

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

Warm up: 8:00-8:25am

*Provide your timer: #13-14 400 IM*

### Scoreboard End Pool

Lane 1 CA-LAF  
Lane 2 CA-LAF  
Lane 3 CA-LAF  
Lane 4 CRAW  
Lane 5 CRAW  
Lane 6 CRAW  
Lane 7 Riptide  
Lane 8 Riptide

### Record Board Pool

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

### TIMING- 1 per lane

Lane 1 CRAW  
Lane 2 CRAW  
Lane 3 CRAW  
Lane 4 CRAW  
Lane 5 CRAW  
Lane 6 CRAW  
Lane 7 CRAW  
Lane 8 Riptide  
Head CRAW

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

First Warm Up 10:30-11:00am

### Scoreboard End Pool

Lanes 1-8 CA BR Female

### Record Board Pool

Lanes 1-8 CA BR Male

Second Warm Up 11:05-11:35am

### Scoreboard End Pool

Lane 1 WAVE  
Lane 2 WAVE  
Lane 3 WAVE  
Lane 4 WAVE  
Lane 5 WAVE  
Lane 6 GCSC  
Lane 7 GCSC  
Lane 8 Riptide

### Record Board Pool

Lane 1 CA- LAF  
Lane 2 CA- LAF  
Lane 3 CA- LAF  
Lane 4 CA- LAF  
Lane 5 CA- LAF  
Lane 6 CA- LAF  
Lane 7 OPEN  
Lane 8 OPEN

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

### TIMING- 1 per lane

Lane 1 CRAW  
Lane 2 CRAW  
Lane 3 CRAW  
Lane 4 CRAW  
Lane 5 CRAW  
Lane 6 CRAW  
Lane 7 CRAW  
Lane 8 WAVE  
Head CRAW

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

First Warm Up 7:30-7:55am

### Scoreboard End Pool

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

### Record Board Pool

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

Second Warm Up 8:00-8:25am

### Scoreboard End Pool

Lane 1 WAVE  
Lane 2 WAVE  
Lane 3 WAVE  
Lane 4 WAVE  
Lane 5 WAVE  
Lane 6 WAVE  
Lane 7 Riptide  
Lane 8 Riptide

### Record Board Pool

Lane 1 GCSC  
Lane 2 GCSC  
Lane 3 CA- LAF  
Lane 4 CA- LAF  
Lane 5 CA- LAF  
Lane 6 CA- LAF  
Lane 7 CA- LAF  
Lane 8 CA- LAF

*Provide your timer: #59-60 500 Free*

### TIMING- 1 per lane

Lane 1 CRAW  
Lane 2 CRAW  
Lane 3 CRAW  
Lane 4 CRAW  
Lane 5 CRAW  
Lane 6 CRAW  
Lane 7 CRAW  
Lane 8 WAVE  
Head CRAW