



## 2023 CAC 3<sup>rd</sup> Annual Zachary “Zach” Spain Memorial Swim Meet Nov. 10 – 12 Warm-Up Schedule

Warm-up Starts at 04:00 PM on Friday (Afternoon)  
Session: 1 Friday, Nov. 10<sup>th</sup>. Positive Check-In by 04:20 PM  
Meet Starts at 05:00 PM

Warm-up Starts at 07:00 AM on Both Days (Mornings)  
Session: 2 & 4 Saturday/Sunday Morning Session Nov 11 - 12  
Meet Starts at 08:00 AM

Warm-up Starts at 12:00 PM on Both Days (Afternoon)  
Session: 3 & 5 Saturday/Sunday Afternoon Session Nov 11 -12  
Meet Starts at 1:00 PM

Friday Nov. 11 Afternoon Session 1									
4:00 PM - 4:25 PM									
COMPETITION LANES									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CAC	CAC	CAC	CAC	CAC	CAC	CAC	GTAC	HAWK	OPEN
4:25 PM - 4:50 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
ASC	ASC	ASC	CAA	CAA	CAA	ROCK	ROCK	ROCK	OPEN
Saturday Nov. 12 Morning Session 2									
7:00 AM - 7:25 AM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CAC	CAC	ASC	ASC	ASC	NAAC	NAAC	ROCK	ROCK	HAWK/GTAC
7:30 AM - 7:55 AM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BAY	BAY	BAY	MBK	MBK	MBK	CAA	CAA	CAA	4MSC
Saturday Nov. 12 Afternoon Session 3									
12:00 PM - 12:25 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CAC	CAC	CAC	CAC	CAC	ASC	ASC	NAAC	ROCK	HAWK
12:30 PM - 12:55 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BAY	BAY	BAY	CAA	CAA	CAA	MBK	MBK	CBAC	GTAC
Sunday Nov. 13 Morning Session 4									
7:00 AM - 7:25 AM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BAY	BAY	BAY	MBK	MBK	MBK	CAA	CAA	CAA	4MSC
7:30 AM - 7:55 AM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CAC	CAC	ASC	ASC	ASC	NAAC	NAAC	ROCK	ROCK	HAWK/GTAC
Sunday Nov. 13 Morning Session 5									
12:00 PM - 12:25 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BAY	BAY	BAY	CAA	CAA	CAA	MBK	MBK	CBAC	GTAC
12:30 PM - 12:55 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CAC	CAC	CAC	CAC	CAC	ASC	ASC	NAAC	ROCK	HAWK