

2023 MAY July Heat Wave Saturday-Sunday July 8th-9th

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
Saturday	Doors Open		7:45am	
1	Saturday 12 & Under	8:05am	8:25am	9:00am
2	Saturday Distance	12:00pm	12:00pm	12:30pm`
3	Saturday 13 & Over	1:45pm	2:15pm	2:50pm
Sunday	Doors Open		7:45am	
4	Sunday 12 & Under	8:05am	8:25am	9:00am
5	Sunday Distance	12:15pm	12:15pm	12:45pm
6	Sunday 13 & Over	2:15pm	2:45pm	3:20pm

Warm-up Schedule

Session 1 Saturday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
8:05am	GSCY	GSCY	GSCY	MAY	WY	HACY/OCY	RANY	PAA
8:30am	WFY	WFY	WFY	WFY	RY	RY	<i>All Others</i>	

Session 2 Saturday Distance

	L1	L2	L3	L4	L5	L6	L7	L8
12:00pm	<i>Open Warm-Up</i>							

Session 3 Saturday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
1:45pm	RANY	RANY	RANY	MAY	MAY	MAY	WFY	WFY
2:15pm	ACE	OCY/MEY	RY	RY/HACY	HACY	WY	PAA	<i>All Others</i>



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Warm-up Schedule

Session 4 Sunday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
8:05am	WFY	WFY	WFY	GSCY	GSCY	GSCY	PAA	MAY
8:30am	RY	RY	RANY	RANY/WY	WY	HACY/HCY	MEY/ACE	<i>All Others</i>

Session 5 Sunday Distance

	L1	L2	L3	L4	L5	L6	L7	L8
12:15pm	<i>Open Warm-Up</i>							

Session 6 Sunday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
2:15pm	MAY	MAY	MAY	RANY	RANY	RANY	WFY	WFY
2:45pm	RY	RY/MEY	HACY	WY	PAA	HACY/GSCY	ACE/OCY	<i>All Others</i>



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Timing Assignments

Session 1 – Saturday 12 & Under

L1	L2	L3	L4	L5	L6	L7	L8
RANY	WFY	GSCY	RY	PAA	WY	HACY	OCY
MEY	MAY	MAY	MAY	MAY	WFY	GSCY	RY

Backup: PAA, RANY

Session 2 – Saturday Distance

L1	L2	L3	L4	L5	L6	L7	L8
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Swimmers provide own timer and counter

Session 3 – Saturday 13 & Over

L1	L2	L3	L4	L5	L6	L7	L8
RANY	MAY	MAY	MAY	MAY	WFY	RY	HACY
WY	PAA	ACE	OCY	MEY	RANY	WFY	RY

Backup: HACY, WY

Teams are also expected to provide marshals for their 12 & Under Swimmers:
Up to 5 swimmers: 2, Up to 10 swimmers: 3, up to 20 swimmers: 4,
30 or more swimmers: 5 marshalls.
Marshalls will make sure their swimmers are ready behind the blocks.



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Timing Assignments

Session 4 – Sunday 12 & Under

L1	L2	L3	L4	L5	L6	L7	L8
WFY	GSCY	RY	RANY	WY	PAA	MAY	MAY
MAY	MAY	HACY	HCY	MEY	ACE	OCY	WFY
<i>Backup: GSCY, RY</i>							

Session 5 – Sunday Distance

L1	L2	L3	L4	L5	L6	L7	L8
<i>Swimmers provide own timer and counter</i>							

Session 6 – Sunday 13 & Over

L1	L2	L3	L4	L5	L6	L7	L8
MAY	MAY	MAY	MAY	RANY	WFY	RY	HACY
WY	PAA	HCY	ACE	OCY	MEY	RANY	WFY
<i>Backup: ACE, HCY</i>							

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