



**2016 GULF SWIMMING  
January 9-10 Open Meet  
Warm Up Schedule and Timing Assignments**

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

**Saturday, January 9, 2016 & Sunday, January 10, 2016: Sessions 1 & 3**

**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	NOCH	NOCH	AQUA	AQUA	STA/ROCC	SHRK	SHRK

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
DADS	DADS	DADS	DADS	DADS	DADS	SCAT	SCAT

**SATURDAY & SUNDAY AM SESSIONS 1 & 3  
TIMING ASSIGNMENTS—TWO TIMERS PER LANE**

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

**Saturday, January 9, 2016 & Sunday, January 10, 2016: Sessions 2 & 4**

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

**Warm Up 1**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH	AQUA	AQUA	AQUA	AQUA	STA/ROCC	SCAT	SCAT

**Warm Up 2**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
DADS	DADS	DADS	DADS	DADS	PEAK	SHRK	SHRK

**SHALLOW WARMUP LANES**

Lane 9	Lane 10	Lane 11	Lane 12
DADS	DADS	DADS	DADS

**SATURDAY & SUNDAY PM SESSIONS 2 & 4  
TIMING ASSIGNMENTS—TWO TIMERS PER LANE**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SHRK	PEAK	DADS	DADS	DADS	DADS	AQUA	SCAT
SHRK	PEAK	DADS	DADS	DADS	DADS	AQUA	SCAT

# **CONSTRUCTION NOTICE**

## **PLEASE NOTE:**

**THE BELTWAY 8 TOLL BRIDGE WILL BE CLOSED Jan. 8 at 8 pm through Jan. 11 at 5am.**

**Allow extra time for alternate route via, 610 bridge, Fred Hartman bridge, or tunnel if traveling from the south.**