2016 NORTH BALTIMORE AQUATIC CLUB SPRING LC MEET / MAY 20 – 22, 2016

@ ST. MARY’S COLLEGE / ST. MARY’S CITY, MARYLAND

**WARM-UP LANE ASSIGNMENTS / FRIDAY – TIMED FINALS SESSION**

**MAIN POOL LANE 1 LANE 2 LANE 3 LANE 4 LANE 5 LANE 6 LANE 7 LANE 8**

4:00 PM – 4:50 PM OPEN OPEN YORK YORK NAAC CBAC NBAC NBAC

UDAC

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**25 YARD POOL LANE 1 LANE 2 LANE 3 LANE 4 LANE 5 LANE 6 LANE 7**

4:00 PM – END OF SESSION OPEN OPEN OPEN OPEN OPEN OPEN OPEN

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**WARM-UP LANE ASSIGNMENTS / SATUDAY & SUNDAY AM PRELIM SESSIONS**

**MAIN POOL LANE 1 LANE 2 LANE 3 LANE 4 LANE 5 LANE 6 LANE 7 LANE 8**

7:00 AM – 7:20 AM OPEN OPEN OPEN OPEN OPEN OPEN OPEN OPEN

7:25 am – 8:05am UDAC NCAP NAAC RAYS YORK YORK NBAC NBAC

CBST RAC NAVY NLAC

8:05 am – 8:20 am PACE SPRINT SPRINT OPEN OPEN SPRINT SPRINT PACE

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**25 YARD POOL LANE 1 LANE 2 LANE 3 LANE 4 LANE 5 LANE 6 LANE 7**

7:00 am – END OF SESSION OPEN OPEN OPEN OPEN OPEN OPEN OPEN

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**WARM-UP LANE ASSIGNMENTS / SATURDAY & SUNDAY – PM TIMED FINALS SESSIONS**

**MAIN POOL LANE 1 LANE 2 LANE 3 LANE 4 LANE 5 LANE 6 LANE 7 LANE 8**

11:15 AM – 12:05 PM UDAC CBAC RAYS YORK YORK NBAC NBAC NBAC

NAAC

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**25 YARD POOL LANE 1 LANE 2 LANE 3 LANE 4 LANE 5 LANE 6 LANE 7**

11:15 AM – 12:05 PM OPEN OPEN OPEN NAAC CBAC NBAC NBAC

12:05 PM – END OF SESSION OPEN OPEN OPEN OPEN OPEN OPEN OPEN

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**WARM-UP LANE ASSIGNMENTS / SATURDAY & SUNDAY – FINALS SESSIONS**

MAIN POOL – 4:30 PM – 5:10 PM OPEN WARM-UPS / 5:10 PM – 5:20 PM LANES 1 & 8 PACE, 2,3,6,7 SPRINT AND 4 & 5 OPEN

25 YARD POOL – 4:30 PM – END OF SESSION OPEN WARM-UPS