

Warm-up Friday Night Session

1650 Free warm-up will be open 5:30 pm to 6:00 pm Miles will Start at 6:05 pm

Warm-up Saturday Boys Session

1st W-up 6:25-6:55 am Meet Starts 7:35 am	Lane	2nd W-up 7:00-7:30 am Meet Starts 7:35
HACY & PPST	1	LHY
TAC	2	LHY
SVY	3	WMY
SVY & NJRC & CJAC	4	BAC
XCEL	5	SDSC & MAY
CAT	6	SHY & TWST
ESC	7	BB & EEX
ESC & CCC	8	NJW & MSCS

Warm-up Saturday Girls Session

1st W-up 9:55 - 10:25 am Meet Starts 11:05 am	Lane	2nd W-up 10:30-11:00 am Meet Starts 11:05 am
HACY & PPST	1	ESC
NJW & BB	2	ESC
CAT	3	SVY
CAT	4	SVY & TAC
SHY	5	WMY & NJRC
MAY & XCEL	6	CJAC & TWST & MCSC
LHY & SDSC	7	BAC
LHY	8	CCC & EEX

Girls 1000 Free Warm-ups

Warm-up will begin immediately following the conclusion of session 3, but no earlier than 12:30pm and the event will start no earlier than 1:00 pm

Warm-up Sunday Girls Session

1st W-up 6:55-7:25 am Meet Starts 8:05 am	Lane	2nd W-up 7:30-8:00 am Meet Starts 8:05
HACY & PPST	1	ESC
NJW & BB	2	ESC & NJRC
CAT	3	SVY
CAT	4	SVY & TWST
SHY	5	WMY & MAY
SHY & XCEL	6	BAC
LHY & SDSC	7	SDSC & TAC & MCSC
LHY	8	CCC & EEX

Warm-up Sunday Boys Session

1st W-up 10:15 - 10:45 am Meet Starts 11:25 am	Lane	2nd W-up 10:50-11:20 am Meet Starts 11:25 am
ESC & PPST	1	LHY
ESC	2	LHY & MAY
XCEL	3	WMY
XCEL & CCC & MCSC	4	WMY & TWST & NJRC
BB & EEX	5	SDSC & NJW
CAT	6	SHY & BAC
TAC	7	SVY
HACY	8	BAC

Boys 1000 Free Warm-ups

Warm-up will begin immediately following the conclusion of session 6, but no earlier than 12:45pm and the event will start no earlier than 1:15 pm

Last 10 minutes of each warm-up

Lanes 7 & 2 will be designated for starts
 Lanes 1 & 8 will be designated for Pace
 Lanes 3 thru 6 will be designated for general warm-up

Lane Timing Assignments

Sat Boys Session		Sat Girls Session		Sun Girls Session		Sun Boys Session	
Lane	Team	Lane	Team	Lane	Team	Lane	Team
1	LHY	1	NJW	1	LHY	1	NJW
2	WMY	2	SHY	2	WMY	2	SHY
3	ESC	3	CCC	3	ESC	3	MCSC
4	SVY	4	CJAC	4	SVY	4	BB
5	CAT	5	SDSC	5	CAT	5	SDSC
6	TAC	6	NJRC	6	TAC	6	NJRC
7	BAC	7	EEX	7	BAC	7	EEX
8	XCEL	8	TWST	8	XCEL	8	TWST

Lane Timing Assignments

Meet Notes

Friday Night session has been moved to a 5:30 pm warm-up! Swimmers will be allowed on deck at 5:15 pm on Friday, No earlier!

Saturday the building will open at 6:15 am and Sunday morning the building will open at 6:40 am. No Earlier!

The deck space behind the block is limited. We put a 5 minute buffer between warm-ups so the 1st warm up can get out of the water and return to the gym before the 2nd warm up needs to get in. Please do not wait behind the blocks for the 2nd warm up to start. You will have 5 minutes to get your swimmers from the gym to the lanes once the 1st warm up has returned to the gym.

For Saturday and Sunday, the gym is reserved for the swimmers to allow for spectators to be in the bleachers on the pool deck. All swimmer's bags and other belongings must remain in the gym. We encourage swimmers to be on deck to cheer, however, please have them be courteous of spectators.

For finals we will march out the top heat and announce them at the blocks. The B & C Final will not walk out and will be announced while they are in the water. Remember the C-Final will be 12 & under swimmers only. We will present awards to the top 8 after each round of events, so please have your swimmers ready so we can keep the meet moving. Awards podium is located under the score board.