

## 2023 HACY Summer Solstice Saturday-Sunday June 3<sup>rd</sup>-4<sup>th</sup>

### Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
	<i>Saturday Doors Open:</i>		<b>7:15am</b>	
<b>1</b>	Saturday 12 & Under	7:35am	<b>7:55am</b>	8:30am
<b>2</b>	Saturday 400 IM	**	<b>12:00pm</b>	12:35pm**
<b>3</b>	Saturday 13 & Over	12:55pm	<b>1:25pm</b>	2:00pm
	<i>Sunday Doors Open:</i>		<b>7:15am</b>	
<b>4</b>	Sunday 12 & Under	7:35am	<b>7:55am</b>	8:30am
<b>5</b>	Sunday 400 Freestyle	**	<b>11:40am</b>	12:15pm**
<b>6</b>	Sunday 13 & Over	12:55pm	<b>1:25pm</b>	2:00pm

**\*\*Warm-up will start at conclusion of 12 & Under Session.  
Session will not start before the time indicated.**

*Warm-up revised Tuesday May 30th*



# 2023 HACY Summer Solstice Saturday-Sunday June 3<sup>rd</sup>-4<sup>th</sup>

## Warm-up Schedule

### Session 1 – Saturday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
7:35am	PAA	PAA	PAA	WY	WY	WY/PPST	PPST	HACY/HCY
8:00am	WFY	WFY	WFY/MEY	WW	WW/GMY	BWTD	TAC	SWST/BGH

### Session 2 – Saturday 400 IM

	L1	L2	L3	L4	L5	L6	L7	L8
Open Warm-Up After 12 & Under Session								

### Session 3 – Saturday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
12:55pm	HACY	HACY/BHA	PAA	PAA	PAA	WW	WW	PPST
1:25pm	WY	WY	BWTD	BWTD/MEY	APEX	HCY	TAC/SWST	BGH/WFY/ GMY

### Session 4 – Sunday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
7:35am	HACY	WFY	WFY	WFY	WW	WW	PPST	PPST
8:00am	PAA	PAA	PAA	BWTD	SWST	HCY/MEY	TAC/APEX	GMY/BGH

### Session 5 – Saturday 400 Freestyle

	L1	L2	L3	L4	L5	L6	L7	L8
Open Warm-Up After 12 & Under Session								

### Session 6 – Sunday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
12:55pm	PAA	PAA	PAA	WW	WW	WW	HACY	HACY
1:25pm	BWTD	APEX	BGH	HCY	SWST	TAC	PPST/MEY	GMY/WFY

*Warm-up revised Tuesday May 30th*



# 2023 HACY Summer Solstice Saturday-Sunday June 3<sup>rd</sup>-4<sup>th</sup>

## Timing Assignments

### Session 1 – Saturday 12 & Under

L1	L2	L3	L4	L5	L6	L7	L8
PAA/PAA	WY/WY	WFY/WFY	WW/WW	PPST/PPST	TAC/GMY	BWTD/BGH	SWST/HCY
<i>Alternates: HACY, PAA, WY</i>							

### Session 2 – Saturday 400 IM

L1	L2	L3	L4	L5	L6	L7	L8
<i>Swimmers provide their own timers</i>							

### Session 3 – Saturday 13 & Over

L1	L2	L3	L4	L5	L6	L7	L8
PAA/PAA	WW/WW	WY/WY	HACY/HACY	BWTD/WFY	APEX/SWST	HCY/PPST	TAC/BGH
<i>Alternates: PAA, WW</i>							

### Session 4 – Sunday 12 & Under

L1	L2	L3	L4	L5	L6	L7	L8
WFY/WFY	PAA/PAA	WW/WW	PPST/PPST	BWTD/HACY	SWST/APEX	HCY/BGH	TAC/GMY
<i>Alternates: HACY, WFY, BWTD</i>							

### Session 5 – Sunday 400 Freestyle

L1	L2	L3	L4	L5	L6	L7	L8
<i>Swimmers provide their own timers</i>							

### Session 6 – Sunday 13 & Over

L1	L2	L3	L4	L5	L6	L7	L8
PAA/PAA	WW/WW	HACY/HACY	BWTD/BWTD	APEX/WFY	BGH/GMY	HCY/PPST	SWST/TAC
<i>Alternates: HACY, APEX, BGH</i>							

