

Warm Up & Timer Assignments

Timers meetings will take place 15 minutes prior to the start of each session

The recreation pool will be open throughout the meet for continuous warm up and cool down

Friday: 6:00p Start									Saturday Prelims: 8:00a Start																	
5:00-5:25p			5:25-5:50p			Timers: 5:45p			6:45-7:05a			7:05-7:25a			7:25-07:45a			7:45a-7:55a			Timers: 7:45a					
SPY 1-6 JAXY 7-8			DANY - 6 HHSC - 2 HHST - 5 ILVY - 6 KKEE - 3 KNCY - 1 MCDN - 4 OTTY - 4 SAMY - 6 SQUID - 3 TPFY - 5 WCY - 8 YDSC - 7-8			SPY 16 Will accept any timers from other teams			SPY 1-6 YDSC 7-8			CLY 1-2 HHSC - 5-6 ILVY - 7 JAXY - 3 KKEE 7-8 PEOY - 5 SAMY - 4			BAB - 8 DANY - 4 HHST 6-7 KNCY - 3 MCDN - 8 OTTY - 1-2 SQUID - 4 TPFY - 5 WCY - 5			Push Pace 1,8 Sprints 2,3,6,7 General 4,5			CLY 2 HHST 2 KKEE 2 OTTY 2					
Saturday 10&U: 1:30p Start									Saturday Finals: 5:00p Start																	
12:20-12:40p			12:40-1:00p			1:00-1:20p			Timers: 1:15p			At completion of 10U session-4:45p						4:45p-4:55p			Timers: 4:45p					
SPY - 1-6 YDSC - 7-8			CLY -1-2 HHSC - 3-4 HHST - 8 KNCY - 6 SQUID - 8 TPFY - 5 WCY - 7			BAB - 8 DANY -5 ILVY - 3 JAXY - 6 KKEE - 4 MCDN - 7 OTTY - 1-2 PEOY - 7 SAMY - 8			DANY 1 HHSC 2 ILVY 1 KNCY 1 TPFY 1 YDSC 2			General open warm up: all lanes						Sprints 1,8 General 2-7 Additional sprint lanes will be added as general warm up permits			SPY - Will call for additional help if necessary					
Sunday 10&U: 9:00a Start									Sunday Timed Finals: 1:15p Start																	
7:50-8:10a			8:10-8:30a			8:30-8:50a			Timers: 8:45a			11:45a-12:10p			12:10p-12:35p			12:35p-1:00p			1:00-1:10p			Timers: 12:20p		
SPY - 1-7 JAXY - 8			DANY - 3 KKEE - 8 OTTY - 4-5 PEOY - 7 SAMY - 7 TPFY - 6 YDSC - 1-2			BAB - 6 CLY - 1-2 HHSC -7-8 HHST - 6 ILVY - 5 KCNV - 3 MCDN - 6 WCY - 4			CLY 1 DANY 1 HHSC 2 KNCY 1 OTTY 1 WCY 1 YDSC 1			SPY - 1-6 YDSC - 7-8			CLY - 1-2 HHSC -5-6 ILVY - 6 JAXY - 3-4 KKEE- 8 PEOY - 7 SAMY - 4			BAB - 4 DANY - 4 HHST 6-7 KNCY - 3 MCDN - 8 OTTY - 1-2 TPFY - 5 WCY - 5			Push Pace 1,8 Sprints 2,3,6,7 General 4,5			CLY 2 JAXY 2 OTTY 2 YDSC 2 5 minute break prior to the mile; mile athletes provide their own timer		