



2025 Gulf Age Group Champs

Warmup Assignments

Friday AM Warmup Assignments

1st Warmup		7:00- 7:20			MAIN LPOOL							7:00- 7:20		FINS @ Fleet			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
HYDR	HYDR	SSAN	SSAN	MAC	MAC	CFSC	CFSC	CFSC	CFSC			Open with Coach Supervision					Open
MARC				TASC/UNGU													
2nd Warmup		7:20- 7:40			MAIN LPOOL							7:20- 7:40		FINS @ Fleet			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
PACK	TWST	TWST	KATY	KATY	KATY	FCST	FCST	FCST	FCST			AQUA	PEAK	BATS	HTX	Open	
LIFE																	
3rd Warmup		7:40- 8:00			MAIN LPOOL							7:40- 8:00		FINS @ Fleet			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
BTA	SHRK	FRST	ESA	SWAT	AGS	DADS	DADS	TEST	TEST			TST	HEAT	300	COOG	Open	
SST	AMBU	SPA	NOCH	ESCA	NEHA	MEAN			SSS			PFL	SHAC	CATS	LAP		
					INSP												
		8:00 to 8:15			MAIN LPOOL							8:00 to 8:15		FINS @ Fleet			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
PACE	From Field End Dives/ Sprint			Warmup	Warmup	From Locker End Dives/ Sprint			PACE			Open Warmup with Coach Supervision					

Friday Finals Warmup Assignments

Open Warmups 4:30 to 5:15 with Coach Supervision

SATURDAY AM Warmup Assignments

1st Warmup		7:00- 7:20			MAIN LPOOL					7:00- 7:20		FINS @ Fleet				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
SHRK	SSAN	SSAN	KATY	KATY	KATY	CFSC	CFSC	CFSC	CFSC	HYDR	HYDR	HYDR	HYDR	HYDR		
2nd Warmup		7:20- 7:40			MAIN LPOOL					7:20- 7:40		FINS @ Fleet				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
MAC	MAC	DADS	DADS	TWST	TWST	FCST	FCST	FCST	FCST	HTX	MARC	PEAK	HEAT	Open		
TASC			NOCH													
3rd Warmup		7:40- 8:00			MAIN LPOOL					7:40- 8:00		FINS @ Fleet				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
SWAT	AGS	TEST	TEST	BTA	FRST	ESA	SSS	PACK	TST	ESCA	CATS	SPA	LAP	Open		
AQUA	INSP	SST			300	AMBU	LIFE	NEHA	BATS	SWIM	PFL	MEAN	SHAC			
	COOG															
		8:00 to 8:15			MAIN LPOOL					8:00 to 8:15		FINS @ Fleet				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
PACE	From Field End Dives/ Sprint			Warmup	Warmup	From Locker End Dives/ Sprint			PACE	Open Warmup with Coach Supervision						

SATURDAY Finals Warmup Assignments

Open Warmups 4:30 to 5:15 with Coach Supervision

SUNDAY AM Warmup Assignments

1st Warmup			7:00- 7:20		MAIN LPOOL							7:00- 7:20		FINS @ Fleet					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5			
SSAN	SSAN	FCST	FCST	FCST	FCST	CFSC	CFSC	CFSC	CFSC			Open with Coach Supervision							
2nd Warmup			7:20- 7:40		MAIN LPOOL							7:20- 7:40		FINS @ Fleet					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5			
TASC/UNG U	HYDR	HYDR	SHRK	PACK	TWST	TWST	KATY	KATY	KATY			SSS	SSS	AQUA	TST	NOCH			
NEHA	INSP			HTX													300		
3rd Warmup			7:40- 8:00		MAIN LPOOL							7:40- 8:00		FINS @ Fleet					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5			
ESA	BTA	MAC	MAC	DADS	DADS	TEST	TEST	FRST	SWAT			MARC	PEAK	HEAT	AMBU	MEAN			
SPA		AGS		COOG			BATS	LAP	SHAC			ESCA	CATS	LIFE	SST	SWIM			
																	VSST		
			8:00 to 8:15		MAIN LPOOL							8:00 to 8:15		FINS @ Fleet					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5			
PACE	From Field End Dives/ Sprint			Warmup	Warmup	From Locker End Dives/ Sprint			PACE			Open Warmup with Coach Supervision							

SUNDAY Finals Warmup Assignments

Open Warmups 4:30 to 5:15 with Coach Supervision