

# STAC

## 2024 STAC Silver/Bronze Champs Region D

Saturday-Sunday February 24th-25th

### Meet Schedule

Day	Session	Age Group	Warm-Up	Check-In	Start	
<b>Saturday</b>	<b>1</b>	10 & Under	9:30am	<b>9:50am</b>	10:25am	<b>Two Warm-Ups</b>
<b>Saturday</b>	<b>2</b>	10 & Under 500 Freestyle	***	<b>12:15pm</b>	Not before 12:45am	<b>10-Minute Warm-Up</b>
<b>Saturday</b>	<b>3</b>	11-12	1:10pm	<b>1:30pm</b>	2:05pm	<b>Two Warm-Ups</b>
<b>Sunday</b>	<b>4</b>	10 & Under/ Mini-Meet	9:30am	<b>10:10am</b>	10:45am	<b>Three Warm-Ups</b>
<b>Sunday</b>	<b>5</b>	11-12	2:30pm	<b>2:50pm</b>	3:25pm	<b>Two Warm-Ups</b>

\*\*\* 10-minute warm-up at the end of Session 1



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### Warm-up Schedule

#### Saturday 10 & Under

	L1	L2	L3	L4	L5	L6
<b>9:30am</b>	STAC	STAC	STAC	BWTD	BWTD	BWTD/SCY
<b>9:55am</b>	GMNY	GMNY	GMNY	GMNY/MDY	BAC	STAR/WAVE

#### Saturday 11-12

	L1	L2	L3	L4	L5	L6
<b>1:10pm</b>	STAC	STAC	STAC	GMNY	GMNY	GMNY
<b>1:35pm</b>	BWTD	BWTD	SCY	STAR	BAC/WAVE/MDY	

#### Sunday 10 & Under/Mini-Meet

	L1	L2	L3	L4	L5	L6
<b>9:30am**</b>	BAC	BWTD	STAR	SCY/WAVE	STAC	STAC
<b>9:50am</b>	STAC	STAC	STAC/BAC	GMNY	GMNY	GMNY
<b>10:15am</b>	SCY/MDY	WAVE/STAR	BWTD	BWTD	BWTD	BWTD

\*\*First warm-up is for 8 & Under Swimmers only

#### Sunday 11-12

	L1	L2	L3	L4	L5	L6
<b>2:30pm</b>	GMNY	GMNY	GMNY/MDY	STAC	STAC	STAC
<b>2:55pm</b>	BWTD	BWTD	BWTD	STAR	BAC/SCY/WAVE	



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### Timing Assignments

*One Timer from the Host Team and one Timer From...*

#### Saturday 10 & Under

L1	L2	L3	L4	L5	L6	Alt
GMNY/GMNY	STAC/STAC	BWTD/BWTD	BAC/BAC	STAC/STAR	SCY/WAVE	STAC/GMNY

#### Saturday 10 & Under 500 Freestyle

L1	L2	L3	L4	L5	L6	Alt
Swimmers provide their own timer & person to count						

#### Saturday 11-12

L1	L2	L3	L4	L5	L6	Alt
STAC/STAC	GMNY/GMN	BWTD/BWTD	SCY/SCY	STAR/STAR	BAC/WAVE	STAC/MDY

#### Sunday 10 & Under/Mini-meet

L1	L2	L3	L4	L5	L6	Alt
STAC/STAC	GMNY/GMN	BWTD/BWTD	BAC/BAC	STAR/STAR	SCY/MDY	STAC/WAVE

#### Sunday 11-12

L1	L2	L3	L4	L5	L6	Alt
GMNY/GMNY	STAC/STAC	BWTD/BWTD	STAR/STAR	BAC/MDY	WAVE/SCY	STAC

