

Harris County Aquatics Program
11 & Up INVITATIONAL MEET
 October 22-23, 2016

(REVISED)

LANE TIMER ASSIGNMENTS

SATURDAY A.M. - Session 1

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HCAP	HCAP	HCAP SCAT SST ROCC	HSC	HSC AQUA	RICE	RICE TTST SPAR	SHRK

SATURDAY P.M. - Session 2

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HCAP ROCC	HCAP	HSC	HSC SST SPAR	SHRK	RICE TTST	RICE	SCAT AQUA

SUNDAY - Session 3

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HCAP	HCAP	HCAP AQUA SCAT	HSCC	HSC RICE	RICE	SHRK	TTST SST SPAR ROCC

WARM-UP ASSIGNMENTS

SATURDAY A.M. - Session 1

7:30 to 7:55 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AQUA	SCAT	SCAT SPAR	HSC	HSC	HSC	HSC	HSC

7:55 to 8:20 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SHRK	SHRK	SHRK	TTST	RICE	RICE	RICE	RICE

8:20 to 8:45 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SST ROCC	HCAP	HCAP	HCAP	HCAP	HCAP	HCAP	HCAP

SATURDAY P.M. - Session 2

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

15 MINUTES PER WARM-UP

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
TTST	TTST	SCAT	SCAT ROCC	RICE	RICE	RICE	RICE

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SPAR SST	AQUA	HCAP	HCAP	HCAP	HCAP	HCAP	HCAP

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

SUNDAY – Session 3

7:30 to 7:55 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SCAT	SCAT ROCC SPAR	HCAP	HCAP	HCAP	HCAP	HCAP	HCAP

7:55 to 8:20 a.m.

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

8:20 to 8:45 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AQUA	TTST	TTST	RICE SST	RICE	RICE	RICE	RICE