

## 2024 HACY Summer Solstice Saturday-Sunday June 1<sup>st</sup>-2<sup>nd</sup>

### Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
	<i>Saturday Doors Open:</i>		<b>7:15am</b>	
<b>1</b>	Saturday 13 & Over	7:30am	<b>8:00am</b>	8:35am
<b>2</b>	Saturday 400 IM	**	<b>12:10pm</b>	**12:45pm
<b>3</b>	Saturday 12 & Under	1:20pm	<b>1:40pm</b>	2:15pm
	<i>Sunday Doors Open:</i>		<b>7:15am</b>	
<b>4</b>	Sunday 13 & Over	7:30am	<b>8:00am</b>	8:35am
<b>5</b>	Sunday 400 Freestyle	**	<b>11:55am</b>	**12:30pm
<b>6</b>	Sunday 12 & Under	1:30pm	<b>1:50pm</b>	2:25pm



**\*\*Warm-up will start at the conclusion of the 13 & Over Session  
Session will not start before the time indicated**

### Warm-up Schedule

#### Session 1 – Saturday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
<b>7:30am</b>	HACY	HACY	OCY	OCY	CBGC	APEX	PPST	CJAC/TAC
<b>8:00am</b>	BB	BB	RY	RY	OV	HCY/WFY	WY/RAYS	MDY/RVYM

#### Session 2 – Saturday 400 IM

	L1	L2	L3	L4	L5	L6	L7	L8
Open Warm-Up After 13 & Over session								



## 2024 HACY Summer Solstice Saturday-Sunday June 1<sup>st</sup>-2<sup>nd</sup>

### Warm-up Schedule

#### Session 3 – Saturday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
<b>1:20pm</b>	HACY	WFY	WFY	WFY/APEX	CJAC	CBGC	CBGC/MDY	OCY
<b>1:45pm</b>	RY	RY	BB	BB	WY	WY/RVYM	PPST	<i>Others</i>

#### Session 4 – Sunday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
<b>7:30am</b>	HACY	HACY	RY	RY	PPST	APEX	HCY	WY
<b>8:00am</b>	OCY	OCY	CBGC	OV	EEX	RVYM/WFY	CJAC/TAC	MDY/RAYS

#### Session 5 – Saturday 400 Freestyle

	L1	L2	L3	L4	L5	L6	L7	L8
Open Warm-Up After 13 & Over Session								

#### Session 6 – Sunday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
<b>1:30pm</b>	HACY/OV	WFY	WFY	WFY	WY	WY	OCY	HCY/APEX
<b>1:55pm</b>	RT	RY	RY	CBGC	PPST	CJAC	RVYM	MDY



# 2024 HACY Summer Solstice Saturday-Sunday June 1<sup>st</sup>-2<sup>nd</sup>

## Timing Assignments

### Session 1 – Saturday 13 & Over

L1	L2	L3	L4	L5	L6	L7	L8
BB	RY	OCY	CBGC	HCY	APEX	PPST	OV
CJAC	WY	MDY	RVYM	HACY	HACY	HACY	HACY
<i>Alternates: HACY, BB, RY</i>							

### Session 2 – Saturday 400 IM

L1	L2	L3	L4	L5	L6	L7	L8
<i>Swimmers provide their own timers</i>							

### Session 3 – Saturday 12 & Under

L1	L2	L3	L4	L5	L6	L7	L8
WFY	RY	BB	WY	CBGC	PPST	CJAC	OCY
WFY	RY	MDY	RVYM	HACY	HACY	HACY	HACY
<i>Alternates: HACY, BB, WY</i>							

### Session 4 – Sunday 13 & Over

L1	L2	L3	L4	L5	L6	L7	L8
RY	OCY	CBGC	PPST	APEX	HCY	WY	OV
RY	OCY	CBGC	EEX	RVYM	CJAC	HACY	HACY
<i>Alternates: HACY, MDY, RAYS</i>							

### Session 5 – Sunday 400 Freestyle

L1	L2	L3	L4	L5	L6	L7	L8
<i>Swimmers provide their own timers</i>							

### Session 6 – Sunday 12 & Under

L1	L2	L3	L4	L5	L6	L7	L8
WFY	RY	WY	CBGC	PPST	OCY	CJAC	MDY
WFY	RY	WY	RVYM	HACY	HACY	HACY	HACY
<i>Alternates: HACY, CBGC, PPST</i>							

