

2023 NBAC HOLIDAY MEET / DECEMBER 8 - 10, 2023 @ LOYOLA UNIVERSITY

WARMUP LANE ASSIGNMENTS

PRELIM/TIMED FINALS SESSIONS FRIDAY, SATURDAY, SUNDAY: WARMUPS: 7:00 AM – 7:50 AM MEET STARTS: 8:00 AM

[illegible][illegible][illegible]**FINALS/TIMED FINALS SESSIONS FRIDAY, SATURDAY, SUNDAY: WARMUPS: 4:00 PM – 4:50 PM MEET STARTS: 5:00 PM**[illegible]