

MAC Hosted Gulf Fall Champs – December 19-21, 2025

TEAM WARM UP ASSIGNMENTS

Friday, December 19, 2025 – Evening Session starts at 6:30pm

Open Warm-Up for ALL Swimmers: 5:00-6:15pm

Saturday, December 20, 2025 – **GIRLS** Morning Session starts at 9:00am

Saturday, December 20, 2025 – **BOYS** Afternoon Session starts at 1:30pm

Warm-up times below are an estimate based on the timeline for the morning session. Meet will not start before 1:30pm

TIME	MAIN COMPETITION POOL								WARM UP/COOL DOWN POOL				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
12:15-12:35	AGS	AGS	AGS	LSST	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	OPEN
12:35-12:55	SST	SST	TWST	TWST	TWST	TWST	TWST						
12:55-1:15	NEHA	NEHA	NEHA	HCCL	PEAK	PEAK	PEAK	PEAK	PEAK	PEAK	PEAK	OPEN	OPEN

Sunday, December 21, 2025 – **GIRLS** Morning Session starts at 9:00am

Sunday, December 21, 2025 – BOYS Afternoon Session starts at 1:00pm

Warm-up times below are an estimate based on the timeline for the morning. Meet will not start before 1:00pm

MAC Hosted Gulf Fall Champs – December 19-21, 2025

TEAM TIMING ASSIGNMENTS

Friday, December 19 - Evening Timer Chairs – Evening Session starts at 6:30pm

Events #1 & #2 - MAC will provide all timers for the 200 IM

Events #3 & #4- ALL swimmers MUST provide their own timers and a lap counter for the 500 free

Saturday, December 20 – Morning Session Timer Chairs – Session starts at 9:00am

MAIN COMPETITION POOL							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	MAC	MAC	TWST	TWST	TWST	NEHA	PEAK
HCCL	MAC	MAC	TWST	TWST	TWST	PEAK	PEAK

Saturday, December 20 – Afternoon Session Timer Chairs – Session starts at 1:30pm

Session start time is estimate based on the timeline for the morning. Meet will not start before 1:30pm

MAIN COMPETITION POOL							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	MAC	MAC	TWST	TWST	TWST	NEHA	PEAK
AGS	MAC	MAC	TWST	TWST	SST	PEAK	PEAK

Sunday, December 21 – Morning Session Timer Chairs – Session starts at 9:00am

MAIN COMPETITION POOL							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	MAC	MAC	TWST	TWST	TWST	NEHA	PEAK
HCCL	MAC	MAC	TWST	TWST	TWST	PEAK	PEAK

Sunday, December 21 – Afternoon Session Timer Chairs – Session starts at 1:00pm

Session start time is estimate based on the timeline for the morning. Meet will not start before 1:00pm

MAIN COMPETITION POOL							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	MAC	MAC	TWST	TWST	TWST	NEHA	PEAK
LSST	MAC	MAC	TWST	TWST	TWST	PEAK	PEAK