



2017 GULF SWIMMING
January 7-8 Open Meet
Warm Up Schedule and Timing Assignments

Shallow end will remain open during warm ups and meet. **NO DIVING!!!**

Saturday, January 7, 2017: Session 1

Warm Up 7:45-8:10 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH	NOCH	BTA	BTA	BTA	BTA	BTA	BTA

Warm Up 8:15-8:40 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SSS NEHA	AQUA	AQUA AMBU	SHRK	BLST	BLST

SATURDAY 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
AQUA	BLST	BTA	BTA	BTA	BTA	SSS	SSS
AQUA	BLST	NEHA	BTA	BTA	BTA	SSS	SHRK

Saturday, January 7, 2017: Session 2

**Afternoon session warm-ups will begin immediately following the conclusion of the morning session but not before 1:45 pm

1st Warm Up: not before 1:45 pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH	BLST AMBU	BLST	BTA	BTA	BTA	BTA	NEHA GIST

2nd Warm Up: not before 1:45 pm

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

SATURDAY PM SESSIONS 2
TIMING ASSIGNMENTS—TWO TIMERS PER LANE

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AQUA	AQUA	BLST	BTA	BTA	BTA	SHRK	SSS
AQUA	AQUA	BLST	BTA	BTA	SHRK	SHRK	SSS



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Sunday, January 8, 2017: Sessions 3

Warm Up 7:45-8:10 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH	NOCH	BTA	BTA	BTA	BTA	BTA	BTA

Warm Up 8:15-8:40 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	AQUA NEHA	AQUA	SHRK AMBU	BLST	BLST	BLST

SUNDAY AM SESSION 3

TIMING ASSIGNMENTS—TWO TIMERS PER LANE

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AQUA	BLST	BLST	BTA	BTA	BTA	BTA	SSS
AQUA	BLST	BLST	BTA	BTA	BTA	AMBU/NEHA	SSS

Sunday, January 8 2017: Sessions 4

**Afternoon session warm-ups will begin immediately following the conclusion of the morning session but not before 1:00 pm

1st Warm Up: not before 1:00 pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH AMBU	BTA	BTA	BTA	BTA	BLST	BLST NEHA SSS	SSS

2nd Warm Up: not before 1:00 pm

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

SUNDAY PM SESSIONS 4

TIMING ASSIGNMENTS—TWO TIMERS PER LANE

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AQUA	AQUA	BLST	BTA	BTA	BTA	SHRK	SSS
AQUA	AQUA	BLST	BTA	BTA	SHRK	SHRK	SSS