



***2008 GULF SWIMMING
Group A
A Short Course Timed Final Meet
9-14 Junior Meet***

Friday Warm Up Schedule and Timing Assignments

Shallow end will remain open during warm-ups and the meet. NO DIVING !!

**Friday Evening November 6, 2009 Warm Up 5:00-6:15 p.m.
Warm-up Assignments**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ETEX	PACK	PACK	NOCH	NOCH	ESA	ESA	ESA

Timing Assignments (Two timers per lane)

Swimmers in the 500 free must provide two timers and a counter.

Swimmers in the 400 I.M. must provide two timers.

Since the meet is so short, we are asking that swimmers in the 200 I.M. also provide two timers.



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Saturday Warm Up Schedule and Timing Assignments

Shallow end will remain open during warm-ups and the meet. NO DIVING !!

**Saturday Morning November 7, 2009
7:15– 7:45 a.m. Warm-Up Assignments**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH	NOCH	NOCH	NOCH	NOCH	NOCH	NOCH	NOCH

7:45-8:15 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ETEX	ESA	ESA	ESA	ESA	TTST	TTST	TTST

8:15-8:45 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
COOG	PACK	PACK	PACK	PACK	PACK	PACK	SCAT

Timing Assignments (Two timers per lane)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ETEX/COOG	PACK	PACK	PACK	ESA	ESA	TTST	TTST/SCAT



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Sunday Warm-Up Schedule and Timing Assignments

Shallow end will remain open during warm-ups and the meet. NO DIVING !!

Sunday Morning November 8, 2009

7:15– 7:45 a.m. Warm-Up Assignments

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH	NOCH	NOCH	NOCH	NOCH	NOCH	NOCH	NOCH

7:45-8:15 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ETEX	ESA	ESA	ESA	ESA	TTST	TTST	TTST

8:15-8:45 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
COOG	PACK	PACK	PACK	PACK	PACK	PACK	SCAT

Timing Assignments (Two timers per lane)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SCAT/COOG	PACK	PACK	PACK	ESA	ESA	TTST	TTST