



**South Shore Sails 2021 GU Open Spring Series 3**  
**May 21-23**  
**Warm Up Schedule and Timing Assignments**



**Friday, May 21, 2021 PM Session 1**

Warm up 4:30- 4:55pm.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PEAK	PEAK	PEAK	PEAK	SSS	SSS	SSS	SSS

Warm up 4:55-5:20 p.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SWIM/NEHA	SSAN/UN	LIFE	BATS	AGS	AGS	CATS	CATS

FRIDAY PM SESSION

TIMING ASSINGMENTS – TWO TIMERS PER LANE

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	AGS	CATS	SSAN	BATS	PEAK	PEAK
SSS	SSS	AGS	CATS	SWIM	LIFE	PEAK	PEAK

**Saturday, May 22, 2021 AM Session 2**

Warm up 7:30-7:55 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
		SSS	SSS	SSS	SSS	OPEN	SWAT

Warm up 7:55-8:20 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BLST/NEHA	LIFE/SHRK	BATS	BATS	CATS/UN	PEAK	PEAK	PEAK

Warm up 8:20-8:45 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SWIM	SWIM	AGS	AGS	FRST	FRST	SSAN	SSAN

SATURDAY AM SESSION

TIMING ASSINGMENTS – TWO TIMERS PER LANE

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SWIM	FRST	SSAN	CATS	PEAK	PEAK
SSS	AGS	SWIM	FRST	BATS	SWAT	PEAK	PEAK

**Saturday, May 22, PM Session 3**

Warm up 12:00-12:25 p.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SSS	SSS	PEAK	PEAK	PEAK	PEAK

Warm up - 12:25-12:50 p.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	CATS	CATS/SWAT	LIFE	FRST	AGS	BATS/SWIM

**SATURDAY PM SESSION**

**TIMING ASSINGMENTS – TWO TIMERS PER LANE**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SSAN	SSAN	CATS	PEAK	PEAK	FRST
SSS	SSS	SSAN	LIFE	CATS	PEAK	PEAK	AGS

**Sunday, May 23, AM Session 4**

Warm up 7:30-7:55 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SSS	PEAK	PEAK	PEAK	LIFE/BLST	BATS

Warm up 7:55-8:20 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SWIM	SWIM	SWAT	SSAN	FRST/UN	AGS	AGS	CATS/NEHA

**Sunday AM SESSION**

**TIMING ASSINGMENTS – TWO TIMERS PER LANE**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SWIM	SSAN	PEAK	PEAK	AGS	CATS
SSS	BATS	SWIM	SWAT	PEAK	FRST	AGS	LIFE

**Sunday, May 23, PM Session 5**

Warm up 11:00-11:25 p.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SSS	SSS	PEAK	PEAK	PEAK	PEAK

Warm up – 11:25-11:50 p.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	SSAN	CATS	CATS/SWIM	LIFE	AGS/BATS	FRST/SWAT

**SUNDAY PM SESSION**

**TIMING ASSINGMENTS – TWO TIMERS PER LANE**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SSAN	SSAN	CATS	PEAK	PEAK	AGS
SSS	LIFE	SSAN	FRST	CATS	PEAK	PEAK	SWIM