



NASHVILLE AQUATIC CLUB

Southeastern Swimming Championships

February 26 – March 1, 2009
Warm Up Time Assignments



Listed below are the teams in each warm-up session. Lane assignments will be in the coaches' packets.
Thursday evening is open warm-up. Open warm-ups during finals.

THURSDAY, February 26 (Open Warm-up):

Warm-up 1 - 3:30 - 4:10 PM

Warm-up 2 - 4:10 - 4:50 PM

FRIDAY, February 27:

Prelims:

Warm-up 1 - 7:15 AM - 8:00 AM

Warm-up 2 - 8:00 AM - 8:45 AM

Finals:

Warm-up - 4:15 - 5:15 PM

SATURDAY, February 28:

Prelims:

Warm-up 1 - 7:15 - 8:00 AM

Warm-up 2 - 8:00 AM - 8:45 AM

Finals:

Warm-up - 4:15 - 5:15 PM

SUNDAY, March 1:

Prelims:

Warm-up 1 - 7:15 - 8:00 AM

Warm-up 2 - 8:00 AM - 8:45 AM

Finals:

Warm-up - 3:45 - 4:45 PM

1st warm-up Friday, 2nd warm-up Saturday, 1st warm-up Sunday: NAC, MVA, XCEL, BSL, HSA, MTAC, MTSC, MCAL, CTA, HBT, DAC, MSA, GYW, BAY, PSL, TYA, GST, FAST, BLST, TSC, JST, SSA, RRST, HBTS, SST, SAY, POST.

2nd warm-up Friday, 1st warm-up Saturday, 2nd warm-up Sunday: PACK, DDST, BXST, CMSA, GPAC, ACAC, CSWM, BWB, MYB, PCST, PNY, USC, AJAC, TNT, AUB, ECS, SAC, BMAC, BSC, WMM, MTS, GSST, SCAC.

(Alphabetical chart below.)



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Warm Up Time Assignments



	Friday Feb 27	Saturday Feb 28	Sunday Mar 1
ACAC	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
AJAC	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
AUB	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
BAY	1st Warm-Up	2nd Warm-Up	1st Warm-Up
BLST	1st Warm-Up	2nd Warm-Up	1st Warm-Up
BMAC	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
BSC	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
BSL	1st Warm-Up	2nd Warm-Up	1st Warm-Up
BWB	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
BXST	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
CMSA	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
CSWM	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
CTA	1st Warm-Up	2nd Warm-Up	1st Warm-Up
DAC	1st Warm-Up	2nd Warm-Up	1st Warm-Up
DDST	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
ECS	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
FAST	1st Warm-Up	2nd Warm-Up	1st Warm-Up
GPAC	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
GSST	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
GST	1st Warm-Up	2nd Warm-Up	1st Warm-Up
GYW	1st Warm-Up	2nd Warm-Up	1st Warm-Up
HBT	1st Warm-Up	2nd Warm-Up	1st Warm-Up
HBTS	1st Warm-Up	2nd Warm-Up	1st Warm-Up
HSA	1st Warm-Up	2nd Warm-Up	1st Warm-Up
JST	1st Warm-Up	2nd Warm-Up	1st Warm-Up
MCAL	1st Warm-Up	2nd Warm-Up	1st Warm-Up
MSA	1st Warm-Up	2nd Warm-Up	1st Warm-Up
MTAC	1st Warm-Up	2nd Warm-Up	1st Warm-Up
MTS	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
MTSC	1st Warm-Up	2nd Warm-Up	1st Warm-Up
MVA	1st Warm-Up	2nd Warm-Up	1st Warm-Up
MYB	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
NAC	1st Warm-Up	2nd Warm-Up	1st Warm-Up
PACK	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
PCST	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
PNY	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
POST	1st Warm-Up	2nd Warm-Up	1st Warm-Up
PSL	1st Warm-Up	2nd Warm-Up	1st Warm-Up
RRST	1st Warm-Up	2nd Warm-Up	1st Warm-Up
SAC	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
SAY	1st Warm-Up	2nd Warm-Up	1st Warm-Up
SCAC	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
SSA	1st Warm-Up	2nd Warm-Up	1st Warm-Up
SST	1st Warm-Up	2nd Warm-Up	1st Warm-Up
TNT	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
TSC	1st Warm-Up	2nd Warm-Up	1st Warm-Up
TYA	1st Warm-Up	2nd Warm-Up	1st Warm-Up
USC	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
WMM	2nd Warm-Up	1st Warm-Up	2nd Warm-Up
XCEL	1st Warm-Up	2nd Warm-Up	1st Warm-Up