



2024 CAC Summer Out of School LCM Swim Meet “BB & Faster” June 14-16 Warm-Up Schedule

Day 1-Session 1 Warm-up 4 PM, Positive Check-In 4:20 PM Start time 5 PM

Day SAT/SUN Session 2/4 Warm-up 7:00 AM, Start Time 8:00 AM

Day SAT/SUN Session 3/5 Warm-up 12:00 PM, Start Time 1:00 AM

Fri June 14th Evening Session 1

4:00 PM - 4:25 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	HAWK	HAWK	GMAC	SMDA	ROCK

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
CAA	CAA	CAA	ASC	ASC	HFY	YCM	YCM	HAGY	MBK

Lane 1

****NOTE** LANE 1 (Warm-Up Map) WILL BE USED
FOR COOL DOWN AND WARM-UPS DURING
ENTIRE MEET**

Saturday June 15th 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	CAC	CAC	CAC	GMAC	ROCK	HAWK	HAWK	OPEN

7:25 AM - 7:50 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CAA	CAA	CAA	CAA	CAA	CAA	HFY	YCM	HAGY	OPEN

Sunday June 16th 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
CAA	CAA	CAA	CAA	CAA	CAA	HFY	YCM	HAGY	SMDA

7:25 AM - 7:50 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CAC	CAC	CAC	CAC	GMAC	HAWK	HAWK	ROCK	ASC	ASC

Saturday June 15th 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	CAC	YCM	YCM	YCM	YCM

12:25 PM - 12:50 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CAA	CAA	CAA	GMAC	HFY	HAWK	HAWK	ROCK	FCY	MBK/HAGY/ CBAC

Sunday June 16th Afternoon 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
CAA	CAA	CAA	ASC	ASC	ASC	HAWK	GMAC	FCY/HFY	HAGY/CBAC/ ROCK

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	YCM	YCM	YCM	YCM	SMDA