



Gulf Swimming Summer Champs

HOSTED BY
FIRST COLONY SWIM TEAM

July 20-22, 2018
SANCTION # GULC 18-028

Meet Referee: Bonnie Finnigan / Joe Stucka

Please Note for Spectator Seating During Morning Prelims:

The spectator seating area is limited and during morning prelims will be used for designated swimmer seating and race viewing only. Personal tents and portable seating are permitted outside on the grassy areas beside the facility.

For All Prelim Sessions:

Swimmers must positive check in for ALL events

***** 45 minutes prior to the start of each session. *****

There will be no exceptions for swimmers assigned to later warmups

Friday, Saturday & Sunday Finals Warm Up

Open Warm-up at 4:30-5:15 p.m.

Meet starts at 5:30 p.m.

**AWARDS will not be distributed to swimmers
but will be delivered to coaches for each team.**

Please Note: Heat Sheets will not be available for sale. All heat and lane assignments will be available at no additional charge on meet mobile.

Warm Up Schedule - Morning Prelims

	7:00 – 7:25 am	7:25 – 7:50 am	7:50 – 8:15 am
Friday Prelims	Group 1	Group 2	Group 3
Saturday Prelims	Group 3	Group 1	Group 2
Sunday Prelims	Group 2	Group 3	Group 1

Group 1	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
	FCST	FCST	FCST	FCST	RICE	RICE SHRK	SHRK	SWAT

Group 2	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
	KATY	KATY	KATY	KATY	KATY BATS	SHAC	SHAC ECS	SSS ALAC

Group 3	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
	AQUA PLAT	BLST PACE	BTA	ESCA LAP	PFL TEST	PEAK LJAC	SPA	SPA SCAT

Warm Up Schedule - Afternoon Prelims

*Afternoon session warmups will begin at the conclusion of the morning session or the times listed below, whichever is later.

	First 25 minutes	Second 25 minutes
Friday Prelims Est. warmup at 12:45pm*	Group 1	Group 2
Saturday Prelims Est. warmup at 12:30pm*	Group 2	Group 1
Sunday Prelims Est. warmup at 1:15pm*	Group 1	Group 2

Group 1	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
	FCST	FCST	FCST	SHAC LAP	KATY	KATY	PEAK	PEAK

Group 2	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
	AQUA	BATS	ESCA	BLST	EPRC	RICE	SHRK	SPA

		PLAT PFL		BTA SSS	ECS LJAC			SWAT
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Timing Assignments

Friday AM Prelim Session

Lobby End of the Pool – Odd Heats

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	KATY	KATY	KATY	KATY	RICE	SWAT	BATS	AQUA
Chair 2	KATY	KATY	KATY	LAP	RICE	SWAT	BATS	BLST

Scoreboard End of the Pool – Even Heats

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	SHRK	SHRK	SPA	SPA	SHAC	ECS	SSS	PLAT
Chair 2	SHRK	BTA	SPA	SPA	SHAC	ECS	PEAK	PFL

All swimmers in the 400 Freestyle must provide 2 timers. **All girls prelim heats will be run, followed by boys prelim heats.**

Friday PM Prelim Session

Lobby End of the Pool – Odd Heats, 50 Finishes

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	KATY	KATY	SHRK	SHRK	ECS	AQUA	LJAC	ESCA
Chair 2	KATY	KATY	SHRK	SHRK	BATS	AQUA	PLAT	ESCA

Scoreboard End of the Pool – Even Heats, 50 Starts

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	RICE	BTA	SSS	SHAC	PFL	PEAK	PEAK	PEAK
Chair 2	RICE	RICE	SPA	SHAC	SWAT	PEAK	PEAK	BLST

Saturday AM Prelim Session

Lobby End of the Pool – Odd Heats, 50M Finishes

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	KATY	KATY	KATY	KATY	RICE	SWAT	BATS	AQUA
Chair 2	KATY	KATY	KATY	LAP	RICE	SWAT	PACE	BLST

Scoreboard End of the Pool – Even Heats , 50M Starts, Relay Starts

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	SHRK	BTA	SPA	SPA	SHAC	ECS	PEAK	PLAT
Chair 2	SHRK	BTA	ESCA	SPA	SHAC	SSS	PEAK	PFL

All swimmers in the 400 IM must provide 2 timers. All girls prelim heats will be run, followed by boys prelim heats.

Timing Assignments

Saturday PM Prelim Session

Lobby End of the Pool – Odd Heats, 50M Finishes

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	KATY	KATY	KATY	SHRK	ECS	AQUA	LJAC	ESCA
Chair 2	KATY	KATY	SHRK	SHRK	AQUA	AQUA	PLAT	ESCA

Scoreboard End of the Pool – Even Heats , 50M Starts, Relay Starts

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	RICE	BTA	SSS	SHAC	PFL	PEAK	PEAK	PEAK
Chair 2	RICE	RICE	SPA	SHAC	SWAT	PEAK	PEAK	BLST

Sunday AM Prelim Session

Lobby End of the Pool – Odd Heats, Girls 800 Free

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	KATY	KATY	KATY	KATY	RICE	SWAT	BATS	AQUA
Chair 2	TEST/SCAT*	KATY	KATY	RICE	RICE	SWAT	ECS	BLST

*8:30-10:30 TEST; 10:30-12:30 SCAT

Scoreboard End of the Pool – Even Heats, Relay Starts, Boys 800 Free

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	SHRK	ESCA	SPA	SPA	SHAC	SSS	PEAK	PLAT
Chair 2	SHRK	ESCA	BTA	SPA	SHAC	SSS	PEAK	PFL

All swimmers in the 800 Freestyle must provide 2 timers. Prelim heats will alternate girls and boys.

Sunday PM Prelim Session

Lobby End of the Pool – Odd Heats, 50M Finishes

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	KATY	KATY	SHRK	ECS	ECS	AQUA	PLAT	ESCA
Chair 2	KATY	KATY	SHRK	SHRK	AQUA	AQUA	PLAT	ESCA

Scoreboard End of the Pool – Even Heats, 50M Starts

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	RICE	BTA	SSS	SHAC	PFL	PEAK	PEAK	PEAK
Chair 2	RICE	RICE	SPA	SHAC	SWAT	PEAK	PEAK	PEAK

All swimmers in the 400 Freestyle must provide 2 timers. All girls prelim heats will be run, followed by boys prelim heats.