

Long Course STAGS 2019 Warm Up assignments

Group A	NTRO
	ASC

Group B	AAAA
	WLOO
	SASA
	LCA

Group C	AQTX
	ATAC
	COTA
	CCAA
	RUSH
	HSC
	HEAT
	HOT
	CLAN
	CLUB
	LSAC
	TXLA
	MSC
	MMA
	FISH
	SAS
	WAVE
	GOLD
	TST
	UN
VTAC	
WHAC	
WWAC	

	7:00 - 7:35	7:35 - 8:10	8:10 - 8:45
Friday	Group A	Group B	Group C
Saturday	Group B	Group C	Group A
Sunday	Group C	Group A	Group B

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Group A	NTRO	NTRO	NTRO	NTRO	NTRO	ASC	ASC	ASC
Group B	AAAA	AAAA	AAAA	AAAA	WLOO	WLOO	SASA	LCA
Group C	TXLA GOLD	ATAC HPAC HOT	FISH WWAC COTA	AQSA WHAC UN	AQTX LSAC CLUB HEAT	VTAC HSC MSC	WAVE MMA TST RUSH	BAS CLAN CCAA SAS