

FRIDAY DISTANCE WARM-UPS/Timing Assignments

Warm-up FRIDAY DISTANCE 13/Over ONLY (4:00pm-4:30pm) 36 total swimmers

1	2	3	4	5	6
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

Warm-up FRIDAY DISTANCE 12/Under ONLY (4:30pm-4:50pm) 49 total swimmers

1	2	3	4	5	6
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

Warm-up FRIDAY DISTANCE (4:50pm-5:15pm)

1	2	3	4	5	6
PACE	CIRCLE	SPRINT	SPRINT	SPRINT	PACE

FFLY-2 Timers

NCY-4 Timers

NFAF-1 Timer

NMEG-3 Timers

SSAC-1 Timer

TP-1 Timer

WOLF-1 Timer

SATURDAY MORNING WARM-UPS/Timing Assignments

Warm-up Saturday AM 13/Over (7:00am-7:30am)

1	2	3	4	5	6
NCY (8)	NCY (8)	NCY (9)	TP (6) ICSC (5)	HHAC (6) FFLY (4)	NMEG (3) NFAF (2) PACK (1) SSAC (1)

Warm-up Saturday AM 12/Under (7:30am-7:50am)

1	2	3	4	5	6
NCY (14)	NCY (15)	NCY (15)	NFAF(13)	NFAF (3) SLAC (10)	NMEG(15)

Warm-up Saturday AM 12/Under (7:50am-8:10am)

1	2	3	4	5	6
FFLY(15)	TP(15)	TP(2) PACK(13)	BSY (8) SSAC(6)	HHAC (6) ICSC(6)	HHAC(15)

Warm-up Saturday AM Sprint/Pace (8:10am-8:25am)

1	2	3	4	5	6
PACE	SPRINT	SPRINT	SPRINT	SPRINT	PACE

FFLY-2 Timers

NCY-6 Timers

NFAF-2 Timers

NMEG-2 Timers

TP-2 Timers

SATURDAY AFTERNOON WARM-UPS/Timing Assignments

Warm-up Saturday PM 13/Over (12:00pm-12:30pm)

1	2	3	4	5	6
NCY(7)	NCY(7)	NCY (8)	NFAF (11)	TP (8)	TP(8)

Warm-up Saturday PM 13/Over (12:30pm-1:00pm)

1	2	3	4	5	6
OPEN	FFLY(5) SSAC(3)	BSY(4) ICSC(3) WOLF(2)	NMEG(10)	HHAC(9)	SLAC(9)

Warm-up Saturday PM 12/Under (1:00pm-1:20pm)

1	2	3	4	5	6
NCY(12)	NCY(10)	NCY(10)	ICSC (4) WOLF(4)	FFLY(11)	TP(9)

Warm-up Saturday PM 12/Under (1:20pm-1:40pm)

1	2	3	4	5	6
HHAC(5) SLAC(6)	HHAC(10)	NMEG(10)	NFAF(7)	BSY(6) SSAC(2)	Open

Warm-up Saturday PM Sprint/Pace (1:40pm-1:55pm)

1	2	3	4	5	6
PACE	SPRINT	SPRINT	SPRINT	SPRINT	PACE

BSY-1 Timer

FFLY-1 Timer

NCY-5 Timers

NFAF-2 Timers

NMEG-2 Timers

TP-3 Timers

SUNDAY MORNING WARM-UPS/Timing Assignments

Warm-up Sunday AM 13/Over (7:00am-7:30am)

1	2	3	4	5	6
NCY(10)	NCY(11)	HHAC(9) SLAC (5)	TP (5) NFAF(7)	NMEG(7) ICSC(5)	FFLY(4) WOLF(1) BSY (1) SSAC (1)

Warm-up Sunday AM 12/Under (7:30am-7:50am)

1	2	3	4	5	6
NCY (15)	NCY(15)	NCY(16)	TP (14)	BSY (8) SSAC(6)	FFLY(13)

Warm-up Sunday AM 12/Under (7:50am-8:10am)

1	2	3	4	5	6
HHAC(14)	HHAC(7) NFAF(7)	NMEG(3) NFAF (9)	NMEG(15)	WOLF(12) SLAC (3)	SLAC(8) ICSC (6)

Warm-up Sunday AM Sprint/Pace (8:10am-8:25am)

1	2	3	4	5	6
PACE	SPRINT	SPRINT	SPRINT	SPRINT	PACE

FFLY-2 Timers

ICSC-1 Timer

NCY-5 Timers

NFAF-2 Timers

NMEG-2 Timers

WOLF-1 Timer

TP-1 Timer

SUNDAY AFTERNOON WARM-UPS/Timing Assignments

Warm-up Sunday PM 13/Over (12:30pm-1:00pm)

1	2	3	4	5	6
NCY(7)	NCY(7)	NCY (8)	NFAF(8)	TP (4) NFAF(4)	TP (9)

Warm-up Sunday PM 12/Under (1:00pm-1:30pm)

1	2	3	4	5	6
OPEN	NMEG(10)	BSY (5) FFLY (5)	SSAC(3) ICSC (3) WOLF(3)	HHAC(9)	SLAC(9)

Warm-up Sunday PM 12/Under (1:30pm-1:50pm)

1	2	3	4	5	6
NCY(11)	NCY(11)	NCY(11)	FFLY(12)	TP (9)	SLAC(10)

Warm-up Sunday PM 12/Under (1:50pm-2:10pm)

1	2	3	4	5	6
OPEN	HHAC(5) SSAC (2)	HHAC(10)	NMEG(10)	BSY(6) ICSC(4)	NFAF(7) WOLF(3)

Warm-up Sunday PM Sprint/Pace (2:10pm-2:25pm)

1	2	3	4	5	6
PACE	SPRINT	SPRINT	SPRINT	SPRINT	PACE

BSY-1 Timer

FFLY-2 Timers

NCY-5 Timers

NFAF-2 Timers

NMEG-2 Timers

TP-2 Timers