

2022 Long Course State Meet Timing Assignments

Prelims and Finals

Head Timer	SPAR
Runner	YNWL
Lane 1	TAQ
Lane 2	CLAA & COLA
Lane 3	SLST & FINS
Lane 4	CRAW
Lane 5	CRAW
Lane 6	HSC & PAC
Lane 7	WAVE
Lane 8	BAC & YNWL(Fri), CCSC(Sat & Sun)
Relief Timers	HSC, PAC, YNWL, CRAW

Open warm up on Thursday begins at 4:30. Controlled warm up will begin at 5:20. (Controlled will be dives in 2, 7, 8, and pace in lane 1.

Thursday evening events will supply their own timers.

Friday, Saturday, Sunday prelim warm ups begin at 7:30 AM. Controlled warm up will start at 8:20 AM.

Friday & Saturday Finals warm up will begin at 3:30 PM. Controlled warm up will start at 4:20 PM.

Sunday's Final session will warm up at 2:30 PM. Controlled warm up will start at 3:20 PM

All 50's will start at the opposite end of the pool.