

WARM UP ASSIGNMENTS

FRIDAY PM

4:00-4:30pm

All Lanes Open Warm-up

17-18 athletes/lane

4:30-4:45pm

Lanes 1&8 - Push/Pace

Lanes 2&7 - One Way Starts

Lanes 3&6 - Genreal Warm-up

FRIDAY TIMING ASSIGNMENTS

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
SPA	SPA	SPA	SSAN	SSAN	SST
SPA	SPA	SSAN	SSAN	SSAN	SSAN

Friendly Reminders

1. Pool deck has limited seating - No tents except for coaches (tents permitted in field)
----Ample room for set-up is available outside the pool area in the field, under trees
----Building side of the facility is reserved for coaches, athletes, and volunteers only
----Back gate from field to pool will be open for meet participants
2. Meet is pre-seeded, with the exception of 200 IM. Positive check-in closes 4:30pm
3. Heat sheets available on Meet Mobile and posted on Gulf Swimming website.
4. No athlete drop-off in front of building due to Rice Rec programs.
----Drop off only by pool fence or beyond on Loop Rd.
5. Parking is available in the following lots. Credit card required. No Campus Street Parking
----North Annex, West Lot 2, and Central Garrage (hourly, max \$11/day)
----Greebrier lot for \$1/day