

**FRIDAY DISTANCE WARM-UPS/Timing Assignments**

**Warm-up FRIDAY DISTANCE 13/Over ONLY (4:00pm-4:30pm) 24 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) 32 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

- HHAC-2 Timers
- NFAF-1 Timer
- SLAC-3 Timers
- TP-1 Timer
- WOLF-1 Timer
- WRAT-4 Timers

**SATURDAY MORNING WARM-UPS/Timing Assignments**

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

1	2	3	4	5	6
HHAC (6)	HHAC (6)	TP (3) SLAC (3)	NFAF (2)	SSAC (4)	WRAT (6)

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

1	2	3	4	5	6
TP (13)	TP (5)	NFAF (13)	NFAF (5) SSAC (5)	SLAC (9)	WOLF (10)

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

1	2	3	4	5	6
WRAT (10)	WRAT (11)	WRAT (11)	WRAT (11)	HHAC (11)	HHAC (11)

**Warm-up Saturday AM SPRINT/PACE (8:10am-8:25am)**

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

**NFAF-3 Timers**

**TP-3 Timers**

**WOLF-2 Timer**

**WRAT -5 Timers**

## **SATURDAY AFTERNOON WARM-UPS/Timing Assignments**

### **Warm-up Saturday PM 13/Over (11:30-12:00pm)**

1	2	3	4	5	6
WRAT (13)	SLAC (11) WRAT (3)	SLAC (2) HHAC (11)	NFAF (14)	TP (8) WOLF (3)	SSAC (8) WOLF (3)

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

1	2	3	4	5	6
WRAT (9)	WRAT (9)	WRAT (9)	WRAT (10)	TP (9)	SLAC (10)

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

1	2	3	4	5	6
SSAC (9)	WOLF (8)	HHAC (7)	NFAF (6)	OPEN	Open

### **Warm-up Saturday PM Sprint/Pace (12:40pm-12:55pm)**

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

**NFAF-2 Timers**

**SSAC-2 Timers**

**TP-2 Timers**

**WOLF-2 Timers**

**WRAT-5Timers**

## **SUNDAY MORNING WARM-UPS/Timing Assignments**

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

1	2	3	4	5	6
WRAT (7)	TP (3) SLAC (4)	HHAC(7)	HHAC (7)	NFAF (5)	SSAC (4) WOLF (1)

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

1	2	3	4	5	6
WRAT (10)	WRAT (10)	WRAT (10)	WRAT (10)	NFAF (10)	NFAF (10)

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

1	2	3	4	5	6
HHAC (10)	HHAC (10)	TP (10)	TP (8) SSAC (5)	WOLF (11)	SLAC (12)

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

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

NFAF-3 Timers

SSAC-1 Timer

TP-3 Timers

WOLF-1 Timer

WRAT-5 Timers

## **SUNDAY AFTERNOON WARM-UPS/Timing Assignments**

### **Warm-up Sunday PM 13/Over (11:30pm-12:00pm)**

1	2	3	4	5	6
WRAT (13)	HHAC (12) WRAT (2)	SLAC (13)	SLAC (2) SSAC (9)	NFAF(14)	TP (7) WOL (6)

### **Warm-up Sunday PM 12/Under (12:00pm-12:20pm)**

1	2	3	4	5	6
WRAT (7)	WRAT (7)	WRAT (7)	WRAT (7)	WRAT (7)	SLAC (11)

### **Warm-up Sunday PM 12/Under (12:20pm-12:40pm)**

1	2	3	4	5	6
NFAF (8)	HHAC (7)	SSAC (8)	TP (9)	WOLF (9)	Open

### **Warm-up Sunday PM SPRINT/PACE (12:40pm-12:55pm)**

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

**NFAF-2 Timers**

**SSAC-2 Timers**

**TP-2 Timers**

**WOLF-2Timers**

**WRAT-2 Timers**