

## 2024 MAY Heat Wave Saturday-Sunday July 6<sup>th</sup>-7<sup>th</sup>

### Meet Schedule

| Session         | Age Group           | Warm-Up                  | Check-In       | Start         |
|-----------------|---------------------|--------------------------|----------------|---------------|
| <b>Saturday</b> |                     | <b><i>Doors Open</i></b> |                | <b>7:20am</b> |
| 1               | Saturday 12 & Under | 7:35am                   | <b>7:55am</b>  | 8:30am        |
| 2               | Saturday Distance   | 12:30pm                  | <b>12:30pm</b> | 1:00pm        |
| 3               | Saturday 13 & Over  | 2:15pm                   | <b>2:45pm</b>  | 3:20pm        |
| <b>Sunday</b>   |                     | <b><i>Doors Open</i></b> |                | <b>7:05m</b>  |
| 4               | Sunday 12 & Under   | 7:20am                   | <b>7:40am</b>  | 8:15am        |
| 5               | Sunday Distance     | 12:00pm                  | <b>12:00pm</b> | 12:30pm       |
| 6               | Sunday 13 & Over    | 2:15pm                   | <b>2:45pm</b>  | 3:20pm        |

### Warm-up Schedule

#### Session 1 Saturday 12 & Under

|        | L1  | L2   | L3   | L4   | L5  | L6   | L7   | L8            |
|--------|-----|------|------|------|-----|------|------|---------------|
| 7:35am | MAY | GSCY | GSCY | GSCY | WFY | WFY  | WFY  | WY            |
| 8:00am | LHY | LHY  | RY   | RY   | WMY | FSPY | BWTD | <i>Others</i> |

#### Session 2 Saturday Distance

|         | L1                  | L2 | L3 | L4 | L5 | L6 | L7 | L8 |
|---------|---------------------|----|----|----|----|----|----|----|
| 12:30pm | <i>Open Warm-Up</i> |    |    |    |    |    |    |    |

#### Session 3 Saturday 13 & Over

|        | L1  | L2  | L3   | L4  | L5   | L6   | L7        | L8            |
|--------|-----|-----|------|-----|------|------|-----------|---------------|
| 2:15pm | MAY | LHY | LHY  | LHY | GSCY | GSCY | WMY       | WMY           |
| 2:45pm | WFY | WFY | BWTD | WY  | RY   | OCY  | FSPY, HCY | <i>Others</i> |



## 2024 MAY Heat Wave Saturday-Sunday July 6<sup>th</sup>-7<sup>th</sup>

### Warm-up Schedule

#### Session 4 Sunday 12 & Under

|        | L1       | L2   | L3   | L4   | L5   | L6  | L7   | L8            |
|--------|----------|------|------|------|------|-----|------|---------------|
| 7:20am | MAY, OCY | GSCY | GSCY | GSCY | WFY  | WFY | LHY  | LHY           |
| 7:45am | RY       | RY   | WMY  | WY   | FSPY | SAY | BWTD | <i>Others</i> |

#### Session 5 Sunday Distance

|         | L1                  | L2 | L3 | L4 | L5 | L6 | L7 | L8 |
|---------|---------------------|----|----|----|----|----|----|----|
| 12:00pm | <i>Open Warm-Up</i> |    |    |    |    |    |    |    |

#### Session 6 Sunday 13 & Over

|        | L1  | L2  | L3   | L4  | L5   | L6       | L7  | L8                   |
|--------|-----|-----|------|-----|------|----------|-----|----------------------|
| 2:15pm | MAY | LHY | LHY  | LHY | GSCY | GSCY     | WMY | WMY                  |
| 2:45pm | RY  | OCY | BWTD | WFY | SAY  | FSPY/NJB | WY  | HCY<br><i>Others</i> |



## 2024 MAY July Heat Wave Saturday-Sunday July 6th-7th

### Timing Assignments

#### Session 1 – Saturday 12 & Under

| L1                          | L2  | L3  | L4 | L5  | L6  | L7  | L8   |
|-----------------------------|-----|-----|----|-----|-----|-----|------|
| GSCY                        | WFY | LHY | RY | WMY | WY  | MAY | FSPY |
| GSCY                        | WFY | LHY | RY | WMY | OCY | MAY | BWTD |
| <i>Backup: BGH, WY, MAY</i> |     |     |    |     |     |     |      |

#### Session 2 – Saturday Distance

| L1  | L2 | L3 | L4 | L5 | L6 | L7 | L8 |
|---|----|----|----|----|----|----|----|
| <i>Swimmers provide own timer and counter</i> |    |    |    |    |    |    |    |

#### Session 3 – Saturday 13 & Over

| L1                          | L2  | L3   | L4  | L5  | L6   | L7   | L8  |
|-----------------------------|-----|------|-----|-----|------|------|-----|
| MAY                         | LHY | GSCY | WMY | WFY | BWTD | WY   | RY  |
| MAY                         | LHY | GSCY | NJB | WFY | HCY  | FSPY | OCY |
| <i>Backup: BWTD, RY, WY</i> |     |      |     |     |      |      |     |

**Teams can provide up to two marshals for their 12 & under swimmers.**



## 2024 MAY July Heat Wave Saturday-Sunday July 6th-7th

### Timing Assignments

#### Session 4 – Sunday 12 & Under

| L1                           | L2   | L3  | L4  | L5 | L6  | L7   | L8   |
|------------------------------|------|-----|-----|----|-----|------|------|
| MAY                          | GSCY | WFY | LHY | RY | WMY | WY   | FSPY |
| MAY                          | GSCY | WFY | LHY | RY | OCY | BWTD | SAY  |
| <i>Backup: WMY, WY, FSPY</i> |      |     |     |    |     |      |      |

#### Session 5 – Sunday Distance

| L1  | L2 | L3 | L4 | L5 | L6 | L7 | L8 |
|---|----|----|----|----|----|----|----|
| <i>Swimmers provide own timer and counter</i> |    |    |    |    |    |    |    |

#### Session 6 – Sunday 13 & Over

| L1                          | L2  | L3   | L4  | L5  | L6   | L7   | L8  |
|-----------------------------|-----|------|-----|-----|------|------|-----|
| MAY                         | LHY | GSCY | WMY | WY  | WFY  | BWTD | OCY |
| MAY                         | LHY | GSCY | WMY | HCY | FSPY | SAY  | RY  |
| <i>Backup: WY, WFY, OCY</i> |     |      |     |     |      |      |     |

**Teams can provide up to two marshals for their 12 & under swimmers.**

