

MAC Hosted Gulf B & Under Champs – July 19-20, 2025

TEAM WARM UP ASSIGNMENTS

Saturday, July 19, 2025 – Session starts at 9:00am

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
7:30-7:55	TASC	TASC	TASC	TASC	TASC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC
7:55-8:20	CATS	SST	LIFE	MARC	PFL	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC
8:20-8:45	AGS	AGS	AGS	PLAT	NEHA	INSP	TWST	TWST	TWST	TWST	TWST	TWST	TWST

Sunday, July 20, 2025 – Session starts at 9:00am

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
7:30-7:55	NEHA	PLAT	LIFE	MARC	CATS/PFL	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC
7:55-8:20	AGS	AGS	AGS	SST	SST/INSP	TWST	TWST	TWST	TWST	TWST	TWST	OPEN	OPEN
8:20-8:45	TASC	TASC	TASC	TASC	TASC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	CFSC

TEAM TIMING ASSIGNMENTS

Saturday, July 19, 2025 – 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	CFSC	CFSC	TWST	TWST	TASC
MAC	MAC	MAC	CFSC	CFSC	TWST	TWST	TASC

NOTE: Swimmers in the 500 Free, must provide their own timers and a lap counter.

Sunday, July 20, 2025 – 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	CFSC	CFSC	TWST	TWST	TASC
MAC	MAC	MAC	CFSC	CFSC	TWST	TASC	TASC