



**2016 GULF SWIMMING
February 19-21 Champs II Meet
Warm Up Schedule and Timing Assignments**

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

Friday, February 19, 2016: PM Session 1

Warm Up 5:00-5:35 p.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BLST	BLST	SCAT	SCAT	NOCH	SHRK	SHRK	SHRK

Warm Up 5:40-6:15 p.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LAP AQUA	PACE ROCC	BATS	SSS	SSS	PEAK	PEAK	PEAK

***Swimmers need to provide their own timers and counters for Friday night (500 free)**

Saturday, February 20, 2016: AM Session 2

Warm Up 7:30-8:05 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH	BLST	BLST	AQUA	SCAT	SHRK	SHRK	SHRK

SHALLOW WARMUP LANES

Lane 9	Lane 10	Lane 11	Lane 12
NOCH	BLST	AQUA	SCAT

Warm Up 8:10-8:45 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ROCC GIST	BATS	PACE LAP	PEAK	PEAK	SSS	SSS	HCCL EPRC

Lane 9	Lane 10	Lane 11	Lane 12
PEAK	BATS	SSS	

SATURDAY AM SESSION 2

TIMING ASSIGNMENTS—TWO TIMERS PER LANE

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AQUA	BLST	BLST	PEAK	SHRK	SSS	SCAT	BATS
AQUA	BLST	PEAK	PEAK	SHRK	SSS	SCAT	PACE

Saturday, February 20, 2016: PM Session 3

***warmups begin immediately after the conclusion of the am session (times are approximate)**

Warm Up 1 (25 min)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HCCL BLST	BLST	AQUA	AQUA	SCAT	SHRK	SHRK	LAP ROCC

SHALLOW WARMUP LANES

Lane 9	Lane 10	Lane 11	Lane 12
NOCH	AQUA	SCAT	SHRK

Warm Up 2 (25 min)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
EPRC GIST	BATS	PACE	SSS	SSS	PEAK	PEAK	PEAK BTST

SHALLOW WARMUP LANES

Lane 9	Lane 10	Lane 11	Lane 12
SSS	PEAK	PEAK	PEAK

SATURDAY PM SESSION 3

TIMING ASSIGNMENTS—TWO TIMERS PER LANE

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH	AQUA	SSS	PEAK	PEAK	SHRK	SCAT	BLST
EPRC	AQUA	SSS	PEAK	PEAK	SHRK	SCAT	BLST

Sunday, February 21, 2016: AM Session 4

Warm Up 7:30-8:05 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH	AQUA	BLST	BLST	SCAT	SHRK	SHRK	SHRK

SHALLOW WARMUP LANES

Lane 9	Lane 10	Lane 11	Lane 12
NOCH	AQUA	SCAT	

Warm Up 8:10-8:45 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
EPRC HCCL	BATS	SSS	SSS	SSS	PEAK	PEAK	ROCC GIST

SHALLOW WARMUP LANES

Lane 9	Lane 10	Lane 11	Lane 12

SUNDAY AM SESSION 4

TIMING ASSIGNMENTS—TWO TIMERS PER LANE

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AQUA	BLST	SSS	SSS	SHRK	PEAK	SCAT	BATS
AQUA	BLST	SSS	SHRK	SHRK	PEAK	SCAT	ROCC

Sunday, February 21, 2016: PM Session 5

***warmups begin immediately after the conclusion of the am session (times are approximate)**

Warm Up 1 (25 min)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LAP	BLST	SSS	SSS	SHRK	SHRK	SCAT	SCAT
ROCC							EPRC

SHALLOW WARMUP LANES

Lane 9	Lane 10	Lane 11	Lane 12
NOCH	BLST	SSS	SHRK

Warm Up 2 (25 min)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BTST	PACE	AQUA	AQUA	PEAK	PEAK	PEAK	BATS
HCCL							

SHALLOW WARMUP LANES

Lane 9	Lane 10	Lane 11	Lane 12
PEAK	PEAK	AQUA	

SUNDAY PM SESSION 5

TIMING ASSIGNMENTS—TWO TIMERS PER LANE

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AQUA	AQUA	SSS	PEAK	PEAK	SHRK	BLST	SCAT
BATS	AQUA	SSS	PEAK	PEAK	SHRK	PACE	ROCC

NO PERMANENT SET UP IN THE NATATORIUM IS ALLOWED.

NO Chairs, Blankets, Coolers are allowed in the stands.