

GENERAL WARM UP

Thursday Timed Finals

Warm Up: 4:00-4:50 PM

Meet Starts at 5:00 PM

Sprint/Pace Lanes 2 & 7 at 4:30 PM

Dive Lanes 1 & 8 at 4:30 PM

Dives will START from the FLAG end ONLY.

2016 STAGS Warm-Up Assignments: Friday Prelims

Warm Up #1: 6:30-6:55 AM

Meet Starts at 8:00 AM

Long Course Competition Pool

1	2	3	4	5	6	7	8
TXLA	TXLA	GOLD	LCA	AQTX/WLOO	LSAC/CBA	ATAC/HAYS	TST/WHAC

Warm Up #2: 6:55-7:20 AM

Meet Starts at 8:00 AM

Long Course Competition Pool

1	2	3	4	5	6	7	8
NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	WAVE	WAVE/FISH

Warm Up #3: 7:20-7:45 AM

Meet Starts at 8:00 AM

Long Course Competition Pool

1	2	3	4	5	6	7	8
AAAA	AAAA	AAAA	AAAA	AAAA	ASC	ASC/COTA	SASA

*Teams with 5 or less swimmers may use any lane.

GENERAL WARM UP

Friday Finals

Warm Up: 4:00-4:50 PM

Meet Starts at 5:00 PM

Sprint/Pace Lanes 2 & 7 at 4:30 PM

Dive Lanes 1 & 8 at 4:30 PM

Dives will START from the FLAG end ONLY.

2016 STAGS Warm-Up Assignments: Saturday Prelims

Warm Up #1: 6:30-6:55 AM

Meet Starts at 8:00 AM

Long Course Competition Pool

1	2	3	4	5	6	7	8
AAAA	AAAA	AAAA	AAAA	AAAA	ASC	ASC/COTA	SASA

Warm Up #2: 6:55-7:20 AM

Meet Starts at 8:00 AM

Long Course Competition Pool

1	2	3	4	5	6	7	8
TXLA	TXLA	GOLD	LCA	AQTX/WLOO	LSAC/CBA	ATAC/HAYS	TST/WHAC

Warm Up #3: 7:20-7:45 AM

Meet Starts at 8:00 AM

Long Course Competition Pool

1	2	3	4	5	6	7	8
NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	WAVE	WAVE/FISH

***Teams with 5 or less swimmers may use any lane.**

GENERAL WARM UP

Saturday Finals

Warm Up: 4:00-4:50 PM

Meet Starts at 5:00 PM

Sprint/Pace Lanes 2 & 7 at 4:30 PM

Dive Lanes 1 & 8 at 4:30 PM

Dives will START from the FLAG end ONLY.

2016 STAGS Warm-Up Assignments: Sunday Prelims

Warm Up #1: 6:30-6:55 AM

Meet Starts at 8:00 AM

Long Course Competition Pool

1	2	3	4	5	6	7	8
NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	WAVE	WAVE/FISH

Warm Up #2: 6:55-7:20 AM

Meet Starts at 8:00 AM

Long Course Competition Pool

1	2	3	4	5	6	7	8
AAAA	AAAA	AAAA	AAAA	AAAA	ASC	ASC/COTA	SASA

Warm Up #3: 7:20-7:45 AM

Meet Starts at 8:00 AM

Long Course Competition Pool

1	2	3	4	5	6	7	8
TXLA	TXLA	GOLD	LCA	AQTX/WLOO	LSAC/CBA	ATAC/HAYS	TST/WHAC

*Teams with 5 or less swimmers may use any lane.

GENERAL WARM UP

Sunday Finals

Warm Up: 3:00-3:50 PM

Meet Starts at 4:00 PM

Sprint/Pace Lanes 2 & 7 at 3:30 PM

Dive Lanes 1 & 8 at 3:30 PM

Dives will START from the FLAG end ONLY.