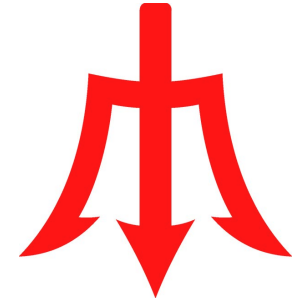


2025 MAY Heat Wave Saturday-Sunday July 5th-6th

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
Saturday	Doors Open		7:20am	
1	Saturday 12 & Under	7:30am	8:00am	8:35am
2	Saturday Distance	12:20pm	12:20pm	12:50pm
3	Saturday 13 & Over	2:20pm	2:50pm	3:25pm
Sunday	Doors Open		7:20am	
4	Sunday 12 & Under	7:30am	8:00am	8:35am
5	Sunday Distance	12:00pm	12:00pm	12:30pm
6	Sunday 13 & Over	2:25pm	2:55pm	3:30pm



Warm-up Schedule

Session 1 Saturday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
7:30am	MAY	RY	RY	RY	WFY	WFY	WFY	WMY
8:00am	LHY	LHY	WW	APEX/NYS	PDR	BWTD/SCY	BAC/OCY	Others

Session 2 Saturday Distance

	L1	L2	L3	L4	L5	L6	L7	L8
12:20pm	Open Warm-Up							

Session 3 Saturday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
2:20pm	MAY	MAY/PDR	LHY	LHY	LHY	WFY	WFY	BWTD
2:50pm	GSCY	GSCY	WMY	WMY/APEX	WW	WW/OCY	RY	Others



2025 MAY Heat Wave Saturday-Sunday July 5th-6th

Warm-up Schedule

Session 4 Sunday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
7:30am	MAY	RY	RY	RY	WFY	WFY	WFY	WMY
8:00am	LHY	LHY	WW	WW	OCY/NYS	PDR/BAC	APEX/BWTD	<i>Others</i>

Session 5 Sunday Distance

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

Session 6 Sunday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
2:25pm	MAY	MAY/LHY	LHY	LHY	LHY/HACY	WW	WW/NYS	BWTD
2:55pm	WFY	WFY/APEX	WMY	WMY/BAC	GSCY	GSCY/UN	RY	PDR/OCY



2025 MAY July Heat Wave Saturday-Sunday July 5th-6th

Timing Assignments

Session 1 – Saturday 12 & Under

L1	L2	L3	L4	L5	L6	L7	L8
PDR	LHY	WFY	MAY	RY	WW	WMY	APEX
BWTD	LHY	WFY	MAY	RY	WW	BAC	OCY

Backups: MAY, WMY, APEX

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
BWTD	WW	WFY	MAY	LHY	GSCY	WMY	RY
OCY	APEX	WFY	MAY	LHY	GSCY	WMY	PDR

Backups: MAY, OCY, PDR

Session 4 – Sunday 12 & Under

L1	L2	L3	L4	L5	L6	L7	L8
WMY	WW	WFY	MAY	RY	LHY	OCY	PDR
BAC	WW	WFY	MAY	RY	LHY	APEX	BWTD

Backups: MAY, RY, WFY

Session 5 – Sunday Distance

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

Session 6 – Sunday 13 & Over

L1	L2	L3	L4	L5	L6	L7	L8
RY	WW	WFY	MAY	LHY	WMY	GSCY	BWTD
PDR	WW	WFY	MAY	LHY	WMY	GSCY	OCY

Backups: MAY, APEX, LHY

Teams may provide up to two marshals for their 12 & under swimmers.

