

**2021 PN Summer Short Course Champs-South - 7/30/2021 to 8/1/2021****Hosted by Metro Aquatic Club Boosters, Sanction #: #2107-14U-S****Warm-up Sheet**

Warm-up Starts at 01:00 PM

Session: 1 Sesion 1 400IM/500 FR Timed Final

Day of Meet: 1 Starts at 02:00 PM

Total Athletes: 118 - Women: 48 - Men: 70

<b>Team</b>	<b>Women</b>	<b>Men</b>	<b>Total</b>	<b>Lane</b>	
SMAC-PN	Seattle Metropolitan Aquatic C	18	19	37	1, 2
KING-PN	KING Aquatic Club	11	20	31	3, 4
PDST-PN	Pacific Dragons Swim Team	4	11	15	5
VAST-PN	Vallev Aquatics	3	7	10	6
IST-PN	Issaquah Swim Team	3	4	7	7
C-PN	Chinook Aquatic Club	3	3	6	7
FAST-PN	Fife Area Swim Team	4	2	6	8
EAST-PN	Eastside Aquatic Swim Team	1	2	3	6
RFST-PN	Rainier Foothills SwimTeam	1	1	2	8
UPAC-PN	Universitv Place Aquatic Club	0	1	1	8

Warm-up Starts at 08:00 AM

Session: 2 Sesion 2 13-14 Prelims

Day of Meet: 2 Starts at 09:00 AM

Total Athletes: 133 - Women: 58 - Men: 75

<b>Team</b>	<b>Women</b>	<b>Men</b>	<b>Total</b>	<b>Lane</b>	
SMAC-PN	Seattle Metropolitan Aquatic C	24	24	48	1, 2
KING-PN	KING Aquatic Club	8	16	24	3, 4
IST-PN	Issaquah Swim Team	8	13	21	5
PDST-PN	Pacific Dragons Swim Team	2	8	10	6
FAST-PN	Fife Area Swim Team	6	2	8	6
C-PN	Chinook Aquatic Club	5	2	7	7
EAST-PN	Eastside Aquatic Swim Team	1	4	5	7
PPST-PN	Poulsbo Piranha Swim Team	2	1	3	8
VAST-PN	Vallev Aquatics	1	2	3	8
RFST-PN	Rainier Foothills SwimTeam	1	1	2	8
PSSC-PN	Puget Sound Swim Club	0	1	1	8
UPAC-PN	University Place Aquatic Club	0	1	1	8

**2021 PN Summer Short Course Champs-South - 7/30/2021 to 8/1/2021****Hosted by Metro Aquatic Club Boosters, Sanction #: #2107-14U-S****Warm-up Sheet**

Warm-up Starts at 11:15 AM

Session: 3 Sesion 3 11-12 Prelims

Day of Meet: 2 Starts at 12:15 PM

Total Athletes: 111 - Women: 60 - Men: 51

<b>Team</b>	<b>Women</b>	<b>Men</b>	<b>Total</b>	<b>Lane</b>	
SMAC-PN	Seattle Metropolitan Aquatic C	17	11	28	1, 2
PDST-PN	Pacific Dragons Swim Team	11	13	24	3, 4
IST-PN	Issaquah Swim Team	7	7	14	5
VAST-PN	Vallev Aquatics	8	4	12	6
KING-PN	KING Aquatic Club	5	5	10	7
C-PN	Chinook Aquatic Club	6	3	9	8
FAST-PN	Fife Area Swim Team	2	3	5	6
EAST-PN	Eastside Aquatic Swim Team	2	2	4	7
PPST-PN	Poulsbo Piranha Swim Team	0	2	2	8
MAB-PN	Metro Aquatics	1	0	1	8
PSSC-PN	Puget Sound Swim Club	0	1	1	8
RFST-PN	Rainier Foothills SwimTeam	1	0	1	7

Warm-up Starts at 02:00 PM

Session: 4 Session 4 10&amp;U Timed Final

Day of Meet: 2 Starts at 03:00 PM

Total Athletes: 83 - Women: 44 - Men: 39

<b>Team</b>	<b>Women</b>	<b>Men</b>	<b>Total</b>	<b>Lane</b>	
PDST-PN	Pacific Dragons Swim Team	10	19	29	1, 2
SMAC-PN	Seattle Metropolitan Aquatic C	18	1	19	3, 4
IST-PN	Issaquah Swim Team	4	8	12	5
C-PN	Chinook Aquatic Club	3	3	6	6
EAST-PN	Eastside Aquatic Swim Team	2	3	5	7
FAST-PN	Fife Area Swim Team	2	3	5	8
KING-PN	KING Aquatic Club	3	0	3	6
PSSC-PN	Puget Sound Swim Club	1	1	2	7
RFST-PN	Rainier Foothills SwimTeam	0	1	1	8
VAST-PN	Vallev Aquatics	1	0	1	8

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Warm-up Starts at 08:00 AM

Session: 6 Session 6 13-14 Prelims

Day of Meet: 3 Starts at 09:00 AM

Total Athletes: 131 - Women: 57 - Men: 74

<b>Team</b>	<b>Women</b>	<b>Men</b>	<b>Total</b>	<b>Lane</b>	
SMAC-PN	Seattle Metropolitan Aquatic C	24	22	46	1, 2
KING-PN	KING Aquatic Club	8	15	23	3, 4
IST-PN	Issaquah Swim Team	8	12	20	5, 6
PDST-PN	Pacific Dragons Swim Team	2	9	11	7
C-PN	Chinook Aquatic Club	6	2	8	8
FAST-PN	Fife Area Swim Team	3	3	6	6
EAST-PN	Eastside Aquatic Swim Team	1	4	5	7
VAST-PN	Vallev Aquatics	1	4	5	8
PPST-PN	Poulsbo Piranha Swim Team	2	0	2	8
RFST-PN	Rainier Foothills SwimTeam	1	1	2	4
MAB-PN	Metro Aquatics	1	0	1	7
PSSC-PN	Puget Sound Swim Club	0	1	1	4
UPAC-PN	University Place Aquatic Club	0	1	1	4

Warm-up Starts at 11:00 AM

Session: 7 Session 7 11-12 Prelims

Day of Meet: 3 Starts at 12:00 PM

Total Athletes: 116 - Women: 65 - Men: 51

<b>Team</b>	<b>Women</b>	<b>Men</b>	<b>Total</b>	<b>Lane</b>	
SMAC-PN	Seattle Metropolitan Aquatic C	19	11	30	1, 2
PDST-PN	Pacific Dragons Swim Team	10	13	23	3, 4
IST-PN	Issaquah Swim Team	7	8	15	5
VAST-PN	Vallev Aquatics	9	4	13	6
KING-PN	KING Aquatic Club	7	5	12	7
C-PN	Chinook Aquatic Club	7	3	10	8
EAST-PN	Eastside Aquatic Swim Team	2	3	5	8
FAST-PN	Fife Area Swim Team	2	2	4	7
PPST-PN	Poulsbo Piranha Swim Team	0	2	2	6
MAB-PN	Metro Aquatics	1	0	1	8
RFST-PN	Rainier Foothills SwimTeam	1	0	1	7

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Warm-up Starts at 02:00 PM

Session: 8 Session 8 10&amp;U Timed Finals

Day of Meet: 3 Starts at 03:00 PM

Total Athletes: 82 - Women: 40 - Men: 42

<b>Team</b>	<b>Women</b>	<b>Men</b>	<b>Total</b>	<b>Lane</b>
PDST-PN Pacific Dragons Swim Team	10	21	31	1, 2
SMAC-PN Seattle Metropolitan Aquatic C	16	2	18	3, 4
IST-PN Issaquah Swim Team	4	9	13	5
C-PN Chinook Aquatic Club	3	3	6	6
EAST-PN Eastside Aquatic Swim Team	2	3	5	7
FAST-PN Fife Area Swim Team	1	2	3	8
VAST-PN Vallev Aquatics	1	2	3	8
KING-PN KING Aquatic Club	2	0	2	7
PSSC-PN Puget Sound Swim Club	1	0	1	6