MAC Hosted Gulf Fall Champs – December 20-22, 2024 TEAM WARM UP ASSIGNMENTS

Friday, December 20, 2024 – Evening Session starts at 6:30pm

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

Saturday, December 21, 2024 – BOYS Morning Session starts at 9:00am

TIME		MAIN COMPETITION POOL									JP/COOL DO	OWN 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
7:45-8:05	MAC	MAC	MAC	MAC	MAC	BTA	BTA	BTA	BTA	BTA	MAC	MAC	OPEN
8:05-8:25	AGS	AGS	TWST	TWST	TWST	TWST							
8:25-8:45	LIFE	LIFE	LIFE	HYDR	HYDR	HYDR	HYDR						

Saturday, December 21, 2024 – GIRLS Afternoon Session starts at 12:45pm

Warm-up times below are an estimate based on the timeline for the morning session. Meet will not start before 12:45pm

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	
11:30-11:50	MAC	MAC	MAC	MAC	BTA	BTA	BTA	BTA	MAC	MAC	MAC	OPEN	OPEN	
11:50-12:10	LIFE	LIFE	HYDR	HYDR	HYDR	HYDR								
12:10-12:30	AGS	AGS	TWST	TWST	TWST	TWST								

Sunday, December 22, 2024 – BOYS Morning 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	
7:45-8:05	LIFE	LIFE	LIFE	MAC	OPEN	OPEN	OPEN							
8:05-8:25	BTA	BTA	BTA	BTA	HYDR	HYDR	HYDR	HYDR	HYDR	HYDR	HYDR	HYDR	HYDR	
8:25-8:45	AGS	AGS	AGS	TWST	TWST	TWST	TWST							

Sunday, December 22, 2024 – GIRLS Afternoon Session starts at 12:30pm

Warm-up times below are an estimate based on the timeline for the morning. Meet will not start before 12:30pm

TIME		MAIN COMPETITION POOL									P/COOL DO	OOL 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			
11:15-11:35	MAC	MAC	MAC	MAC	MAC	MAC	BTA	BTA	BTA	BTA	OPEN	OPEN	OPEN			
11:35-11:55	LIFE	LIFE	TWST	TWST	TWST	TWST										
11:55-12:15	AGS	AGS	AGS	HYDR	HYDR	HYDR	HYDR									

MAC Hosted Gulf Fall Champs – December 20-22, 2024 TEAM TIMING ASSIGNMENTS

Friday, December 20 - 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 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	BTA	HYDR	HYDR	TWST	TWST	TWST				
MAC	MAC	BTA	HYDR	HYDR	TWST	TWST	LIFE				

Saturday, December 21 – Afternoon Session Timer Chairs – Session starts at 12:45pm

^{*}Session start time is estimate based on the timeline for the morning. Meet will not start before 12:45pm*

	MAIN COMPETITION POOL											
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8					
AGS	MAC	BTA	HYDR	HYDR	HYDR	TWST	TWST					
MAC	MAC	BTA	HYDR	HYDR	LIFE	TWST	TWST					

Sunday, December 22 – 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	BTA	HYDR	HYDR	TWST	TWST	TWST					
MAC	MAC	BTA	HYDR	HYDR	TWST	TWST	LIFE					

Sunday, December 22 – Afternoon Session Timer Chairs – Session starts at 12:30pm

^{*}Session start time is estimate based on the timeline for the morning. Meet will not start before 12:30pm*

	MAIN COMPETITION POOL											
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8					
AGS	MAC	BTA	HYDR	HYDR	LIFE	TWST	TWST					
MAC	MAC	HYDR	HYDR	HYDR	TWST	TWST	TWST					