

Timing and Warm up Schedule -EZ LC AG Championships- Aug.8-11, 2012

Timing Schedule:

Timers should report to the pool deck 25 minutes prior to the scheduled start of the session, so that they can attend a brief instructional meeting led by the officials. Team timer assignments are below:

12 and Under Timed Finals

LSC	AD	A M	CT	MA	MR	NE	NI	NJ	PVS	VA
Lane(s)	7	7	2, 2	3, 3, 4	4, 5,	6	6	1.1	8, 8	5

13 and Over - Prelims and Finals

LSC	AD	AM	CT	MA	MR	NE	NI	NJ	PVS	VA
Lane (s)	7	7	2	2	3,3	4,4,8	5	5	6,6	1,1,8

Warm up Schedule: 13 and Over

Wednesday and Friday Mornings- Prelim Sessions

Warm up A – 6:30 – 7:15 am - Virginia, (lanes 7, 8); PVS (lanes 5, 6); Mid Atlantic (lanes 3, 4), Allegheny Mountain, (lanes 2, share 3 with MA); CT (lane 1)

Warm up B - 7:15 to 8:00 a.m. - New Jersey (lanes 1, 2); NI (lane 3, share lane 4); NE (lane 5, share lane 4), MR (lanes 6, 7), and AD (lane 8)

For Thursday and Saturday sessions: Warm up B goes first (6:30 – 7:15), and Warm up A goes

(7:15 – 8:00 am)

For Finals, 13 and over, all lanes will be open. Final warm-ups begin no earlier than 5:00 pm and will last for 50 minutes. The last 25 minutes will be used for Sprint / Pace lanes

12 and Under Timed Finals – Warm-ups on Wednesday and Friday

Warm up A – Not to start before 11:00 am, with 40 minute warm up, last 20 minutes being used for sprint starts: New Jersey (lane 1 and 2), Metro (lane 3 and 4), Conn. (lane 5, share lane 6), New England (Lane 7, share lane 6), and Allegheny Mountain (Lane 8)

Warm up B – Not to start before 11:40 am, with 40 minutes warm up, last 20 minutes being used for sprint starts: Potomac Valley (Lane 1,2,3); Mid Atlantic (Lane 4,5, and share lane 6); Niagara (share lane 6), Virginia –(Lane 7, and share lane 8,), and Adirondack (share lane)

Thursday and Saturday – Reverse order, with Warm up B starting first