



**Gulf Swimming Group "E" Junior Meet
A SHORT COURSE YARDS TIMED FINALS MEET**

**Hosted By
The Magnolia Aquatic Club
November 6-8, 2009
Sanction No. GUSC 10-022**



WARM UP ASSIGNMENTS

Friday, November 6, 2009

Open Warm Up: 5:00-6:15 p.m.

1	2	3	4	5	6	7	8
Open	Open	Open	Open	Open	Open	Open	Open

Saturday, November 7, 2009

Early Warm Up: 7:30 – 8:05 A.M.

1	2	3	4	5	6	7	8
MAC	MAC	MAC	MAC	TWST	TWST	TWST	TWST

9	10	11	12	13
TWST	TWST	TWST	TWST	TWST

SHALLOW END

Late Warm Up: 8:05 – 8:40 A.M.

1	2	3	4	5	6	7	8
AGS	AGS	AGS	AGS	LSST	LSST	TYES	SSAN

9	10	11	12	13
OPEN	OPEN	OPEN	OPEN	OPEN

SHALLOW END

LANE 9 IS NEXT TO THE BULKHEAD AT THE SHALLOW END OF THE POOL.



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WARM UP ASSIGNMENTS

Sunday, November 8, 2009

Early Warm Up: 7:30 – 8:05 A.M.

1	2	3	4	5	6	7	8
MAC	MAC	MAC	MAC	TWST	TWST	TWST	TWST

9	10	11	12	13
TWST	TWST	TWST	TWST	TWST

SHALLOW END

Late Warm Up: 8:05 – 8:40 A.M.

1	2	3	4	5	6	7	8
AGS	AGS	AGS	AGS	LSST	LSST	TYES	SSAN

9	10	11	12	13
OPEN	OPEN	OPEN	OPEN	OPEN

← SHALLOW END

LANE 9 IS NEXT TO THE BULKHEAD AT THE SHALLOW END OF THE POOL.



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LANE TIMER ASSIGNMENTS

Friday, November 6, 2009

1	2	3	4	5	6	7	8
AGS	AGS	TWST	TWST	TWST	MAC	MAC	MAC
AGS	AGS	TWST	TWST	TWST	MAC	MAC	MAC

(REMINDER THAT 500 SWIMMERS MUST PROVIDE THERE OWN TIMER AND COUNTER)

Saturday, November 7, 2009

1	2	3	4	5	6	7	8
TWST	TWST	TWST	TWST	AGS	AGS	LSST	TYES
TWST	TWST	TWST	TWST	AGS	AGS	LSST	SSAN

Sunday, November 8, 2009

1	2	3	4	5	6	7	8
TWST	TWST	TWST	TWST	AGS	AGS	LSST	TYES
TWST	TWST	TWST	TWST	AGS	AGS	LSST	SSAN

Each team is responsible for providing timers. Two timers are needed for each lane. In order for the meet to run smoothly, we ask that each team(s) keep 2 timers in their assigned lanes throughout the entire meet. **Those teams not assigned a lane, please help out where needed.**