

AM session---- We will need to create 3 sessions for the 10 and under warm-up. Each session will be 25 minutes long. The first one will start at 7:30am. Session #2 will start at 7:55am and the last one will start at 8:20am.

**Warm-up Schedule:**

**Session #1 7:30 to 7:55am**

**Lane #1 CCAC**

**Lane #2 CCAC**

**Lane #3 CCAC**

**Lane #4 CCAC & unattached / Atomic City**

**Lane #5 Three Rivers Swim Club**

**Lane #6 Chattanooga Parks and Rec**

The morning session will start at 9:00am and end at 12:56 pm ( 3 hrs. and 56 minutes).

The afternoon session will not start until 2:00pm with two warm-up sessions of 30 minutes each.

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**Session #2 7:55 to 8:20am**

**Lane #1 Gold**

**Lane #2 Gold**

**Lane #3 Gold**

**Lane #4 Scenic City Aquatics Club**

**Lane #5 Scenic City Aquatics Club**

**Lane #6 Cleveland Aqua Tigers / North Georgia**

***PM session #1 1:00pm to 1:30pm***

***Lane #1 CCAC***

***Lane #2 CCAC***

***Lane #3 CCAC/ Unattached***

***Lane #4 Cleveland/ TRSC***

***Lane #5 Scenic City***

***Lane #6 Scenic City***

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**Session #3 8:20 to 8:45am**

**Lane #1 Gold**

**Lane #2 Gold**

**Lane #3 Gold**

**Lane #4 Rockdale County / West Georgia**

**Lane #5 Pilot**

**Lane #6 Pilot / Winchester / Athens-McMinn**

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***PM session #2 1:30 to 2:00pm***

***Lane #1 Gold***

***Lane #2 Gold***

***Lane #3 Gold***

***Lane #4 Pilot/ Rockdale/ West Georgia***

***Lane #5 Athens- McMinn/ MTSC/ North Georgia***

***Lane #6 Chattanooga Parks and Rec./ Baylor/ Winchester***