



**2017 GULF SWIMMING
February 17-19 Champs II Meet
Warm Up Schedule and Timing Assignments**

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

Friday, February 17, 2017: PM Session 1

Warm Up 5:00-6:15 p.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BATS PACE EPRC	AQUA	SHRK	ESA	SCAT	SSS	PEAK	BLST

SHALLOW WARM-UP LANES

Lane 9	Lane 10	Lane 11	Lane 12
NOCH	SHRK	SHRK	ESA

***Swimmers need to provide their own timers and counters for Friday night (500 free)**

Saturday, February 18, 2017: AM Session 2

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH	NOCH TCAP	BLST	BLST	ESA	ESA	ESA	ESA

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

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

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

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

SATURDAY AM SESSION 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 BLST	SHRK SHRK	ESA ESA	ESA SCAT	PEAK PEAK	SSS SSS	BATS BATS

Saturday, February 28, 2017: PM Session 3

(Warm-ups will not begin before 12:30p.m. and the meet will not start before 2:00p.m.)

Warm Up 1 (25 min)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH TCAP	EPRC	PACE	ESA	ESA	ESA	ESA	ESA

Warm Up 2 (25 min)

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

Warm Up 3 (25 min)

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

SATURDAY PM 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	SHRK	ESA	ESA	ESA	PEAK	PEAK
AQUA	BATS	SHRK	ESA	ESA	SSS	PEAK	PEAK

Sunday, February 19, 2017: AM Session 4

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH	NOCH EPRC	BLST	BLST	PEAK	PEAK	PEAK	PEAK

Warm Up 7:55–8:20 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ESA	ESA	ESA	SHRK	SHRK	SHRK	BATS	BATS

Warm Up 8:20–8:45 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SSS	PACE	SCAT	AQUA	AQUA	AQUA

SUNDAY AM SESSION 4

TIMING ASSIGNMENTS—TWO TIMERS PER LANE

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AQUA	BLST	SHRK	ESA	PEAK	PEAK	SSS	BATS
AQUA	BLST	SHRK	ESA	SCAT	PEAK	SSS	BATS

Sunday, February 19, 2017: PM Session 5

(Warm-ups will not begin before 1:00p.m. and the meet will not start before 2:30p.m.)

Warm Up 1 (25 min)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH	ESA	ESA	ESA	ESA	ESA	BLST	BLST

Warm Up 2 (25 min)

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

Warm Up 3 (25 min)

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

SUNDAY PM SESSION 5

TIMING ASSIGNMENTS—TWO TIMERS PER LANE

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

See below for facility rules:

NO PERMANENT SET UP IN THE NATATORIUM IS ALLOWED. Temporary seating will be provided during the meet. Spectators are asked to watch their swimmers and then move to allow others to watch.

NO chairs, blankets, coolers are allowed in the stands. Set up will be allowed in the parking lot directly in front of the natatorium. Parking will be in front of the stadium.

The spectator stands will be open for Friday night events. Parking will be in front of the natatorium. Again, no chairs, blankets, coolers allowed in the spectator seating area.

No food is allowed on the pool deck. If swimmers want to eat, they may do so in the lobby or outside the building. Spectators will be allowed to eat in the stands.

No wet swimmers allowed in the spectator seating area during the meet.