

Gulf Open Water Championships

RICE Aquatics at Twin Lakes

October 4, 2015

A few reminders....

WARM UP:

The race course will be open for warm up at 8:15 am. Warm up will end at 9:00 am. Only registered swimmers may enter the course. There will not be a continuous warm up location, although swimmers will be allowed to loosen up just prior to the start of the race.

EVENT SCHEDULE:

1. 8:00 am, 2.5 K swim, check in 7:00 AM-7:30 AM (1 wave)
2. 9:30 am, 800 meter swim, check in 8:00 am to 9:00 am (2 races Boys then Girls)
3. 10:00 am, 1 mile swim, check in 8:00 am to 9:00 am (2 races Boys then Girls)
4. 11:00 am, 2 mile swim, check in 8:00 am to 10:00 AM (2 races Boys then Girls)

All USA swimmers will be started at the scheduled start time. Please be aware that swimmers will need to be in start area for pre-race instructions and entering the water before 9:30 am. Staggered starts by age or sex may be used at the discretion of the meet referee dependent upon the number of swimmers entered in each event. There will be pre-race instructions given 10-minutes prior to each race.

CHECK IN:

All swimmers must check in with the clerk of course. All swimmers will be numbered by clerk of course for identification. Each swimmer must be numbered 30 minutes prior to the start of their race. TShirts are distributed to a coach or team rep/ not handed out individually.