

2026 EEX RU Scared Yet Saturday-Sunday October 17 & 18

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
Saturday	<i>Doors Open:</i>		1:00pm	
1	All Events	1:15pm	1:35pm	2:10pm
Sunday	<i>Doors Open:</i>		1:00pm	
2	All Ages	1:15pm	1:35pm	2:10pm
3	Distance	**	4:00pm	**



**** Open warm-up in dive pool during Session #2. Session will not start before 5:00pm**

Warm-up Schedule

Session 1 – Saturday All Ages

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
1:15pm	CAT	CAT	CAT	CAT	CAT	STAC	STAC	EEX/UN
1:40pm	RAC	RAC	RAC	RAC	CBGC	CBGC	CBGC	WWAT

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
1:15pm	LT	LT	LT	LT	LT	LT	LT	LT
1:40pm	LT	LT	LT	LT	LT	LT	LT	LT

Session 2 – Sunday All Ages

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
1:15pm	CBGC	CBGC	CBGC	CBGC	STAC	STAC	STAC	EEX/UN
1:40pm	LT	LT	LT	LT	LT	LT	LT	LT

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
1:15pm	CAT	CAT	CAT	CAT	CAT	CAT	LT	LT
1:40pm	LT	LT	LT	LT	LT	LT	LT	LT



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Timing Assignments

Saturday Main Session

L1	L2	L3	L4	L5	L6	L7	L8
LT	CAT	CAT	LT	RAC	CBGC	STAC	LT
LT	RAC	CAT	LT	RAC	CBGC	STAC	WWAT
<i>Alternates: CAT, RAC</i>							

Sunday Main Session

L1	L2	L3	L4	L5	L6	L7	L8
EEX	LT	CBGC	LT	CAT	LT	STAC	CAT
STAC	LT	CBGC	LT	CAT	LT	STAC	CBGC
<i>Alternates: LIFE, CAT</i>							

Sunday Distance

L1	L2	L3	L4	L5	L6	L7	L8
<i>Swimmers provide their own timer and person to count</i>							

