

TEAM WARM-UP ASSIGNMENTS FOR PRELIMS

FRIDAY AM PRELIMS						SATURDAY AM						
Check-in 10:00AM; Start 10:40AM						Check-in 7:55AM; Start 8:35AM						
3 WARMUPS						3 WARMUPS						
9:20AM		9:45AM		10:10AM		7:15AM		7:40AM		8:05AM		
	MAIN	DIVE	MAIN	DIVE	MAIN	DIVE	MAIN	DIVE	MAIN	DIVE	MAIN	DIVE
D-A	XXX	FA	XXX	NJB/SRAY	XXX	MB	XXX	BB/CCC	XXX	SWST	XXX	CBGC
D-B	XXX	CCC	XXX	EAG	XXX	MAY	XXX	EAG	XXX	GMV/JG	XXX	NJB
D-C	XXX	NJBL	XXX	CJAC	XXX	MDY	XXX	NJRC	XXX	MB/PWAC	XXX	MAY
L1	GMNY	SCAR-B	LHY	CJAC	WFY	MYM	SVY	CAT	GMNY	PDR	LHY	PTAC
L2	GMNY	SCAR-B/EAG	LHY	JFAC	WFY	NJRC	SVY	CAT	GMNY	RVYM/NJBL	LHY	CJAC
L3	GMNY	SCAR-W/NJB	LHY	STAC	WFY	RANY	SVY	TS	GMNY	MCY	LHY	JFAC
L4	GMNY	SCAR-W	LHY	PTAC	EEX/SRAY	RVYM	SCAR-W	TS	GMNY	MYM	LHY/FA	JFAC
L5	GMNY	SCAR-W	SHY	HACY	EEX	TS/PDR	SCAR-W	XCEL	GMNY	STAC	EEX	SHY
L6	GMNY	SVY	SHY	SCAR-E	SAY	TS	SCAR-W	XCEL	GMNY	RANY	EEX/HACY	SHY
L7	XCEL	SVY	MCSC	SCAR-R/WW	SAY/CAT	ALL	SCAR-R	WFY	SCAR-B	MCSC	WW/SRAY	SAY
L8	XCEL/WW	SVY	MCSC/BB	SCAR-R	CAT	OTHERS	SCAR-R	WFY	SCAR-B	MCSC	SCAR-E	SAY

*Friday AM 500 swimmers need their own timers and lap counters

Twenty-five minute warmup sessions; five minute of sprints are included in each session

FRIDAY 500 FREESTYLE PRELIMS OPEN WARM-UP
7:15-7:55AM

THE COMPETITION POOLS WILL BE OPEN FOR WARM-UP FOR THE 1000s AND 1650s AFTER PRELIMS

13 & Over Swimmers provide a timer and a lap counter for the 500s, 1000s, & 1650s. 1000s will not start before noon 1650s will not start before 11:45AM

THE COMPETITION POOLS WILL BE OPEN FOR WARM-UP FOR PM FINALS

SUNDAY AM						
Check-in 7:55AM; Start 8:35AM						
3 WARMUPS						
	7:15AM		7:40AM		8:05AM	
	MAIN	DIVE	MAIN	DIVE	MAIN	DIVE
D-A	XXX	WW	XXX	PWAC/SWST	XXX	TWST/CBGC
D-B	XXX	GMV/NJBL	XXX	WAVY	XXX	WFY
D-C	XXX	NJBL	XXX	NJB/SRAY	XXX	WFY
L1	RANY	BB/MAY	SVY	RVYM/WW	GMV	WFY
L2	PTAC	SCAR-E	SVY	NJRC/PDR	GMV	EEX
L3	CAT	SCAR-B	SVY	MDY/EAG	GMV	EEX/LHY
L4	CAT	SCAR-B	XCEL	HACY/CCC	GMV	LHY
L5	SHY	SCAR-R/FA	XCEL	STAC	GMV	LHY
L6	SHY	SCAR-R	JFAC	MYM	GMV	LHY
L7	SAY	SCAR-W	JFAC/TS	MCSC	MCSC	LHY
L8	SAY	SCAR-W	TS	CJAC	MCSC	LHY

UPDATED 12/11/2019



TEAM WARM-UP ASSIGNMENTS FOR TIMED FINALS FOR 12/UNDERS

FRIDAY 12/UNDERS CHECK-IN BY 1:40PM START AT 2:15PM			
1:20PM		1:45PM	
MAIN	DIVE	MAIN	DIVE
D-A	XXX	XXX	CCC/FA
D-B	XXX	XXX	NJB/GMY
D-C	XXX	XXX	SRAY/MB
L1	LHY	SCAR-W	SAY
L2	LHY	SCAR-W	SHY
L3	LHY	CAT	TS
L4	LHY	CAT/WW	RVYM/WEY
L5	GMNY	NJRC	SCAR-E & R
L6	GMNY	NJRC	STAC/TWST
L7	GMNY	NJRC/EAG	WAVE/RA
L8	GMNY	PTAC	NJBL/CJAC
		EEX/PDR	MAY/MDY
		RANY	

SAT. 12/UNDERS CHECK-IN BY 1:40PM START AT 2:15PM			
1:20PM		1:45PM	
MAIN	DIVE	MAIN	DIVE
XXX	JFAC/FA	XXX	NJBL/TWST
XXX	SWST/CCC	XXX	MAY/NJB
XXX	MDY/DESC	XXX	EAG
MCSC	CBGC	SCAR-W	SAY
PTAC	CBGC	SCAR-W & R	SAY.MYM
PTAC	XCEL	GMNY	RANY/GMY
NJRC	XCEL/RA	GMNY	SHY
NJRC	LHY	STAC	RVYM/BB
WFY	LHY	TS/SRAY	SCAR-E/PDR
WFY	LHY	EEX/WW	CAT
WFY/CJAC	LHY	WAVE	CAT/MB

SUN. 12/UNDERS CHECK-IN BY 1:40PM START BY 2:15PM			
1:20PM		1:45PM	
MAIN	DIVE	MAIN	DIVE
D-A	XXX	GMNY	XXX
D-B	XXX	GMNY	XXX
D-C	XXX	GMNY/GMY	XXX
L1	WFY	LHY	STAC
L2	WFY	LHY	CBGC/TWST
L3	WFY/JFAC	LHY	CBGC
L4	CAT	LHY/PDR	SHY
L5	CAT	SCAR-W & R	MCSC
L6	PTAC	SCAR-W	SCAR-E/WEY
L7	PTAC	NJRC	TS
L8	MB/SWST	NJRC	WAVE
		EEX/FA	NJBL/BB
		RVYM/DESC	MAY/MDY
		EAG/CJAC	RA/WW/CCC
			NJB/SRAY/MYM

UPDATED 12/11/2019

