



Hosted by RYWC

Saturday & Sunday **Morning** Session: 8:00am Warm up, 9:30am start

Timer Assignments:

RYWC: 2

PAC: 1

SYS: 1

GYWB: 1

NMBS: 1

WARM-UPS:

Time/Lane	LANE 1:	LANE 2:	LANE 3:	LANE 4:	LANE 5:	LANE 6:
8:00-8:24AM	RYWC: 13/Over (12)	RYWC: 13/OVER (12)	RYWC: 13/OVER (12)	RYWC: 12/UNDER (10)	RYWC: 12/UNDER (10)	RYWC: 12/UNDER (10)
8:25-8:49AM	PAC: 13/OVER (7)	PAC: 13/OVER (7)	PAC: 12/UNDERS (9)	GYWB: 13/OVERS (10)	GWYB: 12/UNDERS (2)	NMBS: 13/OVER (10)
8:50-9:14AM	SYS: 13/OVER (10)	SYS: 13/OVER (9)	SYS: 12/UNDERS (8)	NMBS: 12/UNDER (12)	NMBS: 12/ UNDER (13)	NMBS: 13/OVER (9)
9:15-9:25AM	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