

HHAC Regional Championships

SATURDAY-AM

Warm-Up and Timing Assignments

USE YOUR LANES FOR SPRINTS during Warmup

	7:00—7:20am (13/Over)	7:20-7:40am (12/Under)	7:40-8:00am (12/Under)
LANE 1	ARAC	ARAC	PAC
LANE 2	HHAC/GWYB/MAC	ARAC	PAC
LANE 3	OXO	HHAC	SYS
LANE 4	PAC	HHAC	SYS
LANE 5	PSC	MAC	GWYB
LANE 6	SYS	PSC	OXO/SWAT

TIMING ASSIGNMENTS:

ARAC-3
GWYB-1
MAC-1
OXO-1
PAC-3
PSC-1
SYS-3

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Warm-Up and Timing Assignments

USE YOUR LANES FOR SPRINTS during Warmup

	11:00—11:20am (13/Over)	11:20-11:40am (12/Under)	11:40-12:00pm (12/Under)
LANE 1	ARAC	ARAC	PAC
LANE 2	HHAC	ARAC	PAC
LANE 3	MAC	HHAC	SYS
LANE 4	OXO/GWYB	HHAC	SYS
LANE 5	PSC	MAC	OXO/GWYB
LANE 6	SYS	PSC	OPEN-CIRCLE

TIMING ASSIGNMENTS:

ARAC-3
MAC-1
PAC-4
PSC-2
SYS-3

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LANE 1	ARAC	ARAC	OXO
LANE 2	HHAC	ARAC	PAC
LANE 3	MAC/GWYB	GWYB	PAC
LANE 4	OXO/PSC	HHAC	PSC/SWAT
LANE 5	PAC	HHAC	SYS
LANE 6	SYS	MAC	SYS

TIMING ASSIGNMENTS:

ARAC-3
 GWYB-1
 MAC-1
 OXO-1
 PAC-3
 SYS-4

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LANE 1	ARAC	ARAC	GWYB/MAC
LANE 2	HHAC	ARAC	PSC/OXO
LANE 3	MAC/PSC	HHAC	SYS
LANE 4	PAC	HHAC	SYS
LANE 5	GWYB/OXO	PAC	OPEN-CIRCLE
LANE 6	SYS	PAC	OPEN-CIRCLE

TIMING ASSIGNMENTS:

ARAC-3
 MAC-1
 PAC-4
 PSC-1

