

## Session 1: 12 & Under Warm-Up and Timing Assignments, Saturday

Warm up: 8:00-8:30am

Meet Start: 8:40am

Provide your timer: #13-14 400 IM

Scoreboard End Pool

Record Board Pool

Timing- 1 Per Lane

Lane 1 CRAW

Lane 1 CRAW

Lanes 1-8 CRAW

Lane 2 CRAW

Lane 2 CRAW

Head Timer- CRAW

Lane 3 CRAW

Lane 3 CRAW

Lane 4 CRAW

Lane 4 CRAW

Lane 5 CRAW

Lane 5 CRAW

Lane 6 CRAW

Lane 6 CRAW

Lane 7 TAQ

Lane 7 CRAW

Lane 8 YNWL

Lane 8 CRAW

## Session 2 13 & Over: Warm-Up and Timing Assignments, Saturday

First Warm Up 10:20-10:50am

Meet Start: 11:00am

Provide your timer: #41-44 1000/1650 Free

Scoreboard End Pool

Record Board Pool

Timing- 1 Per Lane

Lane 1 CRAW

Lane 1 CRAW

Lanes 1-8 CRAW

Lane 2 CRAW

Lane 2 CRAW

Head Timer- CRAW

Lane 3 CRAW

Lane 3 CRAW

Lane 4 CRAW

Lane 4 CRAW

Lane 5 CRAW

Lane 5 CRAW

Lane 6 CRAW

Lane 6 CRAW

Lane 7 TAQ

Lane 7 CRAW

Lane 8 YNWL

Lane 8 CRAW

## Session 3: Warm-Up and Timing Assignments, Sunday

Warm up: 8:00-8:30am

Meet Start: 8:40am

Provide your timer: #61-62 500 Free

Scoreboard End Pool

Record Board Pool

Outdoor Pool

Timing- 1 Per Lane

Lane 1 CRAW

Lane 1 CRAW

Lane 1 CRAW

Lanes 1-8 CRAW

Lane 2 CRAW

Lane 2 CRAW

Lane 2 CRAW

Head Timer- CRAW

Lane 3 CRAW

Lane 3 CRAW

Lane 3 CRAW

Lane 4 CRAW

Lane 4 CRAW

Lane 4 CRAW

Lane 5 CRAW

Lane 5 CRAW

Lane 5 CRAW

Lane 6 TAQ

Lane 6 CRAW

Lane 6 CRAW

Lane 7 TAQ

Lane 7 CRAW

Lane 7 CRAW

Lane 8 YNWL

Lane 8 CRAW

Lane 8 CRAW

## Team Seating

*Team/Athlete seating is in the assigned indoor bleachers. Spectator seating is in the outdoor bleachers along the garage doors.*

### [Pool Map: Team & Spectator Seating Layouts](#)

\*\* A/BC/D/E/F + Viewing Area reserved for parents and spectators only

\*\*\*Seating also available in K,L,M

\*\*\*\*Parents and spectators use the outdoor viewing areas.

\*\*\*\*\*Swimmers will line up in the back hallway for their heats.

## Seating- All Sessions

9 TAQ  
10 YNWL  
1-8 CRAW