

PAA SPRING SPRINTS 06212014

SATURDAY JUNE 21, 2014

"Fly Over " starts will be used

MEET SCHEDULE

<u>DAY</u>	<u>SESSION</u>	<u>AGE GROUP</u>	<u>WARM-UP</u>	<u>CHECK-IN</u>	<u>START</u>
SATURDAY	1	ALL	12:30PM	12:55PM	1:30PM

WARM-UP SCHEDULE

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6, 7, AND 8
PAA	PAA	PAA	BB	BB	XCEL/PTAC/BWTD/OTHERS

*You have your lanes for the entire warmup
The last 10/15 minutes will be for starts and pace*

TIMING ASSIGNMENTS

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
BB	XCEL	BWTD	PTAC	BB	XCEL	BWTD	PTAC

*Please come prepared with stopwatches
You are responsible for the lane for the entire session*

For meet results and more...

www.besmartinc.com

Follow us on FACEBOOK and Twitter

