

**WFY FALL FRENZY 2019**  
**FLY OVER starts will be used throughout the meet**  
**Saturday and Sunday, November 9 & 10, 2019**

<b>MEET SCHEDULE</b>					
<u>DAY</u>	<u>AGE GROUP</u>	<u>WARM-UP</u>	<u>CHECK-IN</u>	<u>START</u>	
<u>SESSION 1</u>	<b>400/500</b>	5:30PM	5:30PM	6:00PM	One warm-up
<u>SESSION 2</u>	<b>All 10/U&amp; 11/12 Boys</b>	7:05AM	7:30AM	8:00AM	Two warm-ups
<u>SESSION 3</u>	<b>11/12 Girls and 13/Overs</b>	12:15PM	12:55PM	1:35PM	Three warm-ups
<u>SESSION 4</u>	<b>1000'S</b>	5:15PM	5:15PM	5:45PM	One warm-up

<u>WARM-UP SCHEDULE</u>						
	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>
<u>SATURDAY PM: 400 IMs and 500 Frees</u>						
5:30PM	ALL SWIMMERS					
<u>SUNDAY AM: ALL 10/UNDERS AND 11/12 BOYS</u>						
7:05AM	WFY SWIMMERS IN THE NEW POOL					
7:05AM	SAY	SAY	SAY	SCY	SCY	SCY
7:30AM	RANY	RANY	RANY	MAY	MAY	MAY
7:30AM	MEY	MEY	MEY	MEY IN THE NEW POOL		
<u>SUNDAY MID: 11/12 GIRLS AND ALL 13/OVERS</u>						
12:15PM	WFY	WFY	WFY	MAY	MAY	MEY
12:40PM	SAY	SAY	SAY	SAY	SAY	MEY
1:05PM	SCY	SCY	SCY	RANY	RANY	RANY
<u>SUNDAY PM: ALL 1000 FREESTYLE</u>						
5:15PM	ALL SWIMMERS					
(Approximately						

<b>TIMING ASSIGNMENTS</b>							
	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>ALTERNATES:</u>
<b>SATURDAY</b>	Swimmers need their own timers and counters						
<b>SUNDAY AM</b>	SAY	SCY	RANY	MEY	SCY	RANY	MAY, SAY
<b>SUNDAY MID</b>	SAY	SCY	SAY	RANY	SAY	MAY	ALL TEAMS
<b>SUNDAY 1000:</b>	Swimmers need their own timers and counters						

[www.besmarttinc.com](http://www.besmarttinc.com) for heat sheets and meet results

**Revised Friday November 8th, 2019**

