

HEAT MADNESS

SATURDAY, JUNE 3, 2017

Fly Over Starts for all sessions

	<u>Warm-up</u>	<u>Check-in</u>	<u>Start</u>
Session 1--400 FREESTYLES	7:15AM	7:25AM	7:50AM
Session 2--13/OVERS	9:15AM	9:45AM	10:20AM
Session 3--12/UNDERS	2:55AM	3:15PM	3:50PM
Session 4--TIME TRIALS	NO EARLIER THAN 7:00PM		

Warm-up Assignments

13/OVER 400 FREES	
7:15AM	
LANE 1	SCAR-W
LANE 2	SCAR-W
LANE 3	SCAR-R
LANE 4	SCAR-R
LANE 5	SCAR-B
LANE 6	XCEL
LANE 7	TAC
LANE 8	ALL OTHER SWIMMERS

13/OVERS	
9:15AM	9:45AM
SCAR-W	XCEL
SCAR-W	XCEL
SCAR-R	CAT
SCAR-R	CAT
SCAR-R	BB
SCAR-R	STAC
SCAR-B	EAG
SCAR-B	ALL OTHERS

12/UNDERS	
2:55PM	3:20PM
SCAR-W	CAT
SCAR-W	CAT
SCAR-R	XCEL
SCAR-R	XCEL
SCAR-R	STAC
SCAR-R	STAC
SCAR-B	BB
SCAR-B	BMA/TAC

*Fast to slow,
alternating genders*

TIMING ASSIGNMENTS

	<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>
SESSION 1--13/OVER 400 FREESTYLE	SWIMMERS WILL PROVIDE THEIR OWN TIMERS							
SESSION 2--13/OVERS	SCAR-W	XCEL	CAT	SCAR-B	BB	STAC	EAG	SCAR-W
SESSION 3--12/UNDERS	SCAR-W	CAT	XCEL	STAC	SCAR-B	BB	CAT	XCEL
			ALTS: SCAR-W, STAC, BB					

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