

NBAC Fall *Festival*

06-08Nov09

Warm-up/Meet Schedule

Session 1 - Friday Evening

Warm-ups: 4:00 p.m. Meet Starts: 5:00 p.m.
Check-in for the 500 ONLY due at 5:15 p.m.
All 400 and 500 swimmers must supply their own timer.

Session 2 - Saturday Morning

Warm-ups: 7:00 a.m. Meet Starts: 8:00 a.m.

Session 3 - Saturday Afternoon

Warm-ups: 12:00 p.m. Meet Starts: 1:00 p.m.

Session 4 - Saturday 1650

Warm-ups: Immediately following Session 3
Meet Starts: 20 minutes after the end of Session 3
Right now the timeline says 4:40 PM - but that could swing a little each way.

Session 5 - Sunday Morning

Warm-ups: 6:30 a.m. Meet Starts: 8:00 a.m.

Session 6 - Sunday Afternoon

Warm-ups: 12:30 p.m. Meet Starts: 1:30 p.m.