

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

5:00p-5:25p

5:25p-5:50p

Timers: 5:40p

SPY 1-7

BNY 6

SPY All Lanes, but
will take volunteers
from other teams.

JAXY 8

CLY 4

DANY 4

DOCS 8

HEAT 1-2

HHSC 1

KNCY 5

MCDN 8

SAMY 7

WCY 7

YDSC 3-4

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 1-6

CANY 4-5

DANY/MCDN 7

CLY 2

YDSC 7-8

CLY 1-2

DOCS 5

HEAT 2

JAXY 3

HEAT 1-2

KNCY 2

KNCY 6-8

HHSC 3-4

YDSC 2

SAMY/BNY 8

WCY 6

Saturday/Sunday 12U/14U/21U: 11:00 AM Warm Up, 12:30p Start (12:45p Sunday)

11:00-11:25a

11:25a-11:50a

11:50a-12:15p

12:15-12:25p

Timers: 12:10p

SPY 1-6

DANY 7

BNY 5

Push Pace 1,8

BNY 2

CLY 7-8

DOCS 8

CANY 3-4

Sprints 2,3,6,7

CANY 2

HEAT 1-3

HHSC 7

General 4,5

JAXY 2

JAXY 6-7

KNCY 1-2

YDSC 4-5

MCDN 6

SAMY 8

WCY 4

12:25p on Sunday

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