



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

Hosted by

Katy Aquatics

Friday & Saturday October 21-22nd 2016
SANCTION #GUSC 17-012

Warm Up Assignments

Friday PM Session

Main Pool

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00-5:25pm	KATY	KATY	KATY	KATY	CFSC	CFSC	SPA	SPA
5:25-5:50pm	TWST	TWST	TWST	TWST	TWST	TWST	TWST	STA

Diving well will be open warm-ups

Saturday AM Session

Main Pool

Lane	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:15-7:40am	KATY	KATY	KATY	KATY	KATY	KATY	KATY	KATY
7:40-8:05am	TWST	TWST	TWST	TWST	TWST	TWST	TWST	TWST
8:05-8:30am	CFSC	CFSC	CFSC	SPA	SPA	SPA	STA	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
2:15-2:40pm	KATY	KATY	KATY	KATY	KATY	KATY	KATY	KATY
2:40-3:05pm	TWST	TWST	TWST	TWST	TWST	TWST	TWST	TWST
3:05-3:30pm	CFSC	CFSC	CFSC	SPA	SPA	SPA	STA	STA
3:30-3:45pm	Push Pace	Starts	Starts	General Warm-up	General Warm-up	Starts	Starts	Push Pace

Timing Assignments – All Sessions

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

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.**