



2019 HAC SPRING SPRINTS AT NJIT

ONE SESSION ALL AGES

Saturday, May 18, 2019

MEET SCHEDULE

	<u>AGE GROUP</u>	<u>WARM-UP</u>	<u>CHECK-IN</u>	<u>START</u>
SATURDAY AM	ALL AGES	10:05AM	10:25AM	11:00AM

WARM-UP SCHEDULE

	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>LANE 7</u>	<u>LANE 8</u>
SATURDAY AM 10:05-10:55AM	MDY	MDY	MDY	CCC	CCC	BGH	SSCT	STAR & UN-D
	THE TEAM HAS THE LANE FOR THE ENTIRE WARM-UP							

TIMING ASSIGNMENTS

	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>LANE 7</u>
SATURDAY	MDY	MDY	MDY & STAR	CCC & SSCT	CCC	CCC & UN-NJ