

Saturday, January 19th, 2019 - Afternoon (PM) Session
Afternoon Session Warmups start immediately after Morning session
Afternoon Session Starts at 2pm

First Warmup			ETA Time: 12:50pm to 1:10pm				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FCST	FCST	FCST	ESCA	ESCA	ESCA	TASC	USA

Second Warmup			ETA Time: 1:10pm to 1:30pm				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	AQUA	AQUA

Third Warmup			ETA Time: 1:30pm to 1:50pm				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN

Saturday, January 19th, 2019 - Evening (FINALS) Session
FINALS Warmups start immediately after Afternoon (PM) session
FINALS Session Starts at 5:30pm

First Warmup			Time: 4:30pm to 4:50pm				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	SSAN	CFSC	CFSC	CFSC	AQUA	AQUA

Second Warmup			Time: 4:50pm to 5:10pm				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
USA	TASC	FCST	FCST	FCST	ECSA	ECSA	ECSA

Sunday, January 20th, 2019 - Evening (FINALS) Session
FINALS Warmups start immediately after Afternoon (PM) session
FINALS Session Starts at 5:30pm

First Warmup			Time: 4:30pm to 4:50pm				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	SSAN	CFSC	CFSC	CFSC	AQUA	AQUA

Second Warmup			Time: 4:50pm to 5:10pm				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
USA	TASC	FCST	FCST	FCST	ECSA	ECSA	ECSA

Timing Assignments

Friday, January 18th, 2019 - Evening Session

Timer Chairs							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Swimmers must provide their own Timers & Lap counter for ALL Friday's events							

Saturday, January 19th, 2019 - Morning (AM) Session

Timer Chairs							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	FCST	FCST	CFSC	CFSC	ESCA	AQUA
SSAN	SSAN	SSAN	FCST	CFSC	ESCA	AQUA	TASC

Saturday, January 19th, 2019 - Afternoon (PM) Session

Timer Chairs							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	FCST	FCST	CFSC	CFSC	ESCA	AQUA
SSAN	SSAN	SSAN	FCST	CFSC	ESCA	AQUA	TASC

Saturday, January 19th, 2019 - Evening (FINALS) Session

Timer Chairs							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FCST	FCST	SSAN	CFSC	CFSC	ESCA	AQUA	TASC
FCST	FCST	SSAN	CFSC	CFSC	ESCA	AQUA	USA

Sunday, January 20th, 2019 - Morning (AM) Session

Timer Chairs							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	FCST	FCST	CFSC	CFSC	ESCA	AQUA
SSAN	SSAN	SSAN	FCST	CFSC	ESCA	AQUA	TASC

Sunday, January 20th, 2019 - Afternoon (PM) Session

Timer Chairs							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	FCST	FCST	CFSC	CFSC	ESCA	AQUA
SSAN	SSAN	SSAN	FCST	CFSC	ESCA	AQUA	USA

Sunday, January 20th, 2019 - Evening (FINALS) Session

Timer Chairs							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FCST	FCST	SSAN	CFSC	CFSC	ESCA	AQUA	TASC
FCST	FCST	SSAN	CFSC	CFSC	ESCA	AQUA	USA