



HOSTED BY: RYWC

SATURDAY & SUNDAY AFTERNOON SESSION: 1:30pm Warm up, 3:00pm Start

TIMER ASSIGNMENTS:

CDOG: Officials & 1 Timer

NCY: Officials & 1 Timer

FINS: 3

SJCC: 2

WARM-UPS:

Time/Lane	LANE 1:	LANE 2:	LANE 3:	LANE 4:	LANE 5:	LANE 6:
1:30- 1:54PM	CDOG: 13/OVER (12)	CDOG: 13/ OVER (11)	CDOG: 13/OVER (11)	CDOG: 12/UNDERS (9)	CDOG: 12/UNDERS (9)	CDOG: 12/UNDERS (8)
1:55- 2:19PM	NCY: 13/OVER (14)	NCY: 13/OVER (14)	NCY: 13/OVER (14)	NCY: 12/UNDERS (14)	NCY: 12/UNDERS (14)	NCY: 12/UNDERS (13)
2:20- 2:44PM	FINS: 12/UNDERS (5)	FINS: 13/OVERS (10)	FINS: 13/OVERS (11)	SJCC: 12/UNDERS (8)	SJCC: 12/UNDERS (9)	SJCC: 13/OVERS (1)
2:45- 2:55PM	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