

TEAM WARMUP ASSIGNMENTS

"FLY-OVER" STARTS MAY BE USED THROUGHOUT THE MEET

SATURDAY AM

7:00AM 7:25AM 7:50AM

CHECK-IN BY 7:45AM

START @ 8:20M

PTAC	JFAC	CA
BWTD	PAA	CBGC
CJAC	PENN	HACY
EEX	SAC	MB
OCCC	SRAY	RY
PPST	TAC	WW
<i>all others</i>		
The last 10 minutes of each warmup session will be for sprints		

SATURDAY PM

3:15PM 3:40PM 4:05PM

CHECK-IN BY 4:00PM

START @ 4:35PM

PTAC	CA	CBGC
BWTD	HACY	CJAC
EEX	MB	PAA
JFAC	NJRC	SRAY
OCCC	PENN	SVY
RY	PPST	TAC
<i>all others</i>		
The last 10 minutes of each warmup session will be for sprints		

SUNDAY AM

7:00AM 7:30AM

CHECK-IN BY 7:25AM

START @ 8:05AM

PTAC	CA
BWTD	CBGC
EEX	HACY
JFAC	PAA
OCCC	PENN
PPST	SAC
RY	TAC
SRAY	WW
<i>all others</i>	

SUNDAY PM

1:10AM 1:40AM

CHECK-IN BY 1:40PM

START @ 2:15PM

PTAC	BWTD
EEX	CA
NJRC	CBGC
OCCC	HACY
PAA	JFAC
PENN	SRAY
RY	SVY
TAC	<i>all others</i>

WARM-UP FOR THE DISTANCE

EVENTS WILL BE IN THE FIRST AVAILABLE POOL,

THEN BOTH POOLS

There will be a positive check-in for these events
on Saturday and Sunday.