



Gulf Swimming  
**Third Coast Invitational**

January 15 - 17, 2016

Hosted by  
**Pearland Aquatics**

**\*\*\*For ALL Sessions\*\*\*  
 All swimmers are required to circle-in at least 45 minutes  
 before the beginning of each session for all events 400  
 yards or longer.**

**Friday Finals Warm Up Schedule**

Open Warm Ups 4:30 - 5:45 pm

**Saturday & Sunday Prelim Warm Up Schedule**

**7:00-7:25 am**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
<i>Activity Pool end</i>	PEAK	PEAK	PEAK	PEAK	PEAK	PEAK	PEAK	PEAK
<i>Diving Board end</i>	RICE	RICE	RICE	RICE	RICE	SHARKS	SHARKS	SHARKS

**7:25-7:50 am**

<i>Activity Pool end</i>	DADS	DADS	DADS	DADS	DADS	DADS	DADS	DADS
<i>Diving Board end</i>	HSC	HSC	HSC	HSC	HSC	HSC	HSC	HSC

**7:50-8:15 am**

<i>Activity Pool end</i>	FCST	FCST	FCST	FCST	FCST	FCST	FCST	FCST
<i>Diving Board end</i>	KATY	KATY	KATY	KATY	KATY	KATY	KATY	TTST

All 10 & unders please warm-up in the Activity Pool during your team's warm-up time (this is to lower the number of swimmers per lane).

**Saturday & Sunday Finals Warm Up Schedule**

Open Warm Ups 5:00 - 5:45 pm

**Friday Finals Timing Assignments**

**Activity Pool End of the Pool - Odd Heats** (Women's 400 IM, 500 Free, 1650 Free: must provide 2 timers; all Relays)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
<b>Chair 1</b>	KATY	KATY	KATY	KATY	RICE	RICE	SHARKS	SHARKS
<b>Chair 2</b>	KATY	KATY	KATY	KATY	RICE	RICE	SHARKS	SHARKS

**Diving Board End of the Pool - Even Heats** (Men's 400 IM, 500 Free, 1650 Free: must provide 2 timers)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
<b>Chair 1</b>	PEAK	PEAK	DADS	DADS	DADS	TTST	HSC	HSC
<b>Chair 2</b>	PEAK	PEAK	DADS	DADS	DADS	HSC	HSC	HSC

## **Saturday & Sunday Prelim Timing Assignments**

**Activity Pool End of the Pool - Odd Heats** (Women's 400 IM, 500 Free, 1650 Free: must provide 2 timers; all Relays)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	KATY	KATY	KATY	PEAK	RICE	RICE	TTST	SHARKS
Chair 2	KATY	KATY	PEAK	PEAK	RICE	RICE	SHARKS	SHARKS

**Diving Board End of the Pool - Even Heats** (Men's 400 IM, 500 Free, 1650 Free: must provide 2 timers)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	FCST	FCST	DADS	DADS	DADS	HSC	HSC
Chair 2	FCST	FCST	FCST	DADS	DADS	DADS	HSC	HSC

## **Saturday, & Sunday Finals Timing Assignments**

16 Chairs at Activity Pool end: PLEASE Volunteer!!!