

Harris County Aquatics Program
SHORT COURSE CHAMPS II

WARM-UP ASSIGNMENTS

FRIDAY, February 19, 2016 – Session 1
5:00 to 6:15 P.M.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
COOG HSC	HCAP	HCAP	HCAP SWAT FCST	FCST	FCST	FCST	FCST

SATURDAY A.M., February 20, 2016 – Session 2
7:30 to 7:55 a.m.

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

7:55 to 8:20 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
XXX	HCAP	HCAP	HCAP	HCAP	HCAP	HCAP	HCAP

8:20 to 8:45 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
XXX	HSC	HSC	COOG	COOG	COOG	COOG	SWAT

SATURDAY P.M., February 20, 2016 – Session 3
Will start immediately upon the completion of the A.M. session
25 MINUTES PER WARM-UP

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HSC	SWAT	COOG	COOG	HCAP	HCAP	HCAP	HCAP

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

SATURDAY P.M., February 20, 2016 – Session 4 TIME TRIALS
All swimmers MUST provide their own timers and lap counters.

SUNDAY A.M., February 21, 2016 – Session 5

7:30 to 7:55 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
XXX	SWAT	SWAT	HSC	HSC	COOG	COOG	COOG

7:55 to 8:20 a.m.

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

8:20 to 8:45 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
XXX	XXX	HCAP	HCAP	HCAP	HCAP	XXX	XXX

SUNDAY P.M., February 21, 2016 – Session 6

Will start immediately upon the completion of the A.M. session

25 MINUTES PER WARM-UP

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SWAT	COOG	COOG HSC	HSC	HCAP	HCAP	HCAP	HCAP

SUNDAY P.M., February 21, 2016 – Session 7 TIME TRIALS

All swimmers MUST provide their own timers and lap counters.

Harris County Aquatics Program **SHORT COURSE CHAMPS II**

LANE TIMER ASSIGNMENTS

FRIDAY, February 19, 2016 – Session 1

All swimmers MUST provide their own timers and lap counters.

SATURDAY A.M., February 20, 2016 – Session 2

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FCST	FCST	FCST	FCST	HCAP	HCAP	COOG	HSC SWAT

SATURDAY P.M., February 20, 2016 – Session 3

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FCST	FCST	FCST	FCST	FCST SWAT	HCAP	HCAP	HSC COOG

SATURDAY P.M., February 20, 2016 – Session 4 TIME TRIALS

All swimmers MUST provide their own timers and lap counters.

SUNDAY A.M., February 21, 2016 – Session 5

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FCST	FCST	FCST	FCST	HCAP	HCAP	COOG	HSC SWAT

SUNDAY P.M., February 21, 2016 – Session 6

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FCST	FCST	FCST	FCST	FCST	HCAP	HCAP COOG	HSC SWAT

SUNDAY P.M., February 21, 2016 – Session 7 TIME TRIALS

All swimmers MUST provide their own timers and lap counters.