

2023 ASC Senior Meet

Warm-up Schedule

Session 1 Saturday, February 03, 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	MAC	MAC	MAC	YCM	YCM	YCM	One Way Sprint
7:25-7:50 am	One Way Sprint	NAAC	NAAC	NAAC	NAAC	FSC	FSC	One Way Sprint

Warm up/Warm down Pool

7:00-7:25 am	Bulkhead	ACA SMDA	ACA	SPRC	SPRC	FAST	ASC UN	ASC	ASC	ASC	ASC	ASC
7:25-7:50 am	Bulkhead	RAC HAWK TCY	MAS	EST	EST	ACSS CGA	CAA	CAA	CAA	CAA	NCAP	NCAP

2023 ASC Senior Meet

Warm-up Schedule

Session 2 Saturday, February 03, 2024

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:30-12:55 pm	One Way Sprint	SPRC	NAAC	NAAC	NAAC	NAAC	NAAC	One Way Sprint
12:55-1:20 pm	One Way Sprint	CAA	CAA	CAA	CAA	NCAP	NCAP	One Way Sprint

Warm up/Warm down Pool

12:30-12:55 pm	Bulkhead	MAC	MAC	ASC	ASC	ASC	ASC	ASC	ASC	ASC	open	open
12:55-1:20 pm	Bulkhead	FSC	FSC	FSC	ACA	CGA	FAST	HAWK	MAS	SMDA	open	open

2023 ASC Senior Meet

Warm-up Schedule

Session 3 Saturday, February 03, 2024

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:15-4:40 pm	One Way Sprint	EST	ASC	ASC	ASC	ASC	ASC	One Way Sprint
4:40-5:05 pm	One Way Sprint	FSC	FSC	FSC	NCAP	NCAP	NCAP	One Way Sprint

Warm up/Warm down Pool

4:15-4:40 pm	Bulkhead	HAWK	FAST	CGA	ACA	SPRC	SPRC	YCM	YCM	YCM	YCM	open
4:40-5:05 pm	Bulkhead	NAAC	NAAC	NAAC	NAAC	MAC	CAA	CAA	CAA	CAA	MAS	open

2023 ASC Senior Meet

Warm-up Schedule

Session 4 Sunday, February 04, 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	CAA	CAA	CAA	CAA	NCAP	NCAP	One Way Sprint
7:25-7:50 am	One Way Sprint	HAWK CGA	FAST	MAC	YCM	YCM	YCM	One Way Sprint

Warm up/Warm down Pool

7:00-7:25 am	Bulkhead	MAS	FSC	FSC	FSC	ASC UN	ASC	ASC	ASC	ASC	ASC	ASC
7:25-7:50 am	Bulkhead	SMDA	SPRC	SPRC	EST	EST	ACA	ACA	NAAC	NAAC	NAAC	NAAC

2023 ASC Senior Meet

Warm-up Schedule

Session 5 Sunday, February 04, 2024

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:30-12:55 pm	One Way Sprint	ASC	ASC	ASC	ASC	ASC	ASC	One Way Sprint
12:55-1:20 pm	One Way Sprint	NAAC	NAAC	NAAC	NAAC	NAAC	SPRC	One Way Sprint

Warm up/Warm down Pool

12:30-12:55 pm	Bulkhead	MAC	MAC	YCM	SMDA	MAS	HAWK	FAST	ACA	open	open	open
12:55-1:20 pm	Bulkhead	CAA	CAA	CAA	CAA	FSC	FSC	FSC	NCAP	NCAP	open	open