

GULF SWIMMING SENIOR MEET
Timed Finals - Short Course Yards
Hosted by: Montgomery Aquatic Race Club (MARC)

October 15-16, 2016



Sanction No. GUSC 17-009

WARM UP
Timer Lane Assignments
TIMELINE

MEET REFEREE:	Ron Lusk
ADMIN OFFICIAL:	Grant Newman
MEET DIRECTOR:	Karen Nelson
SAFETY MARSHAL:	Lou Spencer
COACH:	Dusti See



Saturday, October 15, 2016 – Session1 (MORNING)

WARM UP ASSIGNMENTS

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

1	2	3	4	5	6	7	8
FINS SST	PEAK	PEAK NOCH	RICE	RICE	RICE	TA&M	TA&M

9	10	11	12	13
XXX	MARC	OPEN	OPEN	OPEN

WARM UP/DOWN LANE 9 NEXT TO BULKHEAD
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Late Warm Up: 8:10-8:45 a.m.

1	2	3	4	5	6	7	8
BTA	BTA	BTA	ESA	ESA KATY	WAVE	SSS	SSS LJAC

9	10	11	12	13
XXX	OPEN	OPEN	OPEN	OPEN

WARM UP/DOWN LANE 9 NEXT TO BULKHEAD
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LANE TIMER ASSIGNMENTS

Swimmers in the 500 Free must provide their own timer and lap counter

	1	2	3	4	5	6	7	8
<u>CHAIR 1</u>	KATY	PEAK	BTA	BTA	ESA	RICE	RICE	SSS
<u>CHAIR 2</u>	NOCH	PEAK	WAVE	BTA	ESA	RICE	FINS	SSS

Each team is responsible for providing timers. Two timers are needed for each lane. In order for the meet to run smoothly, we ask that each team(s) keep 2 timers in their assigned lanes throughout the entire meet. Those teams not assigned a lane, please help out when and where needed.

TIMELINE

	Event	Entries	Heats	Starts at..
1	Girls 200 IM	46	6	9:00 AM
2	Boys 200 IM	67	9	9:18 AM
	10 minute BREAK			
3	Girls 50 Freestyle	41	6	9:52 AM
4	Boys 50 Freestyle	59	8	9:59 AM
	10 minute BREAK			
5	Girls 100 Butterfly	35	5	10:16 AM
6	Boys 100 Butterfly	62	8	10:25 AM
	10 minute BREAK			
7	Girls 500 Freestyle	20	3	10:47 AM
8	Boys 500 Freestyle	47	6	11:06 AM
	Swimmer count for warm up	143		
	Entry/Heat Totals	377	51	
	Finish Time			11:39 AM



Saturday, October 15, 2016 – Session 2 (AFTERNOON)

WARM UP ASSIGNMENTS

Early Warm Up: 1:40-2:05 p.m.

1	2	3	4	5	6	7	8
KATY NOCH	ESA	ESA LJAC	FINS	FINS WAVE	WAVE	PEAK	PEAK SST

9	10	11	12	13
XXX	MARC	OPEN	OPEN	OPEN

**WARM UP/DOWN
LANE 9 NEXT TO
BULKHEAD**

Late Warm Up: 2:05-2:30 p.m.

1	2	3	4	5	6	7	8
BTA	BTA	BTA	RICE	RICE	RICE	SSS	SSS

9	10	11	12	13
XXX	OPEN	OPEN	OPEN	OPEN

**WARM UP/DOWN
LANE 9 NEXT TO
BULKHEAD**

LANE TIMER ASSIGNMENTS

Swimmers in the 400 IM must provide their own timers

	1	2	3	4	5	6	7	8
CHAIR 1	NOCH	SSS	PEAK	BTA	BTA	RICE	RICE	ESA
CHAIR 2	WAVE	SSS	PEAK	BTA	FINS	RICE	KATY	ESA

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TIMELINE

	Event	Entries	Heats	Starts at..
9	Girls 200 Freestyle	46	6	2:40 PM
10	Boys 200 Freestyle	55	7	2:58 PM
	10 minute BREAK			
11	Girls 100 Backstroke	31	4	3:26 PM
12	Boys 100 Backstroke	31	4	3:34 PM
	10 minute BREAK			
13	Girls 100 Breaststroke	28	4	3:51 PM
14	Boys 100 Breaststroke	27	4	3:59 PM
	10 minute BREAK			
15	Girls 400 IM	22	3	4:17 PM
16	Boys 400 IM	29	4	4:34 PM
	Swimmer count for warm up	125		
	Entry/Heat Totals	269	36	
	Finish Time			4:54 PM



Sunday, October 16, 2016 – Session 3 (MORNING)

WARM UP ASSIGNMENTS

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

1	2	3	4	5	6	7	8
BTA	BTA	BTA	ESA	ESA SST	SSS	SSS	WAVE

9	10	11	12	13
XXX	MARC	MARC	OPEN	OPEN

**WARM UP/DOWN
LANE 9 NEXT TO
BULKHEAD**

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

1	2	3	4	5	6	7	8
FINS	FINS	NOCH KATY	PEAK	PEAK	RICE	RICE	RICE ALAC

9	10	11	12	13
XXX	OPEN	OPEN	OPEN	OPEN

**WARM UP/DOWN
LANE 9 NEXT TO
BULKHEAD**

LANE TIMER ASSIGNMENTS

Swimmers in the 1000 Free must provide their own timer and lap counter

	1	2	3	4	5	6	7	8
<u>CHAIR 1</u>	FINS	ESA	PEAK	BTA	BTA	RICE	WAVE	MARC
<u>CHAIR 2</u>	FINS	SSS	PEAK	BTA	RICE	RICE	WAVE	MARC

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TIMELINE

	Event	Entries	Heats	Starts at..
17	Girls 200 Backstroke	44	6	9:00 AM
18	Boys 200 Backstroke	37	5	9:20 AM
	10 minute BREAK			
19	Girls 100 Freestyle	51	7	9:45 AM
20	Boys 100 Freestyle	54	7	9:56 AM
	10 minute BREAK			
21	Girls 200 Butterfly	24	3	10:16 AM
22	Boys 200 Butterfly	39	5	10:25 AM
	10 minute BREAK			
23	Girls 200 Breaststroke	30	4	10:49 AM
24	Boys 200 Breaststroke	38	5	11:03 AM
	10 minute BREAK			
25	Girls 1000 Freestyle	19	3	11:29 AM
26	Boys 1000 Freestyle	22	3	12:04 PM
	Swimmer count for warm up	134		
	Entry/Heat Totals	358	48	
	Finish Time			12:37 PM

