

Gil Stovall Invitational June 12-14, 2009

Warm-up Lane Assignments

Friday

**All warm-ups begin at 5:00.
Meet starts at 6:00**

Open Warm-Up

Saturday

**All warm-ups begin at 7:00
Meet starts at 8:00**

Indoor pool

Lanes 1-5:	MTS, BLUE, HSA, MCAL, SST	Lanes 6-8:	BXST
		Lanes 9-10:	USC

Outdoor pool

Lanes 1:	DOVA, JETS, MSAS	Lanes 6-8:	MTAC
Lanes 2-3:	GST	Lane 9-10:	SWAT, MMST
Lanes 4-5:	CSWM		

Sunday

**All warm-ups begin at 7:00
Meet starts at 8:00**

**Same lane assignments as Saturday but opposite pool.
Saturday outdoor pool teams will warm-up indoors on Sunday.
Saturday indoor teams will warm-up outdoors on Sunday.**

*Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect for warm-ups.
Coaches may open the lane for sprints for his team, at his discretion, at any time during the warm-up period.*