

Gulf Swimming Senior Meet

November 3-4, 2018



A Short Course Yards Timed Finals Meet

Hosted By: Pearland Aquatics

CIRCLE - IN FOR THE 400 IM, 500 AND 1650 FREE

Warm Up Schedule: (Saturday AM, Sunday AM)

Diving Pool end	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30 - 8:15	OPEN WARM UP FOR ALL TEAMS							
8:15-8:45	Push Pace	Starts	Open	Open	Open	Open	Starts	Push Pace

Warm Up Schedule: (Saturday PM)

Diving Pool end	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:00 – 1:30	OPEN WARM UP FOR ALL TEAMS							
1:30-1:50	Push Pace	Starts	Open	Open	Open	Open	Starts	Push Pace

Timing Assignments: (Saturday AM, PM, Sunday AM)

Diving Board End of the Pool All Events and Heats (400IM, 500FR, 1650 must provide 2 timers)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	DADS	DADS	DADS	PEAK	RICE	ESA	BATS	PACE
Chair 2	DADS	DADS	DADS	PEAK	RICE	PFL	SPA	SSS