



**2017 GULF SWIMMING  
Gulf SC Champs I Meet  
Warm Up Schedule and Timing Assignments**

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

**Warm Up Schedule**

**Saturday, February 11th, 2017**

**Session 1 Warm Up 10:00 a.m. – 10:25 a.m.**

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

**Session 2 Warm Up 10:25 a.m. - 10:50 a.m.**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
DADS TCAP	DADS	DADS	DADS	DADS	LIFE	LIFE	LIFE

**Session 3 Warm Up 10:50 a.m. – 11:15 a.m.**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
RICE PACE	RICE	SST	HCAP LAP	HCAP HCCL	BATS GIST	SPA	SPA SCAT

**TIMING ASSIGNMENTS—TWO TIMERS PER LANE**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS BATS/EPRC	AQUA HCAP	PEAK PEAK	DADS DADS	DADS DADS	LIFE LIFE	RICE LIFE	SST SPA

**Please note that there will be NO INDOOR SETUP.** Parents will need to set up outside of the Natatorium. The Natatorium will be restricted to coaches and swimmers until after warm-ups & then spectators will be admitted according to heats.

**Parents may watch their swimmer race & then return outside to allow EVERYONE to see their swimmer.**

Regardless of the weather, we cannot allow set-up in restricted areas or on deck due to fire code violations and USA Swimming rules, so please plan accordingly. Swimmers may sit on deck with their team. We appreciate your cooperation with this matter.

Thank you and have a great meet!  
**SHARKS**