

Check in: HSA (2) - 7AM-8:30AM

Runner: HSA (1)

Warm up:

Saturday: 1<sup>st</sup> Warm up- 7:30-8:10

PS lanes 2-8, SBA Lane 1

2<sup>nd</sup> Warm up-8:10-8:50

TAQ Lane 1, SOL lanes 2-3, CAST lanes 4-5, HSA lanes 5-8

Timing Assignments:

Head Timer-HSA

Lane	1	2	3	4	5	6	7	8
Sat	HSA (2)	PS(2)	PS (2)	PS (2)	CAST (2)	CAST (2)	SOL (2)	SOL (2)

Awards: HSA