

2023 ASC All Freestyle Meet

Warm-up Schedule

Session 1 Friday, October 06, 2023

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:00-4:25 pm	Open	Open	Open	Open	Open	Open	Open	Open
4:25-4:50 pm	One Way Sprint	YCM	YCM	ASC	ASC	ASC	SPRC	One Way Sprint

Warm up/Warm down Pool

4:00-4:25 pm	Bulkhead	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open
4:25-4:50 pm	Bulkhead	BAY	JCC	JCC	TCY	SPY	SPY	HAWK	ACA	ROCK	HFY	Open

2023 ASC All Freestyle Meet Warm-up Schedule

Session 2 Saturday, October 07, 2023

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:35-7:00 am	One Way Sprint	ASC	ASC	ASC	ASC	ASC	ASC	One Way Sprint
7:00-7:25 am	One Way Sprint	SPY	SPY	SPY	SPY	SPY	ROCK	One Way Sprint
7:25-7:50 am	One Way Sprint	HFY	HFY	HAWK	TCY	ACA	ACA	One Way Sprint

Warm up/Warm down Pool

6:35-7:00 am	Bulkhead	ASC	ASC	ASC	ASC	ASC	Open	Open	Open	Open	Open	Open
7:00-7:25 am	Bulkhead	SPRC	SPRC	SPRC	SPRC	SPRC	GBSA	YCM	YCM	YCM	YCM	YCM
7:25-7:50 am	Bulkhead	JCC	JCC	JCC	BAY	BAY	BAY	BAY	BAY	BAY	BAY	BAY

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Session 3 Saturday, October 07, 2023

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:00-12:25 pm	One Way Sprint	SPY	SPY	BAY	BAY	BAY	BAY	One Way Sprint
12:25-12:50 pm	One Way Sprint	HFY	ACA	HAWK	JCC	JCC	JCC	One Way Sprint

Warm up/Warm down Pool

12:00-12:25 pm	Bulkhead	ASC	ASC	ASC	ASC	ASC	Open	Open	Open	Open	Open	Open
12:25-12:50 pm	Bulkhead	TCY	SPRC	SPRC	SPRC	YCM	YCM	YCM	YCM	Open	Open	Open

2023 ASC All Freestyle Meet Warm-up Schedule

Session 4 Sunday, October 08, 2023

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:35-7:00 am	One Way Sprint	ASC	ASC	ASC	ASC	ASC	ASC	One Way Sprint
7:00-7:25 am	One Way Sprint	SPRC	SPRC	SPRC	SPRC	JCC	JCC	One Way Sprint
7:25-7:50 am	One Way Sprint	GBSA	YCM	YCM	YCM	YCM	YCM	One Way Sprint

Warm up/Warm down Pool

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2023 ASC All Freestyle Meet

Warm-up Schedule

Session 5 Sunday, October 08, 2023

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:00-12:25 pm	One Way Sprint	YCM	YCM	YCM	YCM	ACA	ACA	One Way Sprint
12:25-12:50 pm	One Way Sprint	HAWK	SPRC	SPRC	SPY	SPY	SPY	One Way Sprint

Warm up/Warm down Pool

12:00-12:25 pm	Bulkhead	JCC	ASC	ASC	ASC	ASC	ASC	Open	Open	Open	Open	Open
12:25-12:50 pm	Bulkhead	BAY	BAY	BAY	BAY	HFY	GBSA	TCY	ROCK	Open	Open	Open