

**Upper Merion Aquatic Club
LAST CHANCE INVITATIONAL MEET
JANUARY 18, 2020**

Lane Assignments and Warm Up Times

8&U / 10&U Morning Warm Up

	Lane #1	Lane #2	Lane #3	Lane #4	Lane #5	Lane #6
7:15-7:30 am	UMAC	UMAC	UMAC	UMAC	MAC	MAC
7:30-7:45 am	RAC	RAC	RAC	LMAC	LMAC	LMAC
7:45-8:00 am	SAC	SAC	UDAC	UDAC	WISS	WISS HHA
8:00-8:15 am	PVAC	CBAC	CCA	CCR	TOPS	NPAC

12&U / 14&U / Unl. Afternoon Warm Up

	Lane #1	Lane #2	Lane #3	Lane #4	Lane #5	Lane #6
12:45-1:00 pm	UMAC	UMAC	UMAC	UMAC	WISS	WISS HHA
1:00-1:15 pm	RAC	RAC	RAC	LMAC	LMAC	LMAC
1:15-1:30 pm	PVAC	WISS	WISS	SAC	SAC	SAC
1:30-1:45 pm	TOPS	TOPS CCA	UDAC	MAC	CCR NPAC	CBAC

If any clubs have parents interested in timing, we could always use help, especially in the afternoon. Please have parents report to the table to check in.