

TWST Halloween Meet

Open Timed Finals Meet

A SHORT COURSE YARDS TIMED FINALS MEET

HOSTED BY
THE WOODLANDS SWIM TEAM
OCTOBER 26-27 2019
SANCTION #GULC-XXXX

Entry rules:	
Type of Meet	Timed Final
Max # events per day	4 Individual
Swimmers eligible	All USAS Registered Teams
Entry times in	SCY
Qualifying times	None, with exceptions below
Qualifying Times Exceptions	100's: 2:30:00 200's: 4:00:00 500 and 400 IM: 7:00
One-up/one-down rule?	No
3-event rule?	No
Cut-off times	None
Enter with no time?	Please estimate times to the best of your ability
Fees	Individual - \$7.00 Relay - \$10.00
Swimmer surcharge	\$7.00 per swimmer

ORDER OF EVENTS

Saturday October 26, 2019

Warm-ups 8:00 am; session starts at 9:00 am

Girls	Saturday Timed Finals		
Event #	Age	Distance	Stroke
1	11&Over Mixed Gender	200	Free Relay
2	11&Over Mixed	100	IM
3	11&Over Mixed	200	Fly
4	11&Over Mixed	100	Back
5	11&Over Mixed	200	Breast
6	11&Over Mixed	50	Fly

7	11&Over Mixed	100	Free
8	11&Over Mixed	50	Breast
9	11&Over Mixed	400**	IM

**** Swimmers in the 400 IM must provide their own timers****

ORDER OF EVENTS Saturday, October 26, 2019

Warm-ups start 1:00 pm; meet starts at 2:00 pm

Girls	Saturday Timed Finals			Boys
Event #	Age	Distance	Stroke	Event #
11	10&Under	100	IM	12
13	8&Under	25	Free	14
15	10&Under	100	Back	16
17	8&U	25	Back	18
19	10&Under	50	Fly	20
21	10&Under	100	Free	22
23	10&Under	50	Breast	24
25	9-10	200	Free Relay	26
27	8&Under	100	Free Relay	28

ORDER OF EVENTS Sunday, October 27, 2019

Warm-ups start 8:00 am; meet starts at 9:00 am

Girls	Sunday Timed Finals		
Event #	Age	Distance	Stroke
29	11&Over Mixed Gender	200	Medley Relay
30	11&Over Mixed	100	Breast
31	11&Over Mixed	50	Back
32	11&Over Mixed	100	Fly
33	11&Over Mixed	200	Free
34	11&Over Mixed	200	IM
35	11&Over Mixed	200	Back
36	11&Over Mixed	50	Free
37	11&Over Mixed	500**	Free

**** Swimmers in the 500 Free must provide their own counters and timers****

ORDER OF EVENTS

Sunday, October 27, 2019

Warm-ups start 1:00 pm; meet starts at 2:00 pm

Girls	Sunday Timed Finals			Boys
Event #	Age	Distance	Stroke	Event #
39	10&Under	100	Breast	40
41	8&Under	25	Fly	42
43	10&Under	50	Back	44
45	10&Under	100	Fly	46
47	10&Under	200	Free	48
49	8&Under	25	Breast	50
51	1&Under	200	IM	52
53	10&Under	50	Free	54
55	9-10	200	Medley Relay	56
57	8&Under	100	Medley Relay	58

SAFETY GUIDELINES AND WARM-UP PROCEDURES

WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.