

South Texas Aquatics November Open Meet
November 12 - 13, 2016

Warm Up Assignment

Saturday, November 12, 2016 - Session 1

First Warmup 7:30 am to 7:55 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HCCL	LIFE	LIFE	NEHA	NOCH	NOCH	STA	STA

Second Warmup 7:55 am to 8:20 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HCAP	HCAP	HCAP	HCAP	HCAP	BLST	BLST	ROCC/EPRC

Third Warmup 8:20 am to 8:45 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	300/HUNT	USA/VILLA

Saturday, November 12, 2016 - Session 2

First Warmup - Immediately after the conclusion of Session 1 - 20 minutes length

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LIFE	LIFE	LIFE	LIFE	NEHA	NEHA	STA/NOCH	STA

* The afternoon meet will start IMMEDIATELY after the conclusion of the morning session. The posted times are merely a guide.

Second Warmup - Immediately after the conclusion of Session 1 - 20 minutes length

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	HUNT	HUNT

Third Warmup - Immediately after the conclusion of Session 2 - 20 minutes length

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

Fourth Warmup - Immediately after the conclusion of Session 3 - 20 minutes length

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
300	300 VILLA	USA	ROCC	HCCL	BLST	BLST	

Sunday, November 13, 2016 - Session 3

First Warmup 7:30 am to 7:55 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HCCL	LIFE	LIFE	NEHA	NOCH	NOCH	STA	STA

Second Warmup 7:55 am to 8:20 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HCAP	HCAP	HCAP	HCAP	HCAP	BLST	BLST	ROCC/EPRC

Third Warmup 8:20 am to 8:45 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	300/HUNT	USA/VILLA

Sunday, November 13, 2016 - Session 4

First Warmup - Immediately after the conclusion of Session 3 - 20 minutes length

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LIFE	LIFE	LIFE	LIFE	NEHA	NEHA	STA/NOCH	STA

* The afternoon meet will start IMMEDIATELY after the conclusion of the morning session. The posted times are merely a guide.

Second Warmup - Immediately after the conclusion of first warmup - 20 minutes length

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	HUNT	HUNT

Third Session - Immediately after the conclusion of Session 1 - 20 minutes length

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

Fourth Warmup - Immediately after the conclusion of 3rd WU - 20 minutes length

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
300	300 VILLA	USA	ROCC	HCCL	BLST	BLST	