

Warm Up & Timer Assignments

Timers meetings will take place 20 minutes prior to the start of each session

The recreation pool will be open throughout the meet for continuous warm up and cool down

Friday Time Trial, 5:00 PM Warm up, 6:00p Start

4:35p-5:00p	5:00p-5:25p	5:25p-5:50p	Timers: 5:40p
SPY 1-8	HEAT 1-4	CLY 6	SPY All Lanes, but will take volunteers from other teams.
	JAXY 7-8	DANY 5	
	YDSC 5-6	HHSC 7-8	
		KNCY 1-2	
		MCDN 6	
		SAMY 4	
		WCY 3	

Saturday/Sunday 8u/10U: 7:30 AM Warm Up, 8:40a Start

7:30a-7:50a	7:50a-8:10a	8:10a-8:30a	Timers: 8:20a	
SPY 1-5	CLY 1-3	CANY 1-2	CANY 1	PEOY 1
YDSC 6-8	DANY 8	HEAT 3-4	CLY 2	SPY 6
	HHSC 4-5	JAXY 8	HEAT 1	WCY 1
	KNCY 6-7	MCDN 8	HHSC 1	YDSC 2
		PEOY 5	KNCY 1	
		SAMY 6		
		WCY 7		

Saturday/Sunday 12U/14U/21U: 11:00 AM Warm Up, 12:35p Start (12:45p Sunday)

11:10-11:35a	11:35a-12:00p	12:00p-12:25p	12:25-12:30p	Timers: 12:10p
SPY 1-6	DANY 8	CANY 3-4	Sprints 1-8	HEAT 2
CLY 7-8	HEAT 1-3	HHSC 7		KNCY 2
	JAXY 7-8	KNCY 1-2		YDSC 2
	YDSC 4-6	MCDN 6		CLY 1
		PEOY 5		JAXY 1
		SAMY 8		SPY 8
		WCY 4		12:25p on Sunday

We will do Senior Recognition on Sunday at completion of Warm Ups for the Afternoon Session