



**Gulf Swimming
STA/TWST/CFSC/KATY QUAD MEET
A SHORT COURSE TIMED FINALS MEET**

**Saturday & Sunday, October 24-25th
SANCTION #GUSC 16-025**

Warm Up Assignments

Saturday & Sunday AM Sessions

Main Pool

Lane	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30-8:00am	KATY	KATY	KATY	KATY	CFSC	CFSC	CFSC	CFSC
8:00-8:30am	TWST	TWST	TWST	TWST	TWST	TWST	TWST	STA
8:30-8:45am	Push Pace	Starts	Starts	General Warm-up	General Warm-up	Starts	Starts	Push Pace

Diving well will be open warm-ups

Saturday PM Session

Main Pool

Lane	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
2:30-3:00pm	KATY	KATY	KATY	KATY	CFSC	CFSC	CFSC	CFSC
3:00-3:30pm	TWST	TWST	TWST	TWST	TWST	TWST	TWST	STA
3:30-3:45pm	Push Pace	Starts	Starts	General Warm-up	General Warm-up	Starts	Starts	Push Pace

Diving well will be open warm-ups

Timing Assignments – All Sessions

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
TWST	TWST	TWST	TWST	CFSC	CFSC	CFSC	KATY

All lanes need 2 timers per lane.

****Swimmers entered in the 400 IM & 500 Free must provide 2 timers and a lap counter where applicable.**