

EMAC 2024 Winter Invitational

Warm-up Assignments

Friday Distance Session #1

500 Free swimmers

Warm-Up 4:30 PM–5:25 PM

Start lanes will open the last 10 minutes of the warm-up.

500 Free: Please check-in by 4:50 PM

400 IM swimmers

30-minute Warm-Up will start at the conclusion of the last 500 Free heat
and no earlier than 6:30 PM

Start lanes will open the last 10 minutes of the warm-up.

400 IM: Please check-in by 6:30 PM

No assigned lanes

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Warm-up Assignments

Saturday AM Session #2 – 12 & Under

Please return scratch/check-in reports by 7:45 AM

Teams should do starts at the end of their assigned warm-up Group.

Warm-Up Group #1 6:55 AM – 7:15 AM

All Lanes	EMAC
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Warm-Up Group #2 7:15 AM – 7:35 AM

Lane 1	KIDS
Lane 2	MAKO
Lanes 3 – 6	PSC

Warm-Up Group #3 7:35 AM – 7:55 AM

Lane 1	TRA
Lane 2	NEYS
Lanes 3 – 6	BLUE

Warm-Up Group #4 7:55 AM – 8:15 AM

Lane 1	BDA and UN-01
Lane 2	BSC
Lanes 3 – 4	TOPS
Lanes 5 – 6	CBR

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Warm-up Assignments

Saturday PM Session #3 – 13 & Over

Please return scratch/check-in reports by 4:10 PM

Teams should do starts at the end of their assigned warm-up Group.

Warm-Up Group #1 3:25 PM – 3:50 PM

All Lanes	EMAC
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Warm-Up Group #2 3:50 PM – 4:15 PM

Lanes 1 – 2	CBR & BLUE
Lanes 3 – 4	MAKO, BDA & BSC
Lanes 5 – 6	PSC

Warm-Up Group #3 4:15 PM – 4:40 PM

Lane 1	TRA
Lane 2	KIDS
Lanes 3 – 4	NEYS & PFY
Lanes 5 – 6	TOPS

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Warm-up Assignments

Sunday AM Session #4 – 12 & Under

Please return scratch/check-in reports by 7:45 AM

Teams should do starts at the end of their assigned warm-up Group.

Warm-Up Group #1 6:55 AM – 7:15 AM

All Lanes	EMAC
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Warm-Up Group #2 7:15 AM – 7:35 AM

Lane 1	KIDS
Lane 2	MAKO
Lanes 3 – 6	PSC

Warm-Up Group #3 7:35 AM – 7:55 AM

Lane 1	TRA
Lane 2	NEYS
Lanes 3 – 6	BLUE

Warm-Up Group #4 7:55 AM – 8:15 AM

Lane 1	TOPS
Lane 2	BSC
Lanes 3 – 4	CBR
Lane 5	BDA

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Warm-up Assignments

Sunday PM Session #5 – 13 & Over

Please return scratch/check-in reports by 1:25 PM

Teams should do starts at the end of their assigned warm-up Group.

Warm-Up Group #1 12:40 PM – 1:05 PM

Lane 1	BLUE
Lane 2	MAKO
Lanes 3 – 6	EMAC

Warm-Up Group #2 1:05 PM – 1:30 PM

Lane 1	TRA
Lanes 2 – 4	PSC
Lanes 5 – 6	CBR

Warm-Up Group #3 1:30 PM – 1:55 PM

Lane 1	KIDS
Lane 2	BDA & BSC
Lanes 3 – 4	NEYS & PFY
Lanes 5 – 6	TOPS