

WARM-UP ASSIGNMENTS for SWIMMING

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
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MONDAY

SESSION 1	ALL 11/12's							
7:00AM	TCC	BFSC	LSA	CR	NA	WWW	FRCP	HQ
7:25AM	CPARK	CPARK	HH	HH	ALL OTHERS			

CHECK-IN BY 7:25AM; START AT 8:00AM

SESSION 2	ALL 13/OVERS							
10:00AM	BFSC	BFSC	FRCP	FRCP	HH	HH	WWW	HVT
10:25AM	LSA	NA	CPARK	CPARK	ALL OTHERS			CPC

CHECK-IN BY 10:25; START AT 11:00AM (approximate)

TUESDAY

SESSION 3	ALL 10/UNDER GIRLS							
7:00AM	WWW	WWW	CPARK	CPARK	CR	CR	HH	CVCC
7:25AM	FRCP	FRCP	NA	NA	LSA	LSA	ALL OTHERS	

CHECK-IN BY 7:25AM; START AT 8:00AM

SESSION 4	ALL 10/UNDER BOYS							
10:00AM	LSA	LSA	FRCP	FRCP	NA	NA	WWW	WWW
10:25AM	CR	BFSC	CPARK	HH	ALL OTHERS		TCC	HVT

CHECK-IN BY 10:25AM; START BY 11:00AM (approximate)

PASDA TIMING ASSIGNMENTS

EVENTS Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8

SESSION 1: ALL 11/12's (MONDAY)

ALL	CPARK	FRCP	WWW	NA	CR	LSA	BFSC	TCC
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Alternates: HQ, PB, CVCC

SESSION 2: ALL 13/OVERS (MONDAY)

ALL	LE	NA	LSA	CR	BFSC	FRCP	CPARK	PB
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Alternates: CVCC, TCC, CPC

SESSION 3: ALL 10/UNDER GIRLS (TUESDAY)

ALL	CVCC	TCC	PB	BFSC	LE	CR	NA	WWW
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Alternates: FRCP, HQ, TR

SESSION 4: ALL 10/UNDER BOYS (TUESDAY)

ALL	LSA	FRCP	NA	CR	BFSC	CPARK	LE	TR
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Alternate: CPC, HQ, HVG

Timers need to provide their own stopwatches.

Listen for the announcement calling for timers at the beginning of the session.

Two timers per team for the entire session.

All teams not assigned are requested to volunteer to do back-up timing.

