



| THURSDAY DISTANCE SESSION |                                    |
|---------------------------|------------------------------------|
| 1500 SWIMMERS             | MUST PROVIDE OWN TIMER AND COUNTER |
| 12 & U 400 SWIMMERS       | MUST PROVIDE OWN TMER              |
| 13-14 RELAY SWIMMERS      | MUST PROVIDE OWN TIMER             |

| FRIDAY, SATURDAY, AND SUNDAY PRELIMINARY SESSIONS |              |              |              |              |            |              |              |              |             |
|---------------------------------------------------|--------------|--------------|--------------|--------------|------------|--------------|--------------|--------------|-------------|
| HEAD TIMER                                        | LANE 1       | LANE 2       | LANE 3       | LANE 4       | LANE 5     | LANE 6       | LANE 7       | LANE 8       | LANE 9      |
| LY                                                | NOVA<br>NOVA | NOVA<br>NOVA | TIDE<br>TIDE | SRVA<br>SRVA | 757<br>757 | QSTS<br>QSTS | RAYS<br>RAYS | ODAC<br>HNVR | WAC<br>PSDN |
| LY                                                | NOVA<br>NOVA | NOVA<br>NOVA | TIDE<br>TIDE | SRVA<br>SRVA | 757<br>757 | QSTS<br>QSTS | RAYS<br>RAYS | ODAC<br>HNVR | WAC<br>PSDN |

| SUNDAY 800 FREE SESSION |                                    |
|-------------------------|------------------------------------|
| ALL 800 FREE SWIMMERS   | MUST PROVIDE OWN TIMER AND COUNTER |

| FRIDAY, SATURDAY, AND SUNDAY FINALS SESSIONS |                                                                                                                                                        |        |        |        |        |        |        |        |        |
|----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------|--------|--------|--------|--------|--------|--------|--------|
| HEAD TIMER                                   | LANE 1                                                                                                                                                 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 | LANE 9 |
| LY                                           | PLEASE VOLUNTEER TO TIME IN ROUGH PROPORTION TO YOUR TEAM'S FINALISTS. YOUR HELP WILL ENABLE US TO START THE MEET ON TIME AND HELP EVERYONE SWIM FAST! |        |        |        |        |        |        |        |        |