

**SIENNA PLANTATION AQUATICS
GULF SWIMMING
12 AND UNDER SPRING CHAMPS**

Friday Warm-ups

POOL	1	2	3	4	5	6	7	8
5:00-5:35	TTST GIST	PEAK	SPA	SPA	HSC	HSC	HSC	UNAT-GU
5:40-6:15	FCST	FCST	FCST	FCST	FCST	FCST	FCST	FCST

Saturday Warm-ups

POOL	1	2	3	4	5	6	7	8	DIVING WELL	DIVING WELL
7:30-7:55	SPA	SPA	SPA	SPA	HSC	HSC	HSC	HSC	HSC	HSC
7:55-8:20	FCST	FCST	FCST	FCST	FCST	FCST	FCST	FCST	FCST	FCST
8:20-8:45	PEAK	PEAK	PEAK	TTST	TTST	TTST	UNAT-GU	UNAT-GU	ETEX	GIST

Sunday Warm-ups

POOL	1	2	3	4	5	6	7	8	DIVING WELL	DIVING WELL
7:30-7:55	SPA	SPA	SPA	SPA	HSC	HSC	HSC	HSC	HSC	HSC
7:55-8:20	FCST	FCST	FCST	FCST	FCST	FCST	FCST	FCST	FCST	FCST
8:20-8:45	PEAK	PEAK	PEAK	TTST	TTST	UNAT-GU	UNAT-GU	GIST ETEX UPL	FCST	FCST

Friday Timing

POOL	1	2	3	4	5	6	7	8
CHAIR 1	PEAK	HSC	FCST	FCST	FCST	HSC	FCST	FCST
CHAIR 2	FCST	FCST	HSC	TTST	FCST	FCST	FCST	FCST

**Each team is responsible for providing timers. Each lane needs two timers
You must provide your own timers and counters for the 500 freestyle.**

Saturday and Sunday Timing

POOL	1	2	3	4	5	6	7	8
CHAIR 1	PEAK	HSC	FCST	FCST	TTST	HSC	PEAK	UNAT-GU
CHAIR 2	FCST	FCST	HSC	TTST	FCST	FCST	FCST	FCST

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