



**2016 GULF SWIMMING  
November Open Meet  
Warm Up Schedule and Timing Assignments**

Shallow end will remain open during the meet. NO DIVING!!!

**Saturday & Sunday, November 12 & 13, 2016**  
**AM Session 1 & 3**

**Warm Up 7:30-7:55 a.m.**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AQUA	AQUA	SHRK	SHRK	SHRK	SHRK	SHRK	SHRK

**SHALLOW WARMUP LANES**

*Lane 9	Lane 10	Lane 11	Lane 12
CLOSED		AQUA	SHRK

**Warm Up 7:55-8:20 a.m.**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SCAT	SCAT	PEAK	PEAK	PEAK	SPA	SPA	SPA

**SHALLOW WARMUP LANES**

*Lane 9	Lane 10	Lane 11	Lane 12
CLOSED		SPA	PEAK

**Warm Up 8:20--8:45 a.m.**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PACE	SSS	SSS	SSS	COOG	COOG	COOG	LAP GIST

**SHALLOW WARMUP LANES**

*Lane 9	Lane 10	Lane 11	Lane 12
CLOSED		SSS	COOG

\*Lane 9 (closest to bulkhead) will remain closed throughout warmups and meet

**SATURDAY/SUNDAY AM SESSION 1**

**TIMING ASSIGNMENTS—TWO TIMERS PER LANE**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SCAT	AQUA	PEAK	SSS	COOG	SPA	PACE	SHRK
SCAT	AQUA	PEAK	SSS	COOG	SPA	SHRK	SHRK

**Saturday & Sunday, November 12 & 13, 2016**

**PM Session 2 & 4**

**\*Warmups begin immediately after the conclusion of the AM session  
(times are approximate)**

**Warm Up 1 (20 min)**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SPA	SPA	SHRK	SHRK	SHRK	SHRK	SHRK	GIST

**SHALLOW WARMUP LANES**

Lane 9	Lane 10	Lane 11	Lane 12
CLOSED	SPA	SHRK	SHRK

**Warm Up 2 (20 min)**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SCAT LAP	SCAT	AQUA	AQUA	AQUA	AQUA	COOG	COOG

**SHALLOW WARMUP LANES**

Lane 9	Lane 10	Lane 11	Lane 12
CLOSED		AQUA	COOG

**Warm Up 3 (20 min)**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PEAK	PEAK	PEAK	PEAK	SSS	SSS	SSS	PACE

**SHALLOW WARMUP LANES**

* Lane 9	Lane 10	Lane 11	Lane 12
CLOSED		SSS	PEAK

\*Lane 9 (closest to bulkhead) will remain closed throughout warmups and meet

**SATURDAY/SUNDAY PM SESSION 2 & 4**

**TIMING ASSIGNMENTS—TWO TIMERS PER LANE**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SCAT	COOG	AQUA	AQUA	PEAK	SPA	SSS	SHRK
SCAT	COOG	AQUA	PEAK	PEAK	SPA	SSS	SHRK

**Reminders:**

**Please do NOT park in the grass or along the street.  
Use the natatorium or stadium parking lots.**

**NO PERMANENT SET UP IN THE NATATORIUM.**

**Please be respectful: Watch your child race and then leave so other  
parents can see their child.**

**NO stadium/folding chairs, blankets, or coolers allowed in the stands.**