



HOSTED BY RYWC

SESSION #1: SATURDAY

TIMER ASSIGNMENTS:

SEAL – 1	PAC – 2	RAYS – 1
NCY – 2	WOLF – 1	SJCC – 2
NFAF – 1	RAC – 2	
NMBS – 1	SYS – 1	

WARM-UPS:

TIME/LANE	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
8:00-8:24	RYWC (11) / ICSC (4)	RYWC (16)	RAC (16)	RAC (16)	RAC (17)	NMBS (18)
8:25-8:49	PAC (16)	PAC (16)	NFAF (14)	NCY (16)	NCY (16)	NCY (10) / GWYB (6)
8:50-9:14	SJCC (19)	SJCC (18)	SEAL (13)	RAYS (16)	SYS (18)	WOLF (13)
9:15-9:25	STARTS	STARTS	STARTS	STARTS	STARTS	STARTS

- ALL SWIMMERS MUST ENTER THE POOL FEET FIRST.
- STARTS ARE ONLY ALLOWED AT DESIGNATED TIMES AND LANES.
- POOL MUST CLEAR BETWEEN EACH WARM-UP SESSION.



HOSTED BY RYWC

SESSION #2: SUNDAY

TIMER ASSIGNMENTS:

SEAL – 1	PAC – 2	RAYS – 1
NCY – 2	WOLF – 1	SJCC – 2
NFAF – 1	RAC – 2	
NMBS – 1	SYS – 1	

WARM-UPS:

TIME/LANE	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
8:00-8:24	RYWC (12) / ICSC (4)	RYWC (16)	NFAF (13)	NCY (16)	NCY (16)	NCY (10) / GWYB (6)
8:25-8:49	SJCC (18)	SJCC (18)	SEAL (14)	RAYS (16)	SYS (19)	WOLF (13)
8:50-9:14	PAC (16)	PAC (16)	RAC (16)	RAC (16)	RAC (16)	NMBS (17)
9:15-9:25	STARTS	STARTS	STARTS	STARTS	STARTS	STARTS

- ALL SWIMMERS MUST ENTER THE POOL FEET FIRST.
- STARTS ARE ONLY ALLOWED AT DESIGNATED TIMES AND LANES.
- POOL MUST CLEAR BETWEEN EACH WARM-UP SESSION.