

IMPORTANT INFORMATION

There is very limited seating inside so everyone is asked to set up outside. There is plenty of space outside for tent set up. Inside bleacher seating is only for watching your swimmer race. PLEASE leave the bleachers after your swimmer is done with their race so that everyone can see their children swim.

PARKING

Cars parked on the street or the neighborhoods around the school are subject to towing. Saturday park ONLY in the designated areas in the stadium lot. Parking will be very limited Sat.

Morning Sessions: Warm-ups begin at 7:30am and competition begins at 9:00am

Afternoon Sessions: Warm-ups being immediately after the conclusion of the morning session. Afternoon competition begins approximately 1 hour after the conclusion of the morning session.

MORNING

SAT & SUN MORNING WARM-UP LANE ASSIGNMENTS

Group 1 7:30am-7:55am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PEAK	PEAK	PEAK	SHARKS	SHARKS	SHARKS	SHARKS	SHARKS

Group 2 7:55am-8:20am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
COUG	COUG	COUG	COUG	SSS	SSS	SSS	SSS

Group 3 8:20am-8:45am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LAP/ PACE	PLAT	PLAT	AQUA	AQUA	NOCH	NOCH	NOCH/ GIST

SAT & SUN MORNING TIMING ASSIGNMENTS

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PLAT	COUG	SSS	AQUA	PEAK	NOCH	SHARKS	SHARKS
COUG	COUG	SSS	AQUA	PEAK	NOCH	SHARKS	SHARKS

AFTERNOON

SAT & SUN AFTERNOON WARM-UP LANE ASSIGNMENTS

Afternoon Warm-Up Group 1

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SSS	NOCH	NOCH	SHARKS	SHARKS	SHARKS/ GIST

Afternoon Warm-Up Shallow End Warm-Up/Cool-Down Lanes Group 1

				Lane 1	Lane 2	Lane 3	Lane 4
				SHARKS	SHARKS	SHARKS	SHARKS

Afternoon Warm-Up Group 2

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LAP/COUG	COUG	COUG	COUG	PEAK	PEAK	PEAK	PEAK

Afternoon Warm-Up Shallow End Warm-Up/Cool-Down Lanes Group 2

				Lane 1	Lane 2	Lane 3	Lane 4
				PEAK	PEAK	PEAK	PEAK

Afternoon Warm-Up Group 3

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PACE	PLAT	PLAT	PLAT	AQUA	AQUA	AQUA	AQUA

Afternoon Warm-Up Shallow End Warm-Up/Cool-Down Lanes Group 3

				Lane 1	Lane 2	Lane 3	Lane 4
				AQUA	AQUA	AQUA	AQUA

SAT & SUN AFTERNOON TIMING ASSIGNMENTS

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PLAT	COUG	SSS	AQUA	PEAK	NOCH	SHARKS	SHARKS
PLAT	COUG	SSS	AQUA	PEAK	NOCH	SHARKS	SHARKS