

Warm – Up Assignments

Friday PM - Meet Starts at 5:05

	1	2	3	4	5	6	7	8
4:00-4:25	CAC	WAC	WAC	SAC	SAC/FINS	FINS	BEAR	KING
4:25-4:50	ARAC	JFAC	WWRX/HYV	CAT/DOGS	NBS/SYS	WFYD/OXO/IVY/NSC	CCAT/NFAF/WYST	SOCO

4:50-5:00 (Lanes 1 & 8 Pace Lanes, Lanes 2,3,6,7 Starts, Lanes 4 & 5 Circle Swim)

Sat/Sun AM – Meet Starts at 7:55

	1	2	3	4	5	6	7	8
7:00-7:20	CAC	SAC	SAC/SYS	SYS	NFAF	WFYD/WAC	WAC	FINS
7:20-7:40	JFAC	JFAC/BEAR	KING	SNAP/ARAC	NBS/NSC	WWRX/CAT/SOCO	OXO/HYV/DOGS	AJSC/WYST/CCAT

7:40-7:50 (Lanes 1 & 8 Circle, 2-7 Starts)

Sat/Sun Mid – Meet Starts at 11:05

	1	2	3	4	5	6	7	8
10:30-10:50	CAC/DOGS/CCAT/WYST	WAC/WWRX/IVY	SYS	NFAF/WFYD	ARAC/OXO/HYV/AJSC	FINS/NBS/CAT	KING/JFAC/BEARS	SAC/SNAP/NSC

10:50-11:00 (Lanes 1 & 8 Circle, 2-7 Starts)

Sat/Sun PM – Meet Starts at 2:05

	1	2	3	4	5	6	7	8
1:00-1:25	CAC	SAC	SAC	JFAC	JFAC-9/WAC-9	WAC	ARAC/NSC	DOGS/AJSC
1:25-1:50	FINS	HYV/NFAF	WYST/WFYD	KING/CCAT	WWRX	SOCO/OXO	BEARS/NBS	CAT/SNAP

1:50-2:00 (Lanes 1 & 8 Pace Lanes, Lanes 2,3,4,6,7 Starts, Lanes 5 Circle Swim)

Timing Assignments

Friday PM – TIME YOUR OWN SWIMMER

Sat/Sun AM (timers meeting 7:30am)	Sat/Sun Mid (timers meeting 10:40am)	Sat/Sun PM (timers meeting 1:40pm)
SAC – 2 timers SYS – 2 timers JFAC – 2 WAC – 2 KING – 1 FINS – 1 NFAF – 1 BEAR – 1 SNAP – 1 WFYD – 1 ARAC – 1 NBS – 1 NSC – 1 WWRX – 1	SYS – 2 timers NFAF – 2 timers CAC – 2 WAC – 2 ARAC – 2 FINS – 2 KING – 1 SAC – 1 SNAP – 1 NSC – 1 BEAR – 1 JFAC - 1	SAC – 2 timers JFAC – 2 timers WAC – 2 timers ARAC – 1 DOGS – 1 FINS – 1 HYV – 1 KING – 1 WWRX – 1 SOCO – 1 CAT – 1 NBS – 1 OXO – 1 BEARS – 1 WFYD - 1