

SHARKS



speedo

*2018 Gulf May Sprint Series
Warm Up Schedule and Timing Assignments*

*****For ALL Sessions *****

Swimmers must circle in for ALL events 45 minutes prior to the start of the session. Please note teams assigned to a later warmup must arrive earlier to circle in.

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

Please note: Swimmers will enter/exit the pool at the rear door next to the Girl's Locker room

Parents enter/exit through lobby

Event/Heat updates will be on Twitter: <https://twitter.com/SharksSCMeet>

Sign up at <https://twitter.com/signup>

Timers meeting for ALL timers 15 minutes before each session

Warm Up Schedule
AM SESSION

1st Warm Up (Main Pool) 7:55 a.m. – 8:20 a.m.

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
DADS	DADS	DADS	ESA AQUA	SCAT SSS	NOCH	SHRK	SHRK

1st Warm Up (Shallow Pool) 7:55 a.m. - 8:20 a.m.

LANE 1	LANE 2	LANE 3	LANE 4
DADS	DADS	DADS	SHRK

2nd Warm Up (Main Pool) 8:20 a.m. – 8:45 a.m.

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
TWST	TWST BATS	RICE	RICE AMBU	BATS	LIFE STA	CATS EPRC	PEAK

2nd Warm Up (Shallow Pool) 8:20 a.m. – 8:45 a.m.

LANE 1	LANE 2	LANE 3	LANE 4
TWST	TWST	RICE	PEAK

Warm Up Schedule
PM SESSION
(no earlier than 1:50pm)

1st Warm Up (Main Pool) 1:50 p.m. – 2:15 p.m.

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
DADS	DADS	NOCH	ESA	SCAT	AQUA SSS	SHRK	SHRK

1st Warm Up (Shallow Pool) 1:50 p.m. – 2:15 p.m.

LANE 1	LANE 2	LANE 3	LANE 4
DADS	DADS	OPEN	SHRK

2nd Warm Up (Main Pool) 2:15 p.m. – 2:40 p.m.

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
TWST	TWST STA	RICE	RICE PEAK	PEAK	BATS CATS	LIFE	EPRC AMBU

2nd Warm Up (Shallow Pool) 2:15 p.m. – 2:40 p.m.

LANE 1	LANE 2	LANE 3	LANE 4
TWST	TWST	OPEN	PEAK

TIMING ASSIGNMENTS—TWO TIMERS PER LANE

Saturday AM

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
DADS DADS	DADS DADS	DADS DADS	TWST TWST	TWST NOCH	RICE RICE	PEAK PEAK	LIFE BATS

Saturday PM

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
DADS DADS	DADS DADS	TWST TWST	TWST TWST	PEAK PEAK	PEAK NOCH	RICE RICE	LIFE ESA

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 SWIM CLUB