Finals Session #7

Warm-ups: 4:30 p.m.

Meet Starts: 6:00 p.m.

Women's Event #	Event	Men's Event #
17	100 Backstroke	18
19	400 Freestyle ³	20
21	100 Breaststroke	22
23	100 Butterfly	24
	<15 minute break>	
25	400 Free Relay	26

³The 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.

Saturday, August 4, 2012

Prelims Session #8

Warm-ups: 7:00 a.m.

Meet Starts: 9:00 a.m.

Finals Session #9

Warm-ups: 3:30 p.m.

Meet Starts: 5:00 p.m.

Women's Event #	Event	Men's Event #
27	200 Ind. Medley	28
29	1500 Freestyle ⁴	
30	50 Freestyle	31
	1500 Freestyle ⁴	32
	<15 minute break>	
33	400 Medley Relay	34

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

2012 TSC Women	Sectional standards			Sectional Bonus standards		
Event	SCY	SCM	LCM	SCY	SCM	LC
50 FREE	24.99	27.99	28.49	25.89	28.99	29.09
100 FREE	53.69	1:00.19	1:01.39	55.09	1:01.39	1:02.69
200 FREE	1:55.99	2:10.29	2:12.59	1:58.69	2:12.99	2:14.79
400/500 FREE	5:12.29	4:33.69	4:39.69	5:17.89	4:38.09	4:44.99
800/1000 FREE	10:45.89	9:22.09	9:30.49	10:54.89	9:29.89	9:40.29
1500/1650 FREE	18:21.59	18:09.79	18:23.29	18:54.59	18:42.19	18:41.79
100 BACK	59.99	1:08.59	1:10.99	1:01.69	1:10.59	1:12.39
200 BACK	2:09.39	2:27.69	2:32.79	2:13.69	2:32.39	2:36.69
100 BREAST	1:09.99	1:18.39	1:20.89	1:11.09	1:19.69	1:23.19
200 BREAST	2:29.99	2:48.59	2:54.79	2:33.69	2:52.79	2:59.19
100 FLY	59.09	1:06.79	1:07.99	1:00.99	1:08.99	1:09.69
200 FLY	2:11.99	2:30.59	2:34.79	2:15.09	2:33.79	2:38.59
200 I.M.	2:12.09	2:28.79	2:32.89	2:15.79	2:33.29	2:36.89
400 I.M.	4:40.69	5:16.19	5:22.89	4:48.19	5:23.79	5:29.39

2012 TSC Men	Sectional Standard			Sectional Bonus standards		
Event	SCY	SCM	LCM	SCY	SCM	LCM
50 FREE	22.29	24.89	25.49	22.79	25.39	26.09
100 FREE	48.39	53.99	55.49	49.29	54.99	56.49
200 FREE	1:46.19	1:58.79	2:01.69	1:48.09	2:00.89	2:03.79
400/500 FREE	4:48.29	4:12.99	4:22.39	4:52.39	4:18.49	4:25.29
800/1000 FREE	9:56.49	8:42.59	9:00.99	10:04.69	8:49.69	9:05.89
1500/1650 FREE	16:46.39	16:37.59	17:05.59	17:02.89	16:47.69	17:21.89
100 BACK	54.69	1:01.89	1:04.59	56.09	1:03.29	1:05.59
200 BACK	1:58.39	2:14.49	2:20.89	2:01.19	2:16.59	2:23.09
100 BREAST	1:02.49	1:09.99	1:12.69	1:03.79	1:11.69	1:13.79
200 BREAST	2:15.89	2:33.39	2:40.59	2:18.79	2:36.79	2:42.59
100 FLY	53.59	1:00.09	1:01.09	54.89	1:01.69	1:02.19
200 FLY	2:01.59	2:17.19	2:21.09	2:03.89	2:19.79	2:23.29
200 I.M.	1:59.99	2:14.39	2:19.59	2:02.69	2:17.89	2:21.59
400 I.M.	4:17.19	4:48.89	4:59.29	4:24.09	4:56.69	5:03.59