

2025 Scarlet Summer Luau July 5th & 6th

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
Saturday	Doors Open		7:30am	
1	Saturday 400 IM/1500 Free	7:45am	7:45am	8:20am
2	Saturday 13 & Over	9:55am	10:25am	11:00am
3	Saturday 12 & Under	2:20pm	2:40pm	3:15pm
Sunday	Doors Open		7:00am	
4	Sunday 13 & Over 400 Free	7:15am	7:15am	7:50am
5	Sunday 13 & Over	8:30am	9:00am	9:35am
6	Sunday 12 & Under	1:10pm	1:30pm	2:05pm



Swimmers provide their own timer for the 400 IM, & 400, 1500 Freestyle

Warm-up Schedule

Saturday 13 & Over Distance

	L1	L2	L3	L4	L5	L6	L7	L8
7:45am	<i>Open Warm-Up – Swimmer provides their own timer, counter</i>							

Saturday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
9:55am	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR
10:25am	WY	WY	XCEL	XCEL	DST	MYM	CBGC/HQH/ UN	SCAR



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Warm-up Schedule

Saturday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
2:20pm	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	DST
2:45pm	SCAR	SCAR	SCAR	XCEL	XCEL	MYM	WY	CBGC/HQH

Sunday 13 & Over 400 Freestyle

	L1	L2	L3	L4	L5	L6	L7	L8
7:15am	<i>Open Warm-Up – Swimmer provides their own timer.</i>							

Sunday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
8:30am	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR
9:00am	WY	WY	XCEL	XCEL	DST	MYM	CBGC/HQH/ UN	SCAR

Sunday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
1:10pm	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	DST
1:35pm	SCAR	SCAR	SCAR	XCEL	XCEL	WY	MYM	CBGC/HQH

