

2023 ASC All Freestyle Meet Warm-up Schedule

Session 1 Saturday, December 09, 2023

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-7:25 am	One Way Sprint	CAC	CAC	CAC	CAC	CAC	CBAC	One Way Sprint
7:25-7:50 am	One Way Sprint	GBSA	SPRC	SPRC	SPRC	SPRC	GMAC	One Way Sprint

Warm up/Warm down Pool

[illegible]

2023 ASC All Freestyle Meet

Warm-up Schedule

Session 3 Saturday, December 09, 2023

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:00-4:25 pm	One Way Sprint	GBSA	SPRC	SPRC	SPRC	SPRC	GMAC	One Way Sprint
4:25-4:50 pm	One Way Sprint	EST	EST	EST	EST	EST	EST	One Way Sprint

Warm up/Warm down Pool

4:00-4:25 pm	Bulkhead	ASC	ASC	ASC	ASC	ASC	ASC	ASC	ASC	ASC	OPEN	OPEN
4:25-4:50 pm	Bulkhead	EST	EST	EST	EST	CAC	CAC	CAC	CAC	CAC	OPEN	OPEN

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Session 5 Sunday, December 10, 2023

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
11:00-11:25 am	One Way Sprint	SPRC	SPRC	SPRC	SPRC	SPRC	SPRC	One Way Sprint
11:25-11:50 am	One Way Sprint	GMAC	GBSA	GBSA	GBSA	GBSA	GBSA	One Way Sprint

Warm up/Warm down Pool

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