**2019 BAC Pro Bowl**

**Hosted by Berkeley Aquatic Club at the Berkeley Aquatic Center of Excellence**

**Saturday, January 26th and Sunday, January 27th, 2019**

(Doors Open Each Day at 9:45 AM)

**Meet Schedule**

|  |  |  |
| --- | --- | --- |
|  | **Warm-Up** | **Start** |
| **Session 1**  (Girls) | 10:00 AM – 10:40 AM  (One 40 Minute Warm-Up Session) | 10:45 AM |
| **Session 2**  (Open Distance) | (Dedicated Warm-Up Lanes Available During Last 30 Minutes of Session 1) | 2:45 PM |
| **Session 3**  (Boys) | 4:45 PM – 5:25 PM  (One 40 Minute Warm-Up Session) | 5:30 PM |
| **Session 4**  (Boys) | 10:00 AM – 10:40 AM  (One 40 Minute Warm-Up Session) | 10:45 AM |
| **Session 5**  (Open Distance) | (Dedicated Warm-Up Lanes Available During Last 30 Minutes of Session 4) | 2:30 PM |
| **Session 6**  (Girls) | 4:00 PM – 4:40 PM  (One 40 Minute Warm-Up Session) | 4:45 PM |

**Timing Assignments**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **BAC** | **CAT** | **EAG** | **HCY** | **LIFE** | **NJB** | **NJBL** | **SHY** | **TAC** | **WAVE** |
| **Session 1** | 8 | 0 | 0 | 0 | 4 | 0 | 4 | 2 | 3 | 1 |
| **Session 2** | **Athletes MUST Provide a Single Timer and Counter (if a counter is desired.)** | | | | | | | | | |
| **Session 3** | 9 | 0 | 1 | 0 | 3 | 0 | 2 | 3 | 2 | 2 |
| **Session 4** | 8 | 1 | 2 | 0 | 2 | 1 | 2 | 2 | 2 | 2 |
| **Session 5** | **Athletes MUST Provide a Single Timer and Counter (if a counter is desired.)** | | | | | | | | | |
| **Session 6** | 10 | 1 | 0 | 0 | 3 | 1 | 2 | 2 | 2 | 1 |

**Timing Notes:** Thank you to all teams for supporting the 2019 BAC Pro Bowl Meet by providing assistance with Timing. BAC will provide all watches and related supplies. If your families will be sharing a single assignment, we would ask that all families plan to participate in the timing Meeting as important, Meet-specific, instructions will be provided. (NOTE: We ask that no more than 4 families share a single assignment.)

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**Warm-Up Schedule**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** | **Lane 9** | **Lane 10** |  |
| **Warm-Up – Session #1**  **(10:00 AM – 10:40 AM)** | EAG  NJB  WY | WAVE | TAC | TAC | TAC | NJBL | NJBL | NJBL | NJBL  HCY | LIFE |  |
|  | **Lane 11** | **Lane 12** | **Lane 13** | **Lane 14** | **Lane 15** | **Lane 16** | **Lane 17** | **Lane 18** | **Lane 19** | **Lane 20** | **Lane 21** |
|  | LIFE | LIFE | LIFE | SHY | SHY | BAC | BAC | BAC | BAC | BAC | BAC |

***Session 2 – Open Distance Athletes will have Dedicated Lanes for the Last 30 Minutes of Session 1***

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** | **Lane 9** | **Lane 10** |  |
| **Warm-Up - Session #3**  **(4:30 PM – 5:10 PM)** | EAG | NJBL  EAG | NJBL | TAC | TAC | TAC  NJB | SHY | SHY | SHY | LIFE |  |
|  | **Lane 11** | **Lane 12** | **Lane 13** | **Lane 14** | **Lane 15** | **Lane 16** | **Lane 17** | **Lane 18** | **Lane 19** | **Lane 20** | **Lane 21** |
|  | LIFE | LIFE | WAVE | WAVE | BAC  WY | BAC | BAC | BAC | BAC | BAC | BAC/U |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** | **Lane 9** | **Lane 10** |  |
| **Warm-Up - Session #4**  **(10:00 AM – 10:40 AM)** | CAT | CAT  EAG | EAG | WAVE | WAVE | NJBL | NJBL | TAC | TAC | LIFE  TAC |  |
|  | **Lane 11** | **Lane 12** | **Lane 13** | **Lane 14** | **Lane 15** | **Lane 16** | **Lane 17** | **Lane 18** | **Lane 19** | **Lane 20** | **Lane 21** |
|  | LIFE | LIFE | SHY | SHY | SHY | NJB  BAC | BAC | BAC | BAC | BAC | BAC/U |

***Session 5 – Open Distance Athletes will have Dedicated Lanes for the Last 30 Minutes of Session 1***

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** | **Lane 9** | **Lane 10** |  |
| **Warm-Up - Session #6**  **(4:00 PM – 4:40 PM)** | TAC | TAC | TAC  NJBL | NJBL | NJBL  NJB | SHY  NJB | SHY | SHY | LIFE  SHY | LIFE |  |
|  | **Lane 11** | **Lane 12** | **Lane 13** | **Lane 14** | **Lane 15** | **Lane 16** | **Lane 17** | **Lane 18** | **Lane 19** | **Lane 20** | **Lane 21** |
|  | LIFE | LIFE | CAT  EAG | CAT | WAVE | BAC | BAC | BAC | BAC | BAC | BAC |