

**WARM UP ASSIGNMENT**  
**SESSION 1 & 2: FRIDAY AM & PM**

Session 1 - FRIDAY AM							
Time: 7:00 - 7:25 AM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
KATY (59)	KATY	KATY	KATY	KATY	LIFE (3) AMBU (3) UN (1)	PFL (7)	ESCA (5) 300 (4)
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	Open	KATY	KATY				
Time: 7:25 - 7:50 AM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
TEST (16))	TEST	BLST (3) BBSC (1)	DADS (10)	INSP (5) PACE (5) LAP (3)	COOGS (9)	SPA (15)	SPA
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	Open	Open	Open				
Time: 7:50 - 8:15 AM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS (10)	AGS (10)	ESA (8)	AQUA (12)	PACK (45)	PACK	PACK	PACK
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	Open	Open	Open				

Please Circle In 45 minutes before the start of each session or swimmers will not be able to participate in those events.

Session Start Time

Session 1: 8:30 AM

Session 2: 3:15 PM

Swimmers must provide their own timers and lap counter for the 400 Free (lap counter optional), 800 Free, and 1500 Free

Set up: Coaches and swimmers allowed to set up on deck. Parents will be restricted to outside set up. We will have a viewing area for parents to see the races.

50m Events: Will start from the Diving Board End for all athletes.

100m-200m Events: Odd Heats start at the Office End & Even Heats start at Diving Board End.

400m & Above Events: Girls start at the Office End and Boys start at Diving Board End. We will be alternating Boys and Girls heats.

Meet operations will be near the Diving Board End platform.

Session 2 - FRIDAY PM							
Time: 1:45 - 2:10 PM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
KATY (52)	KATY	KATY	KATY	KATY	LIFE (4) LAP (5)	ESCA (16) UN (1) PFL (0)	ESCA
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	KATY	KATY	KATY				
Time: 2:10 - 2:35 PM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PACK (16)	PACK	TEST (12)	TEST	300 (5)	INSP (10) PACE (1)	SPA (16)	SPA
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	Open	Open	Open				
Time: 2:35 - 3:00 PM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
DADS (26)	DADS	DADS	AQUA (9)	AQUA	ESA (13)	AGS (8)	AGS
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	Open	Open	Open				

**WARM UP ASSIGNMENT**  
**SESSION 3 & 4: SATURDAY AM & PM**

Session 3 - SATURDAY AM							
Time: 7:00 - 7:25 AM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS (11)	AGS	ESA (5)	AQUA (9)	PACK (55)	PACK	PACK	PACK
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	Open	Open	Open				
Time: 7:25 - 7:50 AM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
KATY (78)	KATY	KATY	KATY	KATY	LIFE (9) AMBU (4) UN (1)	PFL (17)	ESCA (9) 300 (6)
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	Open	KATY	KATY				
Time: 7:50 - 8:15 AM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
TEST (29)	TEST	BLST (4) BBSC (2) BATS (3)	DADS (12)	INSP (1) PACE (4) LAP (2)	COOGS (13)	SPA (20)	SPA
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	Open	Open	Open				
Session 4 - SATURDAY PM							
Time: 1:00 - 1:25 PM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
DADS (35)	DADS	DADS	AQUA (16)	AQUA	ESA (10)	AGS (11)	AGS
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	Open	Open	Open				
Time: 1:25 - 1:50 PM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
KATY (80)	KATY	KATY	KATY	KATY	LIFE (6) LAP (4)	ESCA (21) UN (2) PFL (1)	ESCA
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	KATY	KATY	KATY				
Time: 1:50 - 2:15 PM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PACK (24)	PACK	TEST (23)	TEST	300 (11)	INSP (4) COOG (1) PACE (4)	SPA (17)	SPA
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	Open	Open	Open				

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Session Start Time  
Session 1: 8:30 AM  
Session 2: 2:30 PM

Swimmers must provide their own timers and lap counter for the 400 Free (lap counter optional), 800 Free, and 1500 Free

Set up: Coaches and swimmers allowed to set up on deck. Parents will be restricted to outside set up. We will have a viewing area for parents to see the races.

50m Events: Will start from the Diving Board End for all athletes.

100m-200m Events: Odd Heats start at the Office End & Even Heats start at Diving Board End.

400m & Above Events: Girls start at the Office End and Boys start at Diving Board End. We will be alternating Boys and Girls heats.

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**WARM UP ASSIGNMENT  
SESSION 5 & 6: SUNDAY AM & PM**

Session 5 - SUNDAY AM							
Time: 7:00 - 7:25 AM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
TEST (27)	TEST	BLST (9) BBSC (1) PEAK (1) BATS (1)	DADS (9)	INSP (5) PACE (5) LAP (3)	COOGS (14)	SPA (11)	SPA
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	Open	Open	Open				
Time: 7:25 - 7:50 AM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS (14)	AGS	ESA (6)	AQUA (14)	PACK (51)	PACK	PACK	PACK
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	Open	Open	Open				
Time: 7:50 - 8:15 AM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
KATY (74)	KATY	KATY	KATY	KATY	LIFE (7) AMBU (4) UN (1)	PFL (15)	ESCA (9) 300 (7)
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	Open	KATY	KATY				
Session 6 - SUNDAY PM							
Time: 12:45 - 1:10 PM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PACK (20)	PACK	TEST (21)	TEST	300 (9)	INSP (10)	SPA (11)	SPA
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	Open	Open	Open				
Time: 1:10 - 1:35 PM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
DADS (37)	DADS	DADS	AQUA (14)	AQUA	ESA (11)	AGS (10)	WAVE (4) COOG (2) PACE (4)
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	Open	Open	Open				
Time: 1:35 - 2:00 PM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
KATY (73)	KATY	KATY	KATY	KATY	LIFE (6) LAP (5)	ESCA (22) UN (2) PFL (3)	ESCA
Warm Up / Cool Down Lanes							
Lane 1	Lane 2	Lane 3	Lane 4				
Open	KATY	KATY	KATY				

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Session Start Time  
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Session 2: 2:15 PM

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## TIMING ASSIGNMENT

<b>Session 1, 3, 5 - AM Sessions</b>							
<b>Office End</b>							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PACE/INSP	KATY	KATY	KATY	AGS	AGS	PACK	PACK
ESA	KATY	KATY	KATY	AGS	DADS	PACK	PACK
<b>Session 1, 3, 5 - AM Sessions</b>							
<b>Diving Board End</b>							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LIFE	SPA	COOG	BLST	PFL	AQUA	TEST	TEST
LIFE	SPA	SPA	300	PFL	AQUA	300	TEST

<b>Session 2, 4, 6 - PM Sessions</b>							
<b>Office End</b>							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LIFE	KATY	KATY	KATY	AGS	ESCA	PACK	PACK
INSP	KATY	KATY	KATY	AGS	ESCA	PACK	PACK
<b>Session 2, 4, 6 - PM Sessions</b>							
<b>Diving Board End</b>							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BLST	SPA	SPA	DADS	DADS	AQUA	TEST	TEST
PACE	SPA	SPA	DADS	DADS	AQUA	300	TEST