

South Texas Aquatics January Open Meet
January 7 - 8, 2017

Warm Up Assignment

MORNING SESSION

Saturday, January 7th - Session 1

First Warmup 7:45 am to 8:15 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LIFE	ALAC	BATS	BATS	SST	SST	STA	STA
TWST	EPRC						

Second Warmup 8:15 am to 8:45 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SCAT	SCAT	MARC	MARC	MARC	SSAN	SSAN	SSAN

AFTERNOON SESSION

Saturday, January 7th - 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	TWST	TWST	STA	STA

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	MARC	MARC	MARC

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
ALAC	BATS	EPRC	SCAT	SST	SST	VSST	

MORNING SESSION

Sunday, January 8th - Session 3

First Warmup 7:45 am to 8:15 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LIFE	ALAC	BATS	BATS	SST	SST	STA	STA
VSST	TWST						
EPRC							

Second Warmup 8:15 am to 8:45 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SCAT	SCAT	MARC	MARC	MARC	SSAN	SSAN	SSAN

AFTERNOON SESSION

Sunday, January 8th - 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	BATS	ALAC	ALAC	TWST	TWST	STA
			BATS			STA	

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
VSST	SCAT	SST	MARC	MARC	SSAN	SSAN	SSAN
EPRC				SSAN			

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

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