

Warm-ups for SC Age Group Champs 2015

Thursday Evening: General Warm-ups, 4:00 – 5:00 PM, competition starts 5:15 PM

12 & Y 500 free and 13-14 1000 free

Note: For prelims, teams have 11& Older and 10 & Younger warm-up times.

Friday Prelims

Warm-ups: 7:00 – 8:20, competition starts 8:30 AM

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
11 & Older Swimmers, 7:00-7:25 AM								
POOL 1	PSDN	PSDN	PSDN	PSDN	WAC	WAC	BAC	BAC
POOL 2	TIDE	TIDE	GATR	GATR	GATR	CGBD	CGBD	CCA
Instructional	SEVA	SEVA	QDD	SMAC	EF	(empty)		
11 & Older Swimmers, 7:25-7:50 AM								
POOL 1	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
POOL 2	PWSC, RAYS	RAYS	RAYS	TAC	HOKI	VYAC, RAPP	QSTS	WST, QSTS
Instructional	RACE,BRAC, OBX	BASS, TSU	STAT	RPST	ODAC	ODAC, DC		
10 & Younger Swimmers, 7:50-8:10 AM								
POOL 1	CCA,LASO	RAYS	GATR	GATR	CGBD	HOKI	SCAT, PWSC	WAC, SEVA
POOL 2	NOVA	NOVA	NOVA	NOVA	TIDE	ODAC, BAC	QSTS	RACE, EF,SCAT,VSTP
Instructional	PSDN	PSDN	VYAC, STAT	TSU, QDD	BASS, TAC	RPST, WST		

8:10-8:20 AM: In Pools 1 & 2 lanes 1, 2, 7, and 8 will be available to practice starts and 3, 4, 5, and 6 will be open for general warm-ups. The instructional pool will remain open during this time for the general warm-up.

Friday Finals: General 4:30 PM, specific not before 5:00 PM, competition starts 5:30 PM

Saturday Prelims

Warm-ups: 7:00-8:20 AM, competition starts 8:30 AM

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
11 & Older Swimmers, 7:00-7:30 AM								
POOL 1	CGBD	CGBD	CGBD, TIDE	TIDE	TIDE	WAC	WAC	STAT
POOL 2	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
Instructional	PSDN	PSDN	PSDN	PSDN	PSDN	RACE, PWSC		
11 & Older Swimmers, 7:30-8:00 AM								
POOL 1	SEVA	SEVA	GATR	GATR	GATR	RAYS	RAYS	CCA, FU
POOL 2	ODAC	ODAC	BAC	HOKI	HOKI, TSU	RPST	VYAC	RAPP, BASS
Instructional	TAC	TAC, QSTS	QSTS	QDD, DC	WST, SMAC	BRAC,OBX, EF		
10 & Younger Swimmers, 8:00-8:20 AM								
POOL 1	NOVA	NOVA	NOVA	NOVA	CGBD	BAC, TAC	QSTS	STAT,RPST,VYAC
POOL 2	TIDE	WAC	QDD	CCA	WST, LASO, STRM	EF, PWSC, SCAT	GATR	GATR, SEVA
Instructional	PSDN	ODAC	HOKI	RAPP, TSU, BASS	RACE, SMAC	VSTP, BRAC,RAYS		

8:10-8:20 AM: In Pools 1 & 2 lanes 1, 2, 7, and 8 will be available to practice starts and 3, 4, 5, and 6 will be open for general warm-ups. The instructional pool will remain open during this time for the general warm-up.

Saturday Finals: General 4:30 PM, specific not before 5:00 PM, competition starts 5:30 PM

Sunday Prelims

Warm-ups: 7:00-8:20 AM, competition starts 8:30 AM

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
11 & Older Swimmers, 7:00-7:25 AM								
POOL 1	GATR	GATR	GATR	SEVA	QDD	CCA	RAYS	RAYS
POOL 2	WAC	WAC	BAC	TAC	HOKI	VYAC	TSU, ODAC	ODAC
Instructional	PSDN	PSDN	PSDN	QSTS	TSU	(empty)		
11 & Older Swimmers, 7:25-7:50 AM								
POOL 1	TIDE	TIDE	CGBD	CGBD	RAPP, BASS	RPST, FU	PWSC, SCAT	VSTP, LASO
POOL 2	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
Instructional	BRAC, SMAC	WST, OBS	DC, FU	EF	STAT	(empty)		
10 & Younger Swimmers, 7:50-8:10 AM								
POOL 1	TIDE	TIDE	PSDN	PSDN	SEVA, BAC	ODAC, TAC	HOKI, RAYS	VSTP, LASO
POOL 2	WAC	GATR	GATR	CGBD	QDD, CCA	QSTS	RPST, STAT. TSU	RACE, BRAC,SMAC
Instructional	NOVA	NOVA	NOVA	NOVA	VYAC	WST,PWSC,		

8:10-8:20 AM: In Pools 1 & 2 lanes 1, 2, 7, and 8 will be available to practice starts and 3, 4, 5, and 6 will be open for general warm-ups. The instructional pool will remain open during this time for the general warm-up.

Sunday Finals: General 4:00 PM, specific not before 4:30 PM, competition starts 5:00 PM

Pool 1 is the pool closest to the instructional pool (west) – to the left as you enter; Pool 2 is to the right (east). The 6 lane 25 yard instructional pool will be available for additional warm-up/warm-down during the meet.