

13 & O Session Warm-Up and Timing Assignments- Saturday & Sunday

First Warm up: 7:30-7:55am, Crawfish Aquatics

Second Warm up: 8:00-8:25am

Scoreboard End Pool

Lane 1 HSC
Lane 2 HSC
Lane 3 HSC
Lane 4 PAC
Lane 5 PAC
Lane 6 SBSC
Lane 7 SBSC
Lane 8 FINS

Record Board Pool

Lane 1 UNAT
Lane 2 TAQ
Lane 3 TAQ
Lane 4 TAQ
Lane 5 TAQ
Lane 6 TAQ
Lane 7 OPEN
Lane 8 OPEN

TIMING- 1 per lane

Lane 1 CRAW
Lane 2 CRAW
Lane 3 CRAW
Lane 4 CRAW
Lane 5 PAC
Lane 6 TAQ
Lane 7 TAQ
Lane 8 HSC
Head CRAW

Provide your timer: #11-14 500, 1000, 1650 Free

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

First Warm up: Saturday 11:45am-12:10pm/ Sunday 10:45-11:10am- Crawfish Aquatics + NOA- All Pools

Second Warm up SATURDAY 12:15-12:40pm

Scoreboard End Pool

Lane 1 FINS
Lane 2 FINS
Lane 3 FINS
Lane 4 PAC
Lane 5 PAC
Lane 6 PAC
Lane 7 SBSC
Lane 8 SBSC

Record Board Pool

Lane 1 HSC
Lane 2 HSC
Lane 3 HSC
Lane 4 HSC
Lane 5 HSC
Lane 6 HSC
Lane 7 HSC
Lane 8 HSC

Outdoor Pool

Lane 1 TAQ
Lane 2 TAQ
Lane 3 TAQ
Lane 4 TAQ
Lane 5 TAQ
Lane 6 TAQ
Lane 7 TAQ
Lane 8 TAQ

Second Warm up SUNDAY 11:15-11:40am

Scoreboard End Pool

Lane 1 FINS
Lane 2 FINS
Lane 3 FINS
Lane 4 PAC
Lane 5 PAC
Lane 6 PAC
Lane 7 PAC
Lane 8 PAC

Record Board Pool

Lane 1 TAQ
Lane 2 TAQ
Lane 3 TAQ
Lane 4 TAQ
Lane 5 TAQ
Lane 6 TAQ
Lane 7 TAQ
Lane 8 TAQ

Outdoor Pool

Lane 1 HSC
Lane 2 HSC
Lane 3 HSC
Lane 4 HSC
Lane 5 HSC
Lane 6 HSC
Lane 7 SBSC
Lane 8 SBSC

Timing- 1 Per Lane

1-2 CRAW
3 FINS
4 PAC
5-6 TAQ
7-8 HSC
Head CRAW

Provide your timer: #31-32 500 Free