

2023 NAAC Holiday Blast - 12/2/2023 to 12/3/2023

Warm-up Sheet

C = Competition Pool

WU = Warm-up Pool

WE = Well

Warm-up 1 11:30-11:55am Warm-up Starts at 11:30 AM

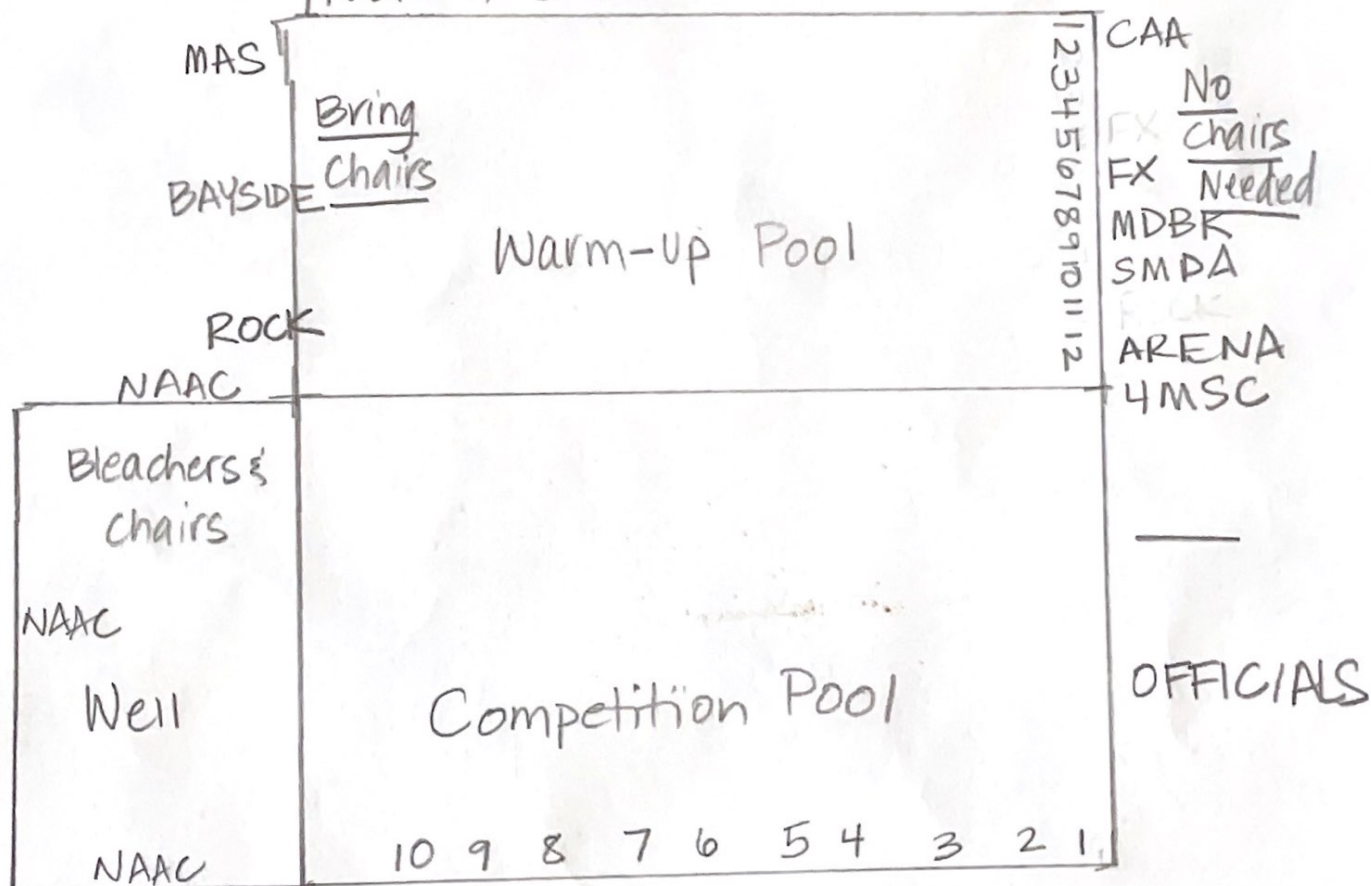
2 12-12:25pm Session: 1 Saturday AM December 2, 2023

Day of Meet: 1 Starts at 12:30 PM

Total Athletes: 279 - Women: 137 - Men: 142

Team	Women	Men	Total	Lane
NAAC-MD Naval Academy Aquatic Club	40	26	66	1 WU 1-12
BAY-MD Bayside Aquatics	29	35	64	1 C 1-10
CAA-MD Columbia Aquatics Association	25	33	58	2 WU 1-12
FXFX-PV Fairfax Foxes Swimming	15	15	30	2 WE
MAS-MD Merritt Athletic Swimming	9	10	19	1 WE
MBK-MD Meadowbrook Swim Team	11	8	19	2 C 7-10
SMDA-MD Southern Maryland Aquatics	5	11	16	2 C 4-6
ROCK-MD Rockfish Swimming	3	0	3	2 C 3
ACA-MD Arena Club Aquatics	0	2	2	2 C 2
FMSC-MD The 4M Swim Club 4MSC	0	2	2	2 C 1

HOLIDAY BLAST SEAT CHART



Women's Locker Room

Men's

ANNOUNCER

2023 NAAC Holiday Blast - 12/2/2023 to 12/3/2023

Warm-up Sheet

Warmup 1 330-3:55pm

Warm-up Starts at 03:30 PM

Session: 2 Saturday PM December 2, 2023

2 4:00-4:25pm

Day of Meet: 1 Starts at 04:30 PM

Total Athletes: 346 - Women: 191 - Men: 155

C=Competition Pool
 WU= Warm-up Pool
 WE= Well

Team		Women	Men	Total	Lane
NAAC-MD	Naval Academy Aquatic Club	44	27	71	1 WU 1-7
BAY-MD	Bayside Aquatics	39	22	61	1 WU 8-12
CAA-MD	Columbia Aquatics Association	23	33	56	2 WU 8-12
MAS-MD	Merritt Athletic Swimming	27	15	42	2 WU 1-4
FXFX-PV	Fairfax Foxes Swimming	18	17	35	2 WU 5-7
SMDA-MD	Southern Maryland Aquatics	15	12	27	1 WE 1-3
MBK-MD	Meadowbrook Swim Team	11	8	19	2 WE 1-2
ROCK-MD	Rockfish Swimming	5	10	15	2 WE 3-4
ACA-MD	Arena Club Aquatics	7	7	14	1 WE 4-5
FMSC-MD	The 4M Swim Club 4MSC	2	4	6	1 WE 5

2023 NAAC Holiday Blast - 12/2/2023 to 12/3/2023

Warm-up Sheet

Warm-up 1 7-7:25am

Warm-up Starts at 07:00 AM

Session: 3 Sunday AM December 3, 2023

2 7:30-7:55am

Day of Meet: 2 Starts at 08:00 AM

Total Athletes: 316 - Women: 166 - Men: 150

C=Competition Pool

WU= Warm-up Pool

WE=Well

Team	Women	Men	Total	Lane
NAAC-MD Naval Academy Aquatic Club	43	29	72	1 WU 1-12
BAY-MD Bayside Aquatics	33	32	65	2 WU 1-11
CAA-MD Columbia Aquatics Association	27	24	51	1 C 1-8
FXFX-PV Fairfax Foxes Swimming	21	21	42	2 C 1-6
MAS-MD Merritt Athletic Swimming	14	17	31	2 C 7-10
MBK-MD Meadowbrook Swim Team	12	9	21	1 WE
SMDA-MD Southern Maryland Aquatics	9	11	20	2 WE
ACA-MD Arena Club Aquatics	2	5	7	1 C 9-10
ROCK-MD Rockfish Swimming	5	0	5	2 WU 12
FMSC-MD The 4M Swim Club 4MSC	0	2	2	1 C 10

2023 NAAC Holiday Blast - 12/2/2023 to 12/3/2023

Warm-up Sheet

Warm-up 1 12-12:25pm

Warm-up Starts at 12:00 PM

Session: 4 Sunday PM December 3, 2023

2 12:30-12:55pm

Day of Meet: 2 Starts at 01:00 PM

Total Athletes: 337 - Women: 190 - Men: 147

C=Competition Pool

WU= Warm-up Pool

WE=Well

Team	Women	Men	Total	Lane
NAAC-MD Naval Academy Aquatic Club	45	28	73	1 WU 1-10
BAY-MD Bayside Aquatics	40	21	61	2 WU 1-9
CAA-MD Columbia Aquatics Association	24	31	55	1 C 1-8
FXFX-PV Fairfax Foxes Swimming	20	20	40	2 C 1-6
MAS-MD Merritt Athletic Swimming	19	13	32	2 C 1-10
SMDA-MD Southern Maryland Aquatics	15	9	24	2 WU 10-12
MBK-MD Meadowbrook Swim Team	11	9	20	2 WE 1-4
ROCK-MD Rockfish Swimming	7	7	14	1 WU 11-12
ACA-MD Arena Club Aquatics	7	5	12	1 C 9-10
FMSC-MD The 4M Swim Club 4MSC	2	4	6	2 WE 5