



**South Shore Sails 2022 GU Open Spring Series 2**  
**May 20 – 22/2022**  
**Warm Up Schedule and Timing Assignments**



**Friday, May 20, 2022 PM Session 1**

**Open warm up 4:30- 5:15pm.**

**FRIDAY PM SESSION**

**Swimmers provide their own timers for all 400m events! TWO TIMERS PER LANE**

**Saturday, May 21, 2022 AM Session 2**

**Warm up 7:45-8:15 a.m.**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SSS	COOG	COOG	SWIM	:LAP	LIFE/EPRC

**Warm up 8:15-8:45 a.m.**

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

**SATURDAY AM SESSION Starts 9am**

**TIMING ASSIGNMENTS – TWO TIMERS PER LANE**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	LAP	SWIM	AGS	AGS	PEAK	PEAK
SSS	LIFE	COOG	SWIM	AGS	PEAK	PEAK	PEAK

**Saturday, May 21, 2022 PM Session 3**

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

**Warm up will start immediately after the conclusion of AM session, no earlier than 12:00pm**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SSS	SSS	SSS	SSS	LAP	LAP/EPRC

**Warm up – 12:25 pm-12:50 p.m.**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LIFE	AGS	COOG	COOG	COOG/PEAK	PEAK	PEAK	PEAK

**SATURDAY PM SESSION starts 1pm**  
**TIMING ASSIGNMENTS – TWO TIMERS PER LANE**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SSS	LAP	LIFE	COOG	PEAK	PEAK
SSS	SSS	EPRC	LAP	AGS	COOG	PEAK	PEAK

**Sunday, May 22, 2022 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	SWIM	SWIM/COOG	COOG	LIFE	LAP

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

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

**Sunday AM SESSION starts 8:30am**  
**TIMING ASSIGNMENTS – TWO TIMERS PER LANE**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SWIM	LAP	AGS	PEAK	PEAK	PEAK
SSS	COOG	SWIM	LIFE	AGS	PEAK	PEAK	PEAK

**Sunday, May 22, 2022 PM Session 5**

**Warm up 11:00 a.m.-11:25 a.m.**

Warm up will start immediately after the conclusion of AM session, no earlier than 11:00am

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

**Warm up – 11:25-11:50 a.m.**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	LIFE	SWIM	LAP	LAP/PEAK	PEAK	PEAK	PEAK

**SUNDAY PM SESSION starts 12 pm**  
**TIMING ASSIGNMENTS – TWO TIMERS PER LANE**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SSS	LAP	AGS	SWIM	PEAK	PEAK
SSS	SSS	COOG	LAP	AGS	LIFE	PEAK	PEAK