



**2016 SCARLET FRIDAY NIGHT LIGHTS**  
**Hosted by SCARLET AQUATICS at BAYONNE**  
***FLY OVER starts will be used throughout the meet***  
**Friday, July 8, 2016**

MEET SCHEDULE								One Warm-Up	
DAY	AGE GROUP	WARM-UP	CHECK-IN	START					
ONE SESSION	ALL SWIMMERS	5:00PM	5:00PM	5:35PM					
WARM-UP SCHEDULE									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	
5:00-5:30PM	SCAR	SCAR	CAT	CAT	CAT	CAT	WY	WY/GARY	
TIMING ASSIGNMENTS									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	
ONE SESSION	WY	WY	CAT	CAT	CAT	CAT	CAT	GARY	
ALTERNATES: All teams should be prepared to provide alternate timers									

**FOR HEAT SHEETS, MEET RESULTS AND MORE...**

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