

CA Invitational Warm Up and Timing Assignments

Sessions 1 and 5 (12-14yrs)

Warm Up

730-755 Lanes 1-8 Crawfish Baton Rouge

800-825 Lanes 1-3 Crawfish Laf and Nich and SLST

Lanes 4-5 Elmwood

Lane 6 Fins

Lane 7 COAS and Pac

Lane 8 Gulf and Riptide

Timing Lanes 1-8 Crawfish

Meet starts at 830

Sessions 2 and 6 (distance)

Warm Up

945-1010 Lanes 1-6 Crawfish and SLST

Lane 7 Fins and Riptide

Lane 8 Elmwood

Timing Session 2 Lanes 1-8 Crawfish

Session 6 Provide your own timer

Meet starts at 1020

Sessions 3 and 7 (15 & O)

Warm Up

1130-1155 Lanes 1-8 Crawfish BR and Nich

1200-1225 Lanes 1-3 Crawfish Laf

Lane 4 Elmwood

Lanes 5-6 Fins

Lanes 7-8 COAS Gulf Riptide

Timing Lanes 1-8 Crawfish

Meet starts at 1235

Sessions 4 and 8 (12 & Under)

Warm Up

200-220 Lanes 1-8 Crawfish

225-245 Lanes 1-2 Elmwood

Lanes 3-4 Fins

Lanes 5-6 COAS

Lanes 7-8 PAC Gulf Riptide

Timing Lanes 1-5 Crawfish

Lane 6 Elmwood

Lane 7 Fins

Lane 8 COAS

Meet starts at 255

