



## Gulf Open Invitational

HOSTED BY  
*First Colony Swim Team*  
June 22-24, 2018  
SANCTION # GULC 18-022

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:

1. 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 no earlier than 5:30.
2. **Friday's morning session and all finals 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). Friday afternoon prelims and Saturday and Sunday prelims sessions will use chase starts.
3. **AFTERNOON SESSION START TIMES ARE APPROXIMATE.** The afternoon session warm up will begin immediately upon the completion of the morning session, or 12:15pm on Friday/Saturday and 1:00pm on Sunday, whichever is later. The afternoon competition session will commence one (1) hour after the start of warmups.
4. In Friday afternoon, 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.
5. 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 at 7:30am**

**All Afternoon Prelim Sessions will have assigned warmups**

Beginning no earlier than 11:15 on Friday & Saturday and 12:00 on Sunday

<b>FRI pm</b>		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1 <sup>st</sup> 25 min	Competition	FCST	FCST	FCST	FCST	FCST	FCST	PEAK	PEAK
	Warm down	FCST	FCST	FCST	FCST	Open			
2 <sup>nd</sup> 25 min	Competition	MAC	MAC	CFSC	CFSC	CFSC	CFSC	SHRK	SHRK/ VTAC
	Warm down	MAC	CFSC	CFSC	SHRK	Open			

<b>SAT pm</b>		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1 <sup>st</sup> 25 min	Competition	FCST	FCST	FCST	FCST	FCST	FCST	MAC	MAC
	Warm down	FCST	FCST	FCST	FCST	MAC			
2 <sup>nd</sup> 25 min	Competition	CFSC	CFSC	CFSC	PEAK	PEAK	SHRK	SHRK	SHRK/ VTAC
	Warm down	CFSC	CFSC	CFSC	PEAK	PEAK			

<b>SUN pm</b>		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1 <sup>st</sup> 25 min	Competition	FCST	FCST	FCST	FCST	FCST	FCST	MAC	MAC
	Warm down	FCST	FCST	FCST	FCST	FCST			
2 <sup>nd</sup> 25 min	Competition	CFSC	CFSC	CFSC	CFSC/ VTAC	PEAK	PEAK	SHRK	SHRK
	Warm down	CFSC	CFSC	PEAK	PEAK	SHRK			

**All Finals Sessions will have open warmups**

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

## FRIDAY Timing Assignments

### **FRIDAY** Morning Session – Lobby End ONLY

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	CFSC	MAC	MAC
Chair 2	FCST	FCST	FCST	CFSC	CFSC	ECS	MAC	VTAC

### **FRIDAY** Afternoon Session – Lobby End

12 & Under – Odd heats; 50m Finishes; All Relays; Girls 400 Free\*

	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	CFSC	MAC	PEAK	SHRK

### **FRIDAY** Afternoon Session – Diving End

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

	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	CFSC	MAC	VTAC	SHRK

## SATURDAY Timing Assignments

### 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	ECS	MAC	MAC
Chair 2	FCST	FCST	FCST	CFSC	CFSC	ECS	MAC	VTAC

### 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	PEAK	MAC	RICE
Chair 2	FCST	FCST	FCST	CFSC	CFSC	PEAK	MAC	RICE

### 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	CFSC	CFSC	PEAK	SHRK	MAC
Chair 2	FCST	FCST	FCST	CFSC	CFSC	SHRK	SHRK	MAC

### 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	CFSC	PEAK	PEAK	SHRK	MAC
Chair 2	FCST	FCST	FCST	CFSC	PEAK	PEAK	SHRK	MAC

## SUNDAY Timing Assignments

### 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	ECS	MAC	SHRK
Chair 2	FCST	FCST	FCST	CFSC	CFSC	MAC	MAC	VTAC

### 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	CFSC	CFSC	MAC	PEAK
Chair 2	FCST	FCST	FCST	CFSC	CFSC	CFSC	MAC	PEAK

### 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	CFSC	CFSC	PEAK	PEAK	SHRK
Chair 2	FCST	FCST	FCST	CFSC	CFSC	PEAK	SHRK	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	CFSC	CFSC	MAC	PEAK	SHRK
Chair 2	FCST	FCST	FCST	CFSC	MAC	MAC	PEAK	SHRK

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