

# 2017 SILVER/BRONZE REGION C CHAMPIONSHIP

Hosted by **SEADRAGONS SWIM CLUB at RVCC**

**REVISED 2/13/2017**

## SCHEDULE OF SESSION TIMES

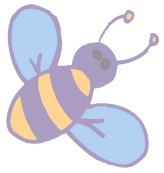
<u>DAY</u>	<u>SESSION</u>	<u>AGE</u>	<u>WARM-UP</u>	<u>CHECK-IN</u>	<u>START</u>	(WILL NOT START BEFORE)
SAT	1	All 10/Unders	7:05AM	7:35AM	8:10AM	
SAT	2	10/U 500 Frees	11:00AM	11:00AM	11:15AM	one combined heat
SAT	3	All 11/12's	11:30AM	12:00PM	12:35PM	NOT BEFORE THESE TIMES
SAT	4	11/12 1000's	ONE ENTRY		(4:00PM)	
SUN	5	8/U's & 10/Unders	7:05AM	7:35AM	8:10AM	
SUN	6	All 11/12's	12:25PM	12:55PM	1:30PM	NOT BEFORE THESE TIMES
SUN	7	11/12 1650'S	NO ENTRIES			

## TIMING ASSIGNMENTS

<u>DAY</u>	<u>SESSION</u>	<u>AGE</u>	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>ALTERNATES:</u>
SAT	1	10/Unders	STAC	PAA	XCEL	RA	MEY	ACE	NJB, RBY
SAT	2	10/U 500 Frees	SWIMMERS PROVIDE OWN TIMERS, OWN WATCHES, AND COUNTERS						
SAT	3	All 11/12's	XCEL	RA	MEY	ACE	STAC	PAA	DESC, NJB
SAT	4	11/12 1000's	ONE ENTRY (OWN TIMER, OWN COUNTER)						
SUN	5	8/U'S & 10/Unders	STAC	PAA	XCEL	RA	ACE	MEY	NJB, DESC
SUN	7	All 11/12's	RA	ACE	MEY	STAC	PAA	XCEL	NJB, DESC
SUN	8	11/12 1650'S	NO ENTRIES						

*Timers need to have their own stopwatches and teams need to cover their lane for the entire session.  
Teams with no specific assignments are asked to be ready to provide backup timers when called.*

*Revised Monday February 13th*



## WARMUP ASSIGNMENTS FOR RVCC

6 LANES

**REVISED 2/13/2017**

SATURDAY				
10/UNDERS		ALL 11/12'S		
	7:05AM	7:35AM	11:30AM	12:00PM
L1	STAC	PAA	<b>SDSC</b>	PAA
L2	STAC	PAA	STAC	PAA
L3	STAC	PAADDESC	STAC	PAA/NJB
L4	ACE/NJB	XCEL	STAC	RA
L5	<b>SDSC/RBY</b>	XCEL	XCEL	MEY
L6	MEY	RA	XCEL/DESC	ACE/RBY

SUNDAY				
8/U's & 10/UNDERS		ALL 11/12's		
	7:05AM	7:35AM	12:25PM	12:55PM
	PAA	STAC	<b>SDSC</b>	XCEL
	PAA	STAC	STAC	RA
	PAA	STAC	STAC	ACE
	<b>SDSC/MEY</b>	STAC/DESC	STAC/DESC	PAA
	XCEL	RA	MEY	PAA
	XCEL/RBY	ACE/NJB	RBY/NJB	PAA

*Revised Monday February 13th*