

Warm Up Assignments for TWST January P/F Meet

Friday PM - OPEN

Diving Well is for 10&Unders

Saturday AM - 1st Session 7:30-8:10	1	2	3	4	5	6	7	8
West Pool	TWST	TWST	TWST	TWST	TWST	TWST	TWST	TWST
East Pool	TWST	TWST	TWST	TWST	TWST	TWST/AQUA/NTRO	RICE	RICE
Warm Down	SST	CATS	CATS	300/PLAT				
Saturday AM - 2nd Session 8:10-8:50	1	2	3	4	5	6	7	8
West Pool	KATY	KATY	KATY	KATY	KATY	KATY	SWAT	SWAT
East Pool	CFSC	CFSC	CFSC	PEAK	PEAK	PEAK	SHRK	SHRK
Warm Down	ESA	ESA	ESA	ECS				

Saturday Finals - OPEN

Sunday AM - 1st Session 7:30-8:10	1	2	3	4	5	6	7	8
West Pool	TWST	TWST	TWST	TWST	TWST	TWST	TWST	TWST
East Pool	KATY	KATY	KATY	KATY	KATY	KATY	ECS	ECS
Warm Down	TWST	TWST	TWST/BATS	TWST/AQUA/NTRO				
Sunday AM - 2nd Session 8:10-8:50	1	2	3	4	5	6	7	8
West Pool	CATS	CFSC	CFSC	CFSC	CFSC	ESA	ESA	ESA
East Pool	PEAK	PEAK	PEAK	RICE	RICE	SHRK	SHRK	SHRK
Warm Down	SWAT	SWAT	SST	300/LIFE				

Sunday Finals - OPEN

TIMING ASSIGNMENTS

Saturday AM	1	2	3	4	5	6	7	8
West Pool	CFSC	PEAK	KATY	KATY	CATS	ECS	RICE	SWAT
	CFSC	PEAK	KATY	KATY	CATS	ECS	RICE	SWAT
East Pool	CFSC	PEAK	KATY	KATY	ESA	ESA	SHRK	SST
	CFSC	PEAK	KATY	KATY	ESA	SHRK	SHRK	SST

Sunday AM	1	2	3	4	5	6	7	8
West Pool	CFSC	CFSC	KATY	PEAK	ESA	ESA	RICE	RICE
	CFSC	KATY	KATY	PEAK	ESA	ESA	RICE	CATS
East Pool	CFSC	KATY	KATY	PEAK	SHRK	SHRK	ECS	SWAT
	CFSC	KATY	KATY	PEAK	SHRK	SST	ECS	SWAT

*Must Provide Timers and Counter for the 1650, and 500 Freestyle