



**Gulf Swimming Group "B" Winter Championships
A SHORT COURSE YARDS TIMED FINALS MEET**

**Hosted By
The Magnolia Aquatic Club
December 7-9, 2007
Sanction No. GUSC 08-022**

WARM UP ASSIGNMENTS

Friday, December 7th, 2007 – Evening Session

Early Warm Up: 5:00-5:30 p.m.

1	2	3	4	5	6	7	8
MAC	TWST	TWST	TWST	CFSC	CFSC	CFSC	CFSC

Late Warm Up: 5:30-6:00 p.m.

1	2	3	4	5	6	7	8
AGS	AGS	AGS	AGS/FCST	FCST	FCST	FCST	NCAT ESA BRAZ

Specific Warm Up: 6:00-6:15 p.m.

1	2	3	4	5	6	7	8
RACE PACE	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	RACE PACE

*****5 LANES WILL BE AVAILABLE AT THE SHALLOW END THROUGHOUT
WARM UPS AND DURING THE MEET**



MORNING SESSION FOR 10 & UNDERS

Saturday, December 8th, 2007

Early Warm Up: 7:00 – 7:30 A.M.

1	2	3	4	5	6	7	8
MAC	MAC	CFSC	CFSC	CFSC	CFSC	RICE	NEHA

Middle Warm Up: 7:30 – 8:00 A.M.

1	2	3	4	5	6	7	8
ESA	ESA	ESA	ESA	ESA	TWST	TWST	TWST

Late Warm Up: 8:00 – 8:30 A.M.

1	2	3	4	5	6	7	8
FCST BRAZ ETEX	FCST	FCST	FCST	FCST	AGS	AGS	AGS

Specific Warm Up: 8:30 – 8:45 A.M.

1	2	3	4	5	6	7	8
RACE PACE	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	RACE PACE

AFTERNOON SESSION FOR 11-14 AGE GROUP

Saturday, December 8th, 2007

1ST Warm Up: 1:30 – 1:50 P.M.

1	2	3	4	5	6	7	8
MAC	MAC	CFSC	CFSC	CFSC	CFSC	CFSC	RICE NCAT ETEX

2ND Warm Up: 1:50 – 2:10 P.M.

1	2	3	4	5	6	7	8
ESA	ESA	ESA	TWST	TWST	TWST	TWST	BRAZOS NEHA

3RD Warm Up: 2:10 – 2:30 P.M.

1	2	3	4	5	6	7	8
FCST	FCST	FCST	FCST	FCST/AGS	AGS	AGS	AGS

Specific Warm Up: 2:30 – 2:40 P.M.

1	2	3	4	5	6	7	8
RACE PACE	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	RACE PACE

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MORNING SESSION FOR 10 & UNDERS

Sunday, December 9th, 2007

Early Warm Up: 7:00 – 7:30 A.M.

1	2	3	4	5	6	7	8
MAC	MAC	MAC	ESA	ESA	ESA	ESA	BRAZ ETEX NCAT

Middle Warm Up: 7:30 – 8:00 A.M.

1	2	3	4	5	6	7	8
CFSC	CFSC	CFSC	CFSC	AGS	AGS	AGS	RICE NEHA

Late Warm Up: 8:00 – 8:30 A.M.

1	2	3	4	5	6	7	8
FCST	FCST	FCST	FCST	FCST	TWST	TWST	TWST

Specific Warm Up: 8:30 – 8:45 A.M.

1	2	3	4	5	6	7	8
RACE PACE	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	RACE PACE

AFTERNOON SESSION FOR 11-14 AGE GROUP

Sunday, December 9th, 2007

1ST Warm Up: 12:30 – 12:50 P.M.

1	2	3	4	5	6	7	8
MAC	MAC	CFSC	CFSC	CFSC	CFSC	CFSC	RICE NCAT ETEX

2ND Warm Up: 12:50 – 1:10 P.M.

1	2	3	4	5	6	7	8
ESA	ESA	ESA	TWST	TWST	TWST	TWST	BRAZ NEHA

3RD Warm Up: 1:10 – 1:30 P.M.

1	2	3	4	5	6	7	8
FCST	FCST	FCST	FCST	FCST/AGS	AGS	AGS	AGS

Specific Warm Up: 1:30 – 1:40 P.M.

1	2	3	4	5	6	7	8
RACE PACE	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	DIVE SPRINT	RACE PACE

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LANE TIMER ASSIGNMENTS

Friday, December 7th, 2007

1	2	3	4	5	6	7	8
CFSC	CFSC	CFSC	FCST	FCST	TWST	TWST	AGS
CFSC	CFSC	CFSC	FCST	FCST	TWST	TWST	AGS

Swimmers in the 500 Free must provide their own timer and lap counter

Saturday Morning, December 8th, 2007

1	2	3	4	5	6	7	8
ESA	ESA	ESA	FCST	FCST	CFSC	AGS	TWST
ESA	ESA	ESA	FCST	FCST	CFSC	AGS	TWST

Saturday Afternoon, December 8th, 2007

1	2	3	4	5	6	7	8
FCST	FCST	CFSC	CFSC	AGS	AGS	TWST	ESA
FCST	FCST	CFSC	CFSC	AGS	AGS	TWST	ESA

Sunday Morning, December 9th, 2007

1	2	3	4	5	6	7	8
ESA	ESA	FCST	FCST	FCST	CFSC	AGS	TWST
ESA	ESA	FCST	FCST	FCST	CFSC	AGS	TWST

Sunday Afternoon, December 9th, 2007

1	2	3	4	5	6	7	8
FCST	FCST	CFSC	CFSC	AGS	AGS	TWST	ESA
FCST	FCST	CFSC	CFSC	AGS	TWST	TWST	ESA

Each team is responsible for providing timers. Two timers are needed for each lane. In order for the meet to run smoothly, we ask that each team(s) keep 2 timers in their assigned lanes throughout the entire meet. Those teams not assigned a lane, please help out where needed.