



2018 SHARKS PENTATHLON
Warm Up Schedule and Timing Assignments

Shallow end will remain open during the meet. **NO DIVING!!**

Please note: Swimmers will enter/exit the pool at the rear door next to the Girl's Locker room
Parents enter/exit through lobby

Event/Heat updates will be on **MEET BOP**

Warm Up Schedule
Saturday AM SESSION

1st Warm Up (Main Pool) 7:35 a.m. - 8:10 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AQUA	SSS	SSS	SSS	SCAT	SHRK	SHRK	SHRK

1st Warm Up (Shallow Pool) 7:35 a.m. - 8:10 a.m.

Lane 1	Lane 2	Lane 3	Lane 4
AQUA	OPEN	OPEN	SHRK

2nd Warm Up (Main Pool) 8:10 a.m. - 8:45 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HCAP	HCAP	BLST	BLST	COOG	LJAC	LAP	SWAT

2nd Warm Up (Shallow Pool) 8:10 a.m. - 8:45 a.m.

Lane 1	Lane 2	Lane 3	Lane 4
HCAP	OPEN	OPEN	COOG

Warm Up Schedule
Saturday PM SESSION

(no earlier than 12:15pm)

1st Warm Up (Main Pool) 12:15 p.m. - 12:40 p.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SCAT	SCAT	SCAT	BLST	BLST	SHRK	SHRK	SHRK

1st Warm Up (Shallow Pool) 12:15 p.m. - 12:40 p.m.

Lane 1	Lane 2	Lane 3	Lane 4
SHRK	SHRK	SHRK	SHRK

2nd Warm Up (Main Pool) 12:40 p.m. - 1:05 p.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AQUA	AQUA	AQUA	HCAP	HCAP	COOG	COOG	COOG

2nd Warm Up (Shallow Pool) 12:40 p.m. - 1:05 p.m.

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

3rd Warm Up (Main Pool) 1:05 p.m. - 1:30 p.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SSS	LJAC	LJAC	SWAT	SWAT	LAP

3rd Warm Up (Shallow Pool) 1:05 p.m. - 1:30 p.m.

Lane 1	Lane 2	Lane 3	Lane 4
SSS	SSS	SSS	SSS

TIMING ASSIGNMENTS—TWO TIMERS PER LANE

Saturday AM Timing Assignments

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LJAC	AQUA	SSS	SSS	HCAP	HCAP	BLST	COOG
LAP	AQUA	SCAT	SSS	HCAP	SWAT	BLST	COOG

Saturday PM Timing Assignments

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SCAT	SCAT	AQUA	AQUA	AQUA	SSS	SSS	COOG
SCAT	SWAT	AQUA	AQUA	SSS	SSS	SSS	COOG

Please note that there will be NO INDOOR SETUP. Parents will need to set up outside of the Natatorium. The Natatorium will be restricted to coaches and swimmers until after warm-ups & then spectators will be admitted according to heats.

Parents may watch their swimmer race & then return outside to allow EVERYONE to see their swimmer. Regardless of the weather, we cannot allow set-up in restricted areas or on deck due to fire code violations and USA Swimming rules, so please plan accordingly. Swimmers may sit on deck with their team. We appreciate your cooperation with this matter.

Thank you and have a great meet!
SHARKS SWIM CLUB