

2024 ASC All Freestyle Meet

Warm-up Schedule

Session 1 Friday, October 04, 2024

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	ASC	ASC	ASC	ASC	OPEN	OPEN	One Way Sprint
4:25-4:50 pm	One Way Sprint	ACA	ACA	HAWK	SMDA	SPY	SPY	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	BAY	BAY	FAST	GBSA	SPRC	SPRC	JCC	YCM	HFY	ESA

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Session 2 Saturday, October 05, 2024

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	FAST	FAST	FAST	BAY	BAY	BAY	One Way Sprint
7:25-7:50 am	One Way Sprint	SPY	SPY	YCM	YCM	YCM	YCM	One Way Sprint

Warm up/Warm down Pool

7:00-7:25 am	Bulkhead	ASC	ASC	ASC	ASC	ASC	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
7:25-7:50 am	Bulkhead	JCC	JCC	SMDA	SMDA	GBSA	HFY	SPRC	SPRC	HAWK	OPEN	OPEN

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Session 3 Saturday, October 05, 2024

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
10:25-10:50 am	One Way Sprint	YCM	YCM	ASC	ASC	ASC	ASC	One Way Sprint

Warm up/Warm down Pool

10:25-10:50 am	Bulkhead	BAY	BAY	BAY	SMDA GBSA	SPRC	SPRC	FAST	HFY HAWK	SPY	SPY	JCC
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Session 4 Saturday, October 05, 2024

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:30-1:55 pm	One Way Sprint	HAWK	SPRC	SPRC	SPRC	SPRC	GBSA	One Way Sprint
1:55-2:20 pm	One Way Sprint	FAST	FAST	FAST	SMDA	SMDA	SMDA	One Way Sprint

Warm up/Warm down Pool

1:30-1:55 pm	Bulkhead	SPY	SPY	SPY	SPY	HFY	ASC	ASC	ASC	ASC	ASC	OPEN
1:55-2:20 pm	Bulkhead	YCM	YCM	YCM	YCM	JCC	BAY	BAY	BAY	BAY	BAY	OPEN

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Session 5 Sunday, October 06, 2024

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	FAST	FAST	FAST	SPRC	SPRC	SPRC	One Way Sprint
7:25-7:50 am	One Way Sprint	HAWK	HAWK	GBSA	JCC	SMDA	SMDA	One Way Sprint

Warm up/Warm down Pool

7:00-7:25 am	Bulkhead	SPY	SPY	SPY	SPY	ASC	ASC	ASC	ASC	ASC	ASC	ASC
7:25-7:50 am	Bulkhead	BAY UN	BAY	BAY	BAY	BAY	HFY	YCM	YCM	YCM	YCM	YCM

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Session 6 Sunday, October 06, 2024

Competition Pool

10:40-11:05 am	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
	One Way Sprint	JCC HFY	SPY	BAY	BAY	FAST	HAWK	One Way Sprint

Warm up/Warm down Pool

10:40-11:05 am	Bulkhead	SPRC	SPRC	SMDA	SMDA	GBSA	YCM	YCM	ASC	ASC	ASC	ASC
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Session 7 Sunday, October 06, 2024

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
2:30-2:55 pm	One Way Sprint	FAST	FAST	FAST	SMDA	SMDA	SMDA	One Way Sprint
2:55-3:20 pm	One Way Sprint	SPY	SPY	SPY	YCM	YCM	YCM	One Way Sprint

Warm up/Warm down Pool

2:30-2:55 pm	Bulkhead	BAY	BAY	BAY	BAY	BAY	JCC	JCC	HAWK	HAWK	GBSA	GBSA
2:55-3:20 pm	Bulkhead	SPRC	SPRC	SPRC	SPRC	HFY	ASC	ASC	ASC	ASC	ASC	ASC