

GULF SWIMMING SENIOR MEET
Timed Finals - Short Course Yards
Hosted by: Montgomery Aquatic Race Club (MARC)

October 7-8, 2017



Sanction No. GUSC 18-015

WARM UP
AND
Timer Lane Assignments

MEET REFEREE:	Andrea Walin
ADMIN OFFICIAL:	Karen Nelson
MEET DIRECTOR:	Lou Spencer
SAFETY MARSHAL:	Dusti See
COACH:	Pat Green



Saturday, October 7, 2017 – Session 1 (AFTERNOON)
WARM UP ASSIGNMENTS

FIRST Warm Up: 10:30 – 10:55 a.m.

1	2	3	4	5	6	7	8
MARC	MARC	MARC	NOCH	NOCH	LSST	SST	OPEN

9	10	11	12	13
XXX	OPEN	OPEN	OPEN	OPEN

WARM UP/DOWN LANE 9 NEXT TO BULKHEAD

SECOND Warm Up: 10:55-11:20 a.m.

1	2	3	4	5	6	7	8
FINS	FINS	ESA	ESA	PEAK	PEAK	PEAK	OPEN

9	10	11	12	13
XXX	OPEN	OPEN	OPEN	OPEN

WARM UP/DOWN LANE 9 NEXT TO BULKHEAD

THIRD Warm Up: 11:20-11:45 a.m.

1	2	3	4	5	6	7	8
RICE	RICE	RICE	RICE	SPA	SPA	SPA	SPA

9	10	11	12	13
XXX	OPEN	OPEN	OPEN	OPEN

WARM UP/DOWN LANE 9 NEXT TO BULKHEAD

ALL 1000 FREE swimmers MUST positive check 45 minutes BEFORE the start of the session.

The 1000 free will be swum fastest to slowest, alternating girl's and boy's heats.

Meet will start @ 12:00 pm (noon)



Sunday, October 8, 2017 – Session 2 (MORNING)

WARM UP ASSIGNMENTS

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

1	2	3	4	5	6	7	8
MARC	MARC	LSST	SST	FINS	FINS	NOCH	NOCH

9	10	11	12	13
XXX	OPEN	OPEN	OPEN	OPEN

**WARM UP/DOWN
LANE 9 NEXT TO
BULKHEAD**

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

1	2	3	4	5	6	7	8
SPA	SPA	SPA	SPA	ECS	ECS	ESA	ESA

9	10	11	12	13
XXX	OPEN	OPEN	OPEN	OPEN

**WARM UP/DOWN
LANE 9 NEXT TO
BULKHEAD**

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

1	2	3	4	5	6	7	8
PEAK	PEAK	RICE	RICE	RICE	RICE	SSS	SSS

9	10	11	12	13
XXX	OPEN	OPEN	OPEN	OPEN

**WARM UP/DOWN
LANE 9 NEXT TO
BULKHEAD**

**ALL 400IM & 500 FREE swimmers MUST positive check 45 minutes
BEFORE the start of the session.**

The 400 I.M. and 500free will be swum fastest to slowest, alternating girl's and boy's heats.

Meet will start @ 9:00 am



SATURDAY LANE TIMER ASSIGNMENTS

*****Swimmers in the 1000 Free must provide their own timers & counters*****

	1	2	3	4	5	6	7	8
CHAIR 1	NOCH	PEAK	FINS	MARC	RICE	SPA	SPA	LSST SST
CHAIR 2	ESA	PEAK	FINS	MARC	RICE	RICE	SPA	SSS

Each team is responsible for providing timers. Two timers are needed for each lane. In order for the meet to run smoothly, we ask that each team(s) keep timers in their assigned lanes throughout the entire meet. Those teams not assigned a lane, please help out when and where needed.

SUNDAY LANE TIMER ASSIGNMENTS

*****Swimmers in the 400 IM & 500 Free must provide their own timer and lap counter (500 free) *****

	1	2	3	4	5	6	7	8
CHAIR 1	ESA	PEAK	FINS	MARC	RICE	SPA	SPA	SST
CHAIR 2	ESA	ECS	NOCH	MARC	RICE	RICE	SPA	SSS

Each team is responsible for providing timers. Two timers are needed for each lane. In order for the meet to run smoothly, we ask that each team(s) keep timers in their assigned lanes throughout the entire meet. Those teams not assigned a lane, please help out when and where needed.