



*2018 SHARKS NOVEMBER INVITATIONAL  
Warm Up Schedule and Timing Assignments*

**Important Meet Information**

**\*ALL 11 - 12 girls will swim in the AM sessions**

On-Deck entries will only be permitted providing there is space available. No additional heats will be added.

Circle-in is required for the 500, 1000, & 1650 Free 45 minutes before the start of the session in which the event is scheduled to be swum.

Swimmers must provide their own timers & counters for the 500, 1000, & 1650 free. The 500, 1000, & 1650 free will be swum alternating girl's and boy's heats.

**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**

**Unofficial results available on MEET MOBILE provided we have a reliable wifi connection**

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

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.

# Warm Up Schedule

## Session 1: Saturday AM (13&O & 11-12 girls)

### 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
SHAC	SHAC/ SCAT	SCAT	SPA	SPA	SHRK	SHRK	SHRK

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

LANE 1	LANE 2	LANE 3	LANE 4
SPA	SHRK	SHRK	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	HCAP/ SWAT	SWAT	AQUA	AQUA/ LAP	COOG	COOG/ LJAC

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

LANE 1	LANE 2	LANE 3	LANE 4
HCAP	HCAP	AQUA	COOG

**Session 2: Saturday PM (10&U girls & 12&U boys)**

**(no earlier than 2:15pm)**

**1st Warm up (Main Pool) 2:15 p.m. – 2:40 p.m.**

<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>	<b>LANE 7</b>	<b>LANE 8</b>
<b>AQUA</b>	<b>AQUA</b>	<b>AQUA</b>	<b>SCAT</b>	<b>SCAT</b>	<b>SCAT</b>	<b>SHRK</b>	<b>SHRK</b>

**1st Warm Up (Shallow Pool) 2:15 p.m. - 2:40 p.m.**

<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>
<b>AQUA</b>	<b>AQUA</b>	<b>SHRK</b>	<b>SHRK</b>

**2nd Warm Up (Main Pool) 2:40 p.m. – 3:05 p.m.**

<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>	<b>LANE 7</b>	<b>LANE 8</b>
<b>COOG</b>	<b>COOG</b>	<b>COOG</b>	<b>LAP</b>	<b>SWAT</b>	<b>SWAT</b>	<b>HCAP</b>	<b>HCAP</b>

**2nd Warm Up (Shallow Pool) 2:40 p.m. – 3:05 p.m.**

<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>
<b>HCAP</b>	<b>HCAP</b>	<b>HCAP</b>	<b>OPEN</b>

**3rd Warm Up (Main Pool) 3:05 p.m. – 3:30 p.m.**

<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>	<b>LANE 7</b>	<b>LANE 8</b>
<b>SHAC</b>	<b>SHAC</b>	<b>SHAC</b>	<b>SPA</b>	<b>SPA</b>	<b>SPA</b>	<b>LJAC</b>	<b>LJAC</b>

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

<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>
<b>SHAC</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>

**Session 3: Saturday PM (10&U girls & 12&U boys)**

**15 minute Open Warm Up**

**starting immediately following the completion of Session 2**

**\*\*Swimmers must provide their own timers & counters for the 500, 1000, & 1650 free**

**Session 4: Sunday AM (13&O & 11-12 girls)**

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

<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>	<b>LANE 7</b>	<b>LANE 8</b>
<b>AQUA/ LAP</b>	<b>AQUA</b>	<b>SCAT</b>	<b>SHAC</b>	<b>SHAC</b>	<b>SHRK</b>	<b>SHRK</b>	<b>SHRK</b>

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

<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>
<b>AQUA</b>	<b>SHRK</b>	<b>SHRK</b>	<b>SHRK</b>

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

<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>	<b>LANE 7</b>	<b>LANE 8</b>
<b>HCAP</b>	<b>HCAP</b>	<b>SWAT</b>	<b>SWAT</b>	<b>COOG</b>	<b>COOG</b>	<b>SPA</b>	<b>SPA/ LJAC</b>

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

<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>
<b>HCAP</b>	<b>HCAP</b>	<b>SPA</b>	<b>COOG</b>

**Session 5: Sunday PM (10&U girls & 12&U boys)**

**(no earlier than 3:15 pm)**

**1st Warm Up (Main Pool) 3:15 p.m. - 3:40 p.m.**

<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>	<b>LANE 7</b>	<b>LANE 8</b>
<b>AQUA</b>	<b>AQUA</b>	<b>AQUA</b>	<b>SCAT</b>	<b>SCAT</b>	<b>SCAT</b>	<b>SHRK</b>	<b>SHRK</b>

**1st Warm Up (Shallow Pool) 3:15 p.m. - 3:40 p.m.**

<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>
<b>AQUA</b>	<b>AQUA</b>	<b>SHRK</b>	<b>SHRK</b>

**2nd Warm Up (Main Pool) 3:40 p.m. - 4:05 p.m.**

<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>	<b>LANE 7</b>	<b>LANE 8</b>
<b>HCAP</b>	<b>HCAP</b>	<b>LAP</b>	<b>SWAT</b>	<b>SWAT</b>	<b>COOG</b>	<b>COOG</b>	<b>COOG</b>

**2nd Warm Up (Shallow Pool) 3:40 p.m. - 4:05 p.m.**

<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>
<b>HCAP</b>	<b>HCAP</b>	<b>OPEN</b>	<b>OPEN</b>

**3rd Warm Up (Main Pool) 4:05 p.m. - 4:30 p.m.**

<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>	<b>LANE 7</b>	<b>LANE 8</b>
<b>LJAC</b>	<b>LJAC</b>	<b>SHAC</b>	<b>SHAC</b>	<b>SHAC</b>	<b>SHAC</b>	<b>SPA</b>	<b>SPA</b>

**3rd Warm Up (Shallow Pool) 4:05 p.m. - 4:30 p.m.**

<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>
<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>

Session 6: Sunday PM (10&U girls & 12&U boys)

15 minute Open Warm Up

starting immediately following the completion of Session 2

**\*\*Swimmers must provide their own timers & counters for the 500,  
1000, & 1650 free**

Timing Assignment

**Session 1: Saturday AM**

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SWAT	COOG	HCAP	HCAP	HCAP	SPA	SHAC	AQUA
SWAT	COOG	SCAT	HCAP	HCAP	SPA	SHAC	AQUA

**Session 2: Saturday PM**

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SHAC	SHAC	HCAP	HCAP	AQUA	AQUA	SPA	SCAT
SHAC	COOG	HCAP	HCAP	AQUA	AQUA	SPA	SCAT

**Session 4: Sunday AM**

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SPA	SWAT	SHAC	HCAP	HCAP	COOG	COOG	AQUA
SPA	SWAT	SHAC	HCAP	HCAP	COOG	SCAT	AQUA

**Session 5: Sunday PM**

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SHAC	COOG	HCAP	HCAP	AQUA	AQUA	AQUA	SCAT
SHAC	COOG	HCAP	HCAP	AQUA	AQUA	SPA	SCAT

**Thank you and have a great meet!**  
**SHARKS SWIM CLUB**