

TWST A&UP Group B Meet

May 4 – 6, 2006

WARM UP SCHEDULE & LANE ASSIGNMENTS

NOTE: THE INDOOR POOL WILL BE AVAILABLE FOR WARM-UPS FOR 10 & UNDERS (OPEN SESSION). 10 & UNDERS PLEASE WARM-UP ON THE SAME SCHEDULE AS BELOW

Friday 5:00 PM

| | | | | | | | | |
|------------|------|------|------|------|------|------|------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| All Others | CFSC | CFSC | TWST | TWST | TWST | LOVE | PACK | PACK/COOG |

Saturday & Sunday 7:30 AM

| | | | | | | | | |
|------|------|------|------|------|------|------|------|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| TWST | TWST | TWST | TWST | TWST | TWST | LOVE | LOVE | MAC |

Saturday & Sunday 8:10 AM

| | | | | | | | | |
|------------|------|------|------|------|------|------|------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| All Others | CFSC | CFSC | CFSC | PACK | PACK | PACK | HCAP | TYES/COOG |

The indoor pool is available for warm ups and warm downs once the meet starts. No swimmers are allowed in the diving well.

TIMER LANE ASSIGNMENTS

Each team is responsible for providing timers as shown below. In order to keep the meet moving quickly and smoothly, we ask that each team(s) keep timers in their assigned lane(s) throughout the entire meet. Where there are more than 2 teams assigned to a lane please coordinate timers. Swimmers entered in the 800/1500 Freestyle must provide 2 timers and a lap counter. Thank you for your help!

TIMING ASSIGNMENTS

| | | | | | | | | |
|------|------|------|------|------|------|------|------|------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| COOG | PACK | PACK | TWST | TWST | TWST | CFSC | CFSC | MAC |
| HCAP | PACK | PACK | TWST | TWST | TWST | CFSC | CFSC | TYES |

Remaining teams not assigned are asked to fill in as needed: CGA, ESA, SAC, FAST, BMXX