

## 2019 CAC Cardinal Fall Invite

### Friday PM – Warmup 430, Meet 515

	1	2	3	4	5	6	7	8	9	10
430-500	12 & U	12 & U	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
500-510	PACE	SPRINT	SPRINT	CIRCLE	CIRCLE	CIRCLE	CIRCLE	SPRINT	SPRINT	PACE

### Sat AM (11-12) Warmup 700, Meet 755

	1	2	3	4	5	6	7	8	9	10
700-720	CAC	CAC/HHAC	WHAT	WHAT	WHAT	WAC	WAC	IVY	IVY/NCA	RAYS
720-740	WYW	WYW	MJCC	MJCC	KING/MAC	HNHS/HMST	OAK	BULL	NFAF	GRYM
740-750	PACE	SPRINT	SPRINT	SPRINT	CIRCLE	CIRCLE	SPRINT	SPRINT	SPRINT	PACE

### Sat Mid (10 & U) Warmup 1030, Meet 1115

	1	2	3	4	5	6	7	8	9	10
1030-1050	CAC/BULL	IVY	OAK	HNHS	NSC	NFAF/MSC	KING/HMST	WYW	WYW	RAYS
1050-1110	WHAT	WHAT	WHAT/NCA	MJCC	MJCC	MJCC/GLAS	GRYM	GRYM	WAC	WAC

### SPRINTS DURING YOUR 20 MINUTE WARMUP – PER PROGRAM OPS

### Sat PM (13 & O) Warmup 200, Meet 305

	w-up	1	2	3	4	5	6	7	8	9	10	dive
200-225	CAC	MJCC	WAC	WAC	GRYM	GRYM/IVY	BULL	BULL/MSC	MAC	MAC/NCA	OAK	OAK
225-250	WHAT	WHAT	WHAT	WHAT	RAYS	RAYS/NFAF	LEHY	LEHY/HNHS	HHAC	KING	KING	KING
250-300	-----	PACE	SPRINT	SPRINT	SPRINT	CIRCLE	CIRCLE	SPRINT	SPRINT	SPRINT	PACE	CIRCLE

### Sun AM (11-12) Warmup 700, Meet 755

	1	2	3	4	5	6	7	8	9	10
700-720	CAC	MJCC	MJCC	MJCC	WAC	WAC	IVY	IVY/MSC	GRYM/NMBS	NCA
720-740	WYW	WYW	WHAT	WHAT	WHAT/KING	RAYS	BULL/HMST	HNHS/OAK	NFAF/HHAC	MAC
740-750	PACE	SPRINT	SPRINT	SPRINT	CIRCLE	CIRCLE	SPRINT	SPRINT	SPRINT	PACE

Sun Mid (10 & U) Warmup 1050, Meet 1135

	1	2	3	4	5	6	7	8	9	10
1050-1110	CAC/KING	GRYM	GRYM	WYW	WYW	WAC	WAC	WHAT	WHAT	OAK
1110-1130	MJCC	MJCC/NMBS	NFAF	NFAF/WEST	IVY	HNHS	RAYS	NSC/MSC	BULL/GLAS	NCA/HMST

**SPRINTS DURING YOUR 20 MINUTE WARMUP – PER PROGRAM OPS**

Sun PM (13 & O) Warmup 215, Meet 320

	W-up	1	2	3	4	5	6	7	8	9	10	Dive
215-240	CAC	GRYM	GRYM	WAC	WAC	BULL	BULL	MAC	MAC/IVY	HHAC	OAK	OAK
240-305	WHAT	WHAT	WHAT	LEHY	LEHY/NMBS	MJCC	MJCC/NFAF	RAYS	RAYS/NCA	MSC/HNHS HMST	KING	KING
305-315	-----	PACE	SPRINT	SPRINT	SPRINT	CIRCLE	CIRCLE	SPRINT	SPRINT	SPRINT	PACE	

**TIMING ASSIGNMENTS**

Fri PM (till end of 200 fly)	Sat AM	Sat Mid	Sat PM	Sun AM	Sun Mid	Sun PM
WHAT -4 CAC - 4 BULL - 3 MJCC - 3 LEHY - 2 MAC - 2 KING -2 SYS - 2  Swimmers provide timers for 1000  Meeting - 4:50 200 fly Ends @ 6:20, 1000 ends @8:00	WHAT -2 MJCC - 2 WAC -2 WYW - 1 IVY - 1          Meeting - 7:30 Ends @ 10:10	WYW - 2 WHAT - 2 MJCC - 2 GRYM - 1 WAC - 1          Meeting 10:50 Ends @ 1:15	WHAT - 1 KING - 1 WAC - 1 BULL - 1          Meeting 2:40 Ends @ 7:30	MJCC - 3 WHAT -3 WAC - 3 WYW - 2 IVY -2 GRYM - 1 NCA - 1 RAYS - 1 BULL - 1 HNHS - 1 MAC - 1 MSC - 1 NFAF - 1 OAK - 1          Meeting 7:30 Ends @ 10:20	GRYM - 3 WYW - 3 WAC - 2 WHAT - 2 MJCC - 2 NFAF - 2 IVY - 2 OAK - 2 HNHS - 1 RAYS - 1 NSC - 1 WEST - 1          Meeting 11:10 Ends @ 1:40	WHAT - 4 KING - 3 GRYM - 2 WAC - 2 BULL - 2 OAK - 2 MAC - 2 LEHY - 1 MJCC - 1 RAYS - 1 HHAC - 1 NFAF - 1          Swimmers provide timers for 1650 Meeting 3:00 50s Ends @ 6:00, 1650 ends @ 7:15