



**2019 Short Course Regional Championships  
Hosted by SOCO at Southern CT State University**

**Warm-Up Schedule and Worker Assignments**

	Warm-up Starts at 12:00 PM				Tier I	12:00-12:25pm
	<b>Session: 3 Saturday Afternoon</b>				Tier II	12:25-12:50pm
	Day of Meet: 2 Starts at 01:30 PM				Tier III	12:50-1:10pm
	Total Athletes: 287 - Women: 129 - Men: 158				Pace/Spr	1:10-1:25pm
					Start	1:30pm
	Women	Tier/Lane	Men	Tier/Lane	Work	
ARAC	23	I/1,2(6)	13	I/1,2(3)	3 Timers	
BULL	2	I/8	2	I/2		
HMST			5	I/2		
MSC	4	I/3	4	I/3		
SMST	14	I/3	15	I/4(5), I/5	2 Timers	
SOCO	7	I/7	1	II/6	1 Office	
SYS	11	I/2	12	II/1,2(2)	1 Timer	
SJCC	2	I/8	28	I/6,7,8	3 Timers	
TAC	3	I/8	3	II/6		
VSYM	5	I/8	9	II/2	1 Timer	
WYW	41	I/5,6,7(7)	46	II/3,4,5,6(6)	5 Timers	
WAC	17	I/4	20	II/7,8	3 Timers	
	17 per lane		10 per lane			
	Warm-up Starts at 07:00 AM				Tier I	7:00-7:25am
	<b>Session: 4 Sunday Morning</b>				Tier II	7:25-7:45am
	Day of Meet: 3 Starts at 08:25 AM				Tier III	7:45-8:05am
	Total Athletes: 288 - Women: 209 - Men: 79				Pace/Spr	8:05-8:20am
					Start	8:25am
	Women	Tier/Lane	Men	Tier/Lane	Work	
ARAC	18	II/1,2(4)	5	I/3	2 Timers	
BULL	9	II/2	1	I/2	1 Timer	
HMST	4	II/4				
MSC	4	III/4				
SMST	25	II/3,4(9)	11	I/4	2 Timers	
SOCO	1	III/6	2	I/2	1 Office	
SYS	23	III/7,8	11	I/5	2 Timers	
SJCC	21	III/5,6(7)	2	I/2	2 Timers	
TAC	13	II/5	4	I/8	1 Timer	
UN-WC	2	III/4	1	I/2		
VSYM	7	II/8	5	I/3	1 Timer	
WYW	48	III/1,2,3,4(6)	25	I/6,7,8(5)	4 Timers	
WAC	34	II/6,7,8(6)	12	I/1,2(2)	2 Timers	
	14 per lane		10 per lane			

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	Warm-up Starts at 12:00 PM				Tier I	12:00-12:25pm
	<b>Session: 5 Sunday Afternoon</b>				Tier II	12:25-12:50pm
	Day of Meet: 3 Starts at 01:30 PM				Tier III	12:50-1:10pm
	Total Athletes: 282 - Women: 129 - Men: 153				Pace/Spr	1:10-1:25pm
					Start	1:30pm
	Women	Tier/Lane	Men	Tier/Lane	Work	
ARAC	25	III/1,2	13	I/1,2(3)	3 Timers	
BULL	3	III/8	3	I/2		
HMST			3	II/8		
MSC	6	III/8	5	I/3	1 Timer	
OXO	2	III/8	1	II/8		
SMST	10	III/3	13	I/3(3),4	2 Timers	
SOCO	7	III/3	1	II/7	2 Office	
SYS	12	III/4	13	I/7,8	2 Timers	
SJCC	2	III/8	28	I/5,6(8)	2 Timers	
TAC	4	III/4	2	I/8		
UN-WC			1	II/8		
VSYM	4	III/8	7	II/7	1 Timer	
WYW	37	III/6,7	43	II/1,2,3,4	5 Timers	
WAC	17	III/5	20	II/5,6	2 Timers	
	17 per lane		10 per lane			