



Gulf Open Invitational

HOSTED BY
First Colony Swim Team
June 23-25, 2017
SANCTION # GULC 17-049

FBISD Training Pool 16701 Bissonett Houston, TX 77083

Positive check-in is required for all events 400 meters and over AND 12 & under 200 Butterfly, 200 Breaststroke and 200 Backstroke. Positive check in will close 30 minutes prior to each session start.

IMPORTANT REMINDERS:

- START TIMES FOR ALL MORNING PRELIMS AND EVENING FINALS HAS BEEN CHANGED.** Open morning warmups will begin at 7:30am with a 9:00am session start. Evening warmup with start at 4:30 pm or at the conclusion of the afternoon session, whichever is later, with finals starting one (1) hour after the start of warmups.
- Friday sessions will NOT use chase starts** - all 100m and longer events and all relays will start at the lobby end; 50's will start at the diving end and finish at the lobby end). Saturday and Sunday prelims sessions will use chase starts.
- AFTERNOON SESSION START TIMES ARE APPROXIMATE.** The afternoon session warm up will begin immediately upon the completion of the morning session, or 11:30am on Friday/Saturday and 12:30pm on Sunday, whichever is later. The afternoon competition session will commence one (1) hour after the start of warmups.
- In Saturday and Sunday sessions using chase starts, odd heats will start from the Lobby end of the pool and even heats will start from the diving end of the pool All 50 meter events will start from the diving end of the pool.
- 400 IM, 800 Free and 1500 Free swum in prelims will alternate girls and boys heats; girls will start from the lobby end and boys will start from the diving end. Swimmers in these events must provide 2 timers.

Warm Up Schedules

All Morning Prelim Sessions will have open warmups

Beginning at 7:30am

All Afternoon Prelim Sessions will have assigned warmups

Beginning no earlier than 11:30 on Friday & Saturday
and 12:30 on Sunday or at the completion of morning prelims,
whichever is later

Afternoons	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1st 25 mins	FCST	FCST	FCST	FCST	FCST	FCST	FCST	FCST
2nd 25 mins	PEAK	PEAK	SHRK	SHRK WAVE	MAC	MAC	MAC	CBA CFSC ECS

All Finals Sessions will have open warmups

Beginning at 4:30pm or the completion of afternoon prelims,
whichever is later

Timing Assignments

FRIDAY Morning Session – Lobby End

13 & Over - 50m Finishes; All other events

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	FCST	FCST	CFSC	CFSC	MAC	PEAK	SHRK
Chair 2	FCST	FCST	FCST	CFSC	ECS	MAC	PEAK	SHRK

FRIDAY Afternoon Session – Lobby End

12 & Under – 50m Finishes; All other events

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	FCST	FCST	MAC	MAC	PEAK	PEAK	SHRK
Chair 2	FCST	FCST	FCST	MAC	MAC	PEAK	SHRK	SHRK

SATURDAY Morning Session – Lobby End

13 & Over – Odd heats; Girls 400IM*

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	FCST	FCST	CFSC	CFSC	MAC	MAC	SHRK
Chair 2	FCST	FCST	FCST	CFSC	CFSC	MAC	CBA	SHRK

SATURDAY Morning Session – Diving End

13 & Over – Even heats, Boys 400IM*

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	FCST	FCST	CFSC	CFSC	MAC	PEAK	SHRK
Chair 2	FCST	FCST	FCST	WAVE	ECS	MAC	PEAK	PEAK

SATURDAY Afternoon Session – Lobby End

12 & Under – Odd heats; Girls 400IM*; 50m Finish

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	FCST	FCST	CBA	MAC	MAC	SHRK	PEAK
Chair 2	FCST	FCST	FCST	ECS	MAC	SHRK	SHRK	PEAK

Timing Assignments

SATURDAY Afternoon Session – Diving End

12 & Under – Even heats; Boys 400IM*; 50m Start

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	FCST	FCST	MAC	MAC	SHRK	PEAK	PEAK
Chair 2	FCST	FCST	FCST	MAC	MAC	SHRK	PEAK	PEAK

SUNDAY Morning Session – Lobby End

13 & Over – Odd heats; Girls 1500Fr*; 50m Finish

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	FCST	FCST	CFSC	CFSC	MAC	MAC	SHRK
Chair 2	FCST	FCST	FCST	CFSC	CFSC	MAC	MAC	SHRK

SUNDAY Morning Session – Diving End

13 & Over – Even heats, Boys 1500Fr*; 50m Start

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	FCST	FCST	CFSC	ECS	MAC	PEAK	PEAK
Chair 2	FCST	FCST	FCST	CFSC	CBA	WAVE	WAVE	SHRK

SUNDAY Afternoon Session – Lobby End

12 & Under – Odd heats; Girls 800Fr*; 50m Finish

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	FCST	FCST	CBA	MAC	MAC	PEAK	SHRK
Chair 2	FCST	FCST	FCST	ECS	MAC	PEAK	PEAK	SHRK

SUNDAY Afternoon Session – Diving End

12 & Under – Even heats, Boys 800Fr*; 50m Start

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	FCST	FCST	FCST	MAC	MAC	PEAK	PEAK	SHRK
Chair 2	FCST	FCST	FCST	MAC	MAC	PEAK	PEAK	SHRK

* Swimmers in 400 Fr, 400IM, 800 Fr, & 1500 Fr must provide two timers.