

## Friday Afternoon Warm-up and Timing Assignments

### Warm up

Open Warm up- Indoor and Outdoor

### Timing

Lanes 1-8: Crawfish

## Saturday & Sunday- AM Session- Warm-Up and Timing Assignments

**7:00am: Crawfish Aquatics**

### **7:30-8:00am Warm up**

Lane 1 Spartan Sat / HSC Sun

Lane 2 Spartan Sat / HSC Sun

Lane 3 PAC Sat / HSC Sun

Lane 4 PAC Sat / RipTide Sun

Lane 5 RipTide Sat /SWIM CENLA Sat&Sun

Lane 6 Christus

Lane 7 Storm

Lane 8 CREW

### **Timing –1 timer per lane- Report at 8:10am**

Lane 1 CRAW

Lane 2 CRAW

Lane 3 CRAW

Lane 4 CRAW

Lane 5 CRAW

Lane 6 CRAW

Lane 7 Spartan Saturday / PAC Sunday

Lane 8 Hurricane

**Outdoor Pool:** Saturday- HSC Lanes 1-5 / Lanes 6-8 open

Sunday- PAC Lanes 1-5 / Lanes 6-8 open

## Saturday & Sunday- 12 & U- Warm-Up and Timing Assignments

### Saturday

**First Warm up: 12:30-12:55pm**

**Second Warm up: 12:55-1:20pm**

**Timing – Report at 1:20pm  
2 timers per lane**

### Sunday

**First Warm up: 11:45am-12:10pm**

**Second Warm up: 12:10-12:35pm**

**Timing- Report at 12:45pm  
2 timers per lane**

Lane 1 CRAW

Lane 2 CRAW

Lane 3 CRAW

Lane 4 CRAW

Lane 5 CRAW

Lane 6 CRAW

Lane 7 PAC

Lane 8 PAC

Lane 1 Spartan/ Storm

Lane 2 Spartan

Lane 3 HSC

Lane 4 HSC

Lane 5 HSC

Lane 6 Christus

Lane 7 Crew

Lane 8 RipTide/GulfCoast/SWIM CENLA

*\*Spartan is only swimming Saturday*

*- Lanes 1-2 open Sunday*

Lane 1 CRAW

Lane 2 CRAW

Lane 3 CRAW

Lane 4 CRAW

Lane 5 CRAW

Lane 6 HSC

Lane 7 PAC

Lane 8 Spartan on Saturday

Lane 8 Crew on Sunday