

LANE TIMERS FOR ALL SESSIONS

Head Timer: CRAW

1. CRAW
2. CRAW
3. CRAW
4. CRAW
5. TRST
6. SLST
7. SLST
8. CCSC

400 Free is provide own time

Sessions 1(FRIDAY PM)

Warm Up 1

Warm-up: 4:00-4:50pm. Meet Start:5:00pm

Indoor (LCM)

1. CRAW
2. CRAW
3. CRAW
4. CRAW
5. CRAW
6. SLST
7. TRST/BULLDOG
8. CCSC/SWLA/COAS

Outdoor (SCY) 1-8: CRAW (BR SBlack / S White)

SESSION 2 (SATURDAY AM)

Warm Up 1

Warm-up: 7:25-7:50am. Meet Start: 8:30am

Indoor (LCM)

1. CRAW
2. CRAW
3. CRAW
4. CRAW
5. CRAW
6. CRAW
7. CRAW
8. CRAW

SESSION 2 (SATURDAY AM)

Warm Up 2

Warm-up: 7:55-8:20am. Meet Start: 8:30am

Indoor (LCM)

1. SLST
 2. SLST
 3. SLST
 4. CCSC
 5. CCSC
 6. TRST
 7. TRST
 8. COAS/SWLA
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SESSION 3 (SATURDAY PM)

Warm Up 1

Warm-up: 11:00-11:30pm. Meet Start: 12:10pm

Indoor (LCM)

1. CRAW
2. CRAW
3. CRAW
4. CRAW
5. CRAW
6. CRAW
7. CRAW
8. CRAW

Outdoor (SCY) 1-8: CRAW (BR SBlack / S White)

SESSION 3 (SATURDAY PM)

Warm Up 2

Warm-up: 11:30-12:00pm. Meet Start: 12:10pm

Indoor (LCM)

1. SLST
2. SLST
3. SLST
4. CCSC
5. CCSC
6. TRST
7. TRST
8. COAS/SWLA

Outdoor (SCY) 1-8: OPEN