



GPAC 2009 LC DERBY

SESSION 1: FRIDAY PM

WARMUP: 4:00PM; CHECKIN BY 4:30PM; START: 5:00PM

POOL OPEN TO ALL SWIMMERS

SESSION 2: SATURDAY AM/ 13/OLDERS

WARMUP: 6:30 & 7:10AM; CHECKIN BY 7:30; START AT 8:00AM

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARMUP 1	GPAC	GPAC	GPAC	OCCC	LMOR/PEMM	SEA/WAVE	ACAC/CHEL	UDAC/BCC
WARMUP 2	JW	JW	DST	STRM	PPST	SPIRIT	ALL OTHERS	

SESSION 3: SATURDAY 400 FREES 13/OLDER

WARMUP: 11:40AM (TENTATIVE); CHECKIN BY 11:30; START NO EARLIER THAN NOON

POOL OPEN TO ALL SWIMMERS

SESSION 4: SATURDAY PM 12/UNDERS

WARMUP: NO EARLIER THAN 1:00PM; CHECKIN BY 1:30; START NO EARLIER THAN 2:00PM

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARMUP 1	GPAC	GPAC	GPAC	SPIR	STRM	WAVE/CBST	WAP/CHEL	ALL OTHERS
WARMUP 2	OCCC	TD	ACAC	SSC	SEA/PENN	GAAC/BCC	LMOR/PPST	SJAC/UDAC

SESSION 5: SUNDAY AM 13/OLDERS

WARMUP: 6:30 & 7:10AM; CHECKIN BY 7:30; START AT 8:00AM

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARMUP 1	GPAC	GPAC	JW	JW	SSC	UDAC/OTHERS	CHEL/BCC	GAAC/PENN
WARMUP 2	DST	PPST	STRM	OCCC	SPIR	SEA/WAP	ACAC/WAVE	LMOR

SESSION 6: SUNDAY 1500 FREES 13/OLDER/ LIMITED TO TOP 3 HEATS/PER GENDER

WARMUP: 11:40AM (TENTATIVE); CHECKIN BY 11:30; START NO EARLIER THAN NOON

POOL OPEN TO ALL SWIMMERS

SESSION 7: SUNDAY PM 12/UNDERS

WARMUP: NO EARLIER THAN 2:00PM; CHECKIN BY 2:30; START NO EARLIER THAN 3:00PM

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARMUP 1	GPAC	GPAC	GPAC	SPIR	TD	SSC	ACAC	STRM
WARMUP 2	OCCC	SEA/DST	WAP/CBST	BCC/WAVE	GAAC/UDAC	LMOR/SJAC	PPST/CHEL	PENN/OTHERS

GPAC WILL PROVIDE TIMERS FOR ALL AGE GROUP SESSIONS

SWIMMERS NEED TO PROVIDE THEIR OWN TIMERS AND LAP COUNTERS FRIDAY PM, 400 FREESTYLES ON SATURDAY AND 1500 FREESTYLES ON SUNDAY

PREPARED BY BE SMARTT, INC.
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