

WARM-UP SCHEDULE NOVEMBER AGI – JUANITA AQUATIC CENTER – NOV 21 & 22, 2009

SESSION #1: Saturday AM - ~ 16/lane					
Half warmup 8am - 8:25			Half warm-up 8:30 - 8:45		
LANE		LANE	LANE		LANE
1	BC	1	1	IST	1
2	BC	2	2	IST	2
3	BC	3	3	IST	3
4	GAC	4	4	OCA	4
5	GAC + PDST	5	5	OCA	5
6	WAVE	6	6	C + 1 unat	6

96

94

SESSION #3: Sunday AM - ~ 20/lane					
Half warmup 8am - 8:25			Half warm-up 8:30 - 8:45		
LANE		LANE	LANE		LANE
1	BC	1	1	IST	1
2	BC	2	2	IST	2
3	BC	3	3	IST + GAC	3
4	BC	4	4	C	4
5	WAVE	5	5	OCA	5
6	WAVE	6	6	OCA + PDST + VSSC	6

120

119

SESSION #2: Saturday PM - ~ 15/lane					
Half warmup 12:38pm - 1:00			Half warm-up 1:08pm-1:30		
LANE		LANE	LANE		LANE
1	BC (most at BC for w/u)	1	1	IST	1
2	C	2	2	IST	2
3	C + VSSC	3	3	IST + PDST	3
4	WAVE	4	4	OCA + GAC	4
5	WAVE	5	5	OCA	5
6	WAVE	6	6	OCA	6

87

87

SESSION #4: Sunday PM - ~ 16/lane					
Half warmup 2:24pm - 2:45			Half warm-up 2:54pm-3:15		
LANE		LANE	LANE		LANE
1	BC	1	1	IST	1
2	BC	2	2	IST	2
3	BC	3	3	IST	3
4	BC + GAC + VSSC	4	4	C	4
5	GAC	5	5	OCA	5
6	WAVE	6	6	OCA + PDST	6

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WARM-UP SCHEDULE **DETAIL** NOVEMBER AGI – JUANITA AQUATIC CENTER – NOV 21 & 22, 2009

Warm-up Starts at 08:00 AM		Session: 1 SATURDAY morning		
Day of Meet: 1 Starts at 09:00 AM				
Total Athletes: 190 - Women: 102 - Men: 88				
		1st half	2nd half	
Team	Total	Lane	Lane	Notes
BC	51	1, 2, 3		
C	14		6	sharing L-6 w/ 1 UNAT
GAC	24	4, 5		sharing L-5 w/ PDST
IST	51		1, 2, 3	
OCA	28		4, 5	
PDST	4	5		sharing L-5 w/GAC
UNAT	1		6	sharing L-6 w/ C
WAVE	17	6		
	190	96	94	
		~16/lane		

Warm-up Starts at 12:38 PM		Session: 2 SATURDAY afternoon		
Day of Meet: 1 Starts at 01:38 PM				
Total Athletes: 240 - Women: 120 - Men: 120				
		1st half	2nd half	
Team	Total	Lane	Lane	Notes
BC	81	1		Assumes 65+ of BC will w/u at BC
C	25	2-3		
GAC	13		4	sharing w/ OCA
IST	39		1-2-3	sharing L-3 w/ PDST and VSSC
OCA	34		4-5-6	sharing L-4 w/ OCA
PDST	1		3	
VSSC	2	3		
WAVE	45	4-5-6		
	240	87	87	
	-65	~15 / lane		
	175			

Warm-up Starts at 08:00 AM		Session: 3 SUNDAY morning		
Day of Meet: 2 Starts at 09:00 AM				
Total Athletes: 239 - Women: 122 - Men: 117				
		1st half	2nd half	
Team	Total	Lane	Lane	Notes
BC	80	1-2-3-4		
C	23		4	
GAC	11		3	sharing lane 3 with IST
IST	46		1-2-3	sharing lane 3 with GAC
OCA	35		5-6	sharing lane 6 w/PDST, VSSC
PDST	2		6	sharing lane 6 with VSSC, OCA
VSSC	2		6	sharing lane 6 with PDST, OCA
WAVE	40	5-6		
	239	120	119	
	120	~ 20 / lane		
	20			

Warm-up Starts at 02:24 PM		Session: 4 SUNDAY afternoon		
Day of Meet: 2 Starts at 03:24 PM				
Total Athletes: 194 - Women: 106 - Men: 88				
		1st half	2nd half	
Team	Total	Lane	Lane	Notes
BC	55	1-2-3-4		sharing L-4 w/ GAC, VSSC
C	16		4	
GAC	23	4-5		sharing L-4 w/ BC, VSSC
IST	50		1-2-3	
OCA	27		5-6	sharing L-6 w/ PDST
PDST	5		6	sharing L-6 w/ OCA
VSSC	1	4		sharing L-4 w/ BC, GAC
WAVE	17	6		
	194	96	98	
	97	~ 16 / lane		
	16			