

# WARM-UP ASSIGNMENTS for SWIMMING

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

## MONDAY

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

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

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

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

## TUESDAY

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

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

<b>SESSION 4</b>	ALL 10/UNDER BOYS							
10:00AM	LSA	LSA	FRCP	FRCP	NA	NA	WWW	WWW
10:25AM	CR	BFSC	CPARK	HH	<b>ALL OTHERS</b>		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)***

<b>ALL</b>	<b>CPARK</b>	<b>FRCP</b>	<b>WWW</b>	<b>NA</b>	<b>CR</b>	<b>LSA</b>	<b>BFSC</b>	<b>TCC</b>
------------	--------------	-------------	------------	-----------	-----------	------------	-------------	------------

Alternates: HQ, PB, CVCC

## ***SESSION 2: ALL 13/OVERS (MONDAY)***

<b>ALL</b>	<b>LE</b>	<b>NA</b>	<b>LSA</b>	<b>CR</b>	<b>BFSC</b>	<b>FRCP</b>	<b>CPARK</b>	<b>PB</b>
------------	-----------	-----------	------------	-----------	-------------	-------------	--------------	-----------

Alternates: CVCC, TCC, CPC

## ***SESSION 3: ALL 10/UNDER GIRLS (TUESDAY)***

<b>ALL</b>	<b>CVCC</b>	<b>TCC</b>	<b>PB</b>	<b>BFSC</b>	<b>LE</b>	<b>CR</b>	<b>NA</b>	<b>WWW</b>
------------	-------------	------------	-----------	-------------	-----------	-----------	-----------	------------

Alternates: FRCP, HQ, TR

## ***SESSION 4: ALL 10/UNDER BOYS (TUESDAY)***

<b>ALL</b>	<b>LSA</b>	<b>FRCP</b>	<b>NA</b>	<b>CR</b>	<b>BFSC</b>	<b>CPARK</b>	<b>LE</b>	<b>TR</b>
------------	------------	-------------	-----------	-----------	-------------	--------------	-----------	-----------

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.