



2026 LSST April LC Kickoff

Date: April 11-12th

- **Location: Cy-Fair ISD Natatorium 12550 Windfern Rd Houston, TX 77064**

Session and Shirt:	Arrive at Pool:	Warm up Starts:	Meet Starts:
<ul style="list-style-type: none"> • Saturday-session 1 Lanes 1-4 	7:30 am	7:45-8:15 am	9:00 am
<ul style="list-style-type: none"> • Saturday-session 2-one warm up lane • A team shirt 	10:00 am	10:15 am	10:45 am
<ul style="list-style-type: none"> • Saturday-session 3-one warm up lane • A team shirt 	11:30 am	11:45	12:20 pm
<ul style="list-style-type: none"> • Sunday Morning Session 4 Lane 1-4 • A team shirt 	7:30 am	7:45-8:15 am	9:00 am
<ul style="list-style-type: none"> • Sunday Session 5-one warm up lane • A team shirt 	9:45 am	10:00 am	10:25 am

Athlete and Family Notes:

- This is a very small meet and will run faster than most swim meets that we attend. Please help us help the kids stay focused and pay attention to the event and heat number. Come see a coach quickly if your athlete misses an event. We will try and get them in another heat.
- Due to the reduced entries this year, we have moved to doing flyover starts from the lobby end of the pool for all events except for the 50s. 50s will start from the dive well end and finish at the lobby end.
- **Remind swimmers that this is a circle-in meet and that all events they intend to swim need to be circled in (the number by their name only so we avoid errors when large circles accidentally scratch out a swimmer above or below 🤪)**
- WET SWIMMERS: Absolutely NO WET SWIMMERS ALLOWED IN THE COMMON AREAS. All swimmers are to be fully clothed including shoes before entering the lobby or spectator viewing area. (Parkas, towels, and/or robes over swim suits do not constitute full clothing. Shirt and shorts/pants and shoes must be worn at all times in the spectator area.) All swimmers that do not comply will asked to leave the area.
- LANE 1 BY SPECTATOR SEATING WILL BE OPEN DURING COMPETITION FOR WARM UP. ALL ATHLETES ARE TO ENTER AND EXIT FROM THE MIDDLE OF POOL. DO NOT AT THE ENDS BY THE BLOCKS TO AVOID INTERFERENCE WITH THE START OF RACES. LANE 2 IS CLOSED DURING COMPETITION
- *400 free, 800 Free, 1500 Free, 400 IM will be swum alternating girls' and boys' heats. Swimmers must provide their own timers and lap counters.
- Coolers and stadium seats are NOT allowed in the spectator seating area.
- CONCESSIONS: Concessions will be available. Credit Card only accepted for payment.



- MEET RESULTS: Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org) and www.fleetswimming.com, within three days after the conclusion of the meet. Meet Mobile will be utilized by searching 2025 Fleet Summer Classic.
- Merchandise will be sold but bring additional goggles, suits(you never know).
- Please help the coaching staff by making sure that your athlete is warming up and warming down properly. This is a major part of our sport that many athletes disregard as not important.

We are looking forward to seeing you poolside.

Let's go Power for Life!!!!

Take care,

Power for Life Coaching Staff