

Magnolia Aquatic Club



Summer Championships II, July 14-15, 2007
Sanction No. GULC 07-021

WARM UP ASSIGNMENTS

Saturday & Sunday, July 14-15, 2007

COMPETITION POOL

Early Warm Up: 7:05 – 7:35 A.M.

1	2	3	4	5	6	7	8
TWST	TTST	HSC	HSC	PACK	PACK	CFSC	CFSC

Middle Warm Up: 7:35 – 8:05 A.M.

1	2	3	4	5	6	7	8
BTA	AGS	DADS	DADS	KATY	KATY	BRAZ	BRAZ

Late Warm Up: 8:05-8:35 A.M.

1	2	3	4	5	6	7	8
SAC	SCAT	AQUA	SPA	FCST	FCST	HCAP	HCAP

WARM UP / COOL DOWN POOL

Early Warm Up: 7:05-7:35 A.M.

9	10	11	12	13
MAC	MAC	EAGLE	OPEN	OPEN

Middle Warm Up: 7:35-8:05 A.M.

9	10	11	12	13
ALL OTHERS	ALL OTHERS	ALL OTHER	ALL OTHERS	ALL OTHERS

Late Warm Up: 8:05-8:45 A.M.

9	10	11	12	13
OPEN	OPEN	OPEN	OPEN	OPEN

ALL TEAMS

Dive Starts & Race Pace: 8:35 – 8:45 A.M.

1	2	3	4	5	6	7	8
RACE PACE	DIVE 1-WAY	DIVE 1-WAY	DIVE 1-WAY	DIVE 1-WAY	DIVE 1-WAY	DIVE 1-WAY	RACE PACE

(THE 5 LANES AT THE SHALLOW END OF POOL WILL BE OPEN THROUGHOUT WARM UP)

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LANE TIMER ASSIGNMENTS

TEAMS ARE ENCOURAGED TO SIGN UP AT THE POOL WHEN THEY ARRIVE FOR A TIMING SESSION. TIMERS ARE ASKED TO TIME IN 1 HOUR BLOCKS. IT IS IMPORTANT WE KEEP TIMER'S IN PLACE THROUGHOUT THE MEET IN ORDER TO KEEP THE MEET RUNNING SMOOTHLY.

THAK YOU IN ADVANCE FOR HELPING OUT

1	2	3	4	5	6	7	8
HCAP	CFSC	DADS	BRAZ	HSC	FCST	TWST	AQUA/SCAT
HCAP	CFSC	DADS	KATY	PACK	BTA	AGS	SPA/TTST

Teams are responsible for providing timers, with two timers needed for each lane. In order for the meet to run smoothly, we ask that each team(s) keep 2 timers in their assigned lanes throughout the entire meet. Those teams not assigned a lane to time in, please help out where needed.

*****Those swimming in the 500 Free are required to provide their own timer and lap counter.**