

FRIDAY PM OPEN WARM-UP FORMAT (4:00 – 5:15 PM)

***** ONLY WITH COACH'S SUPERVISION *****

FRIDAY PM TEAM TIMING LANES

***** 400 FREE SWIMMERS NEED TO PROVIDE THEIR OWN TIMERS*****

FRIDAY PM TIMING ASSIGNMENTS – DIVE WELL END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	SHAC	SPA	KATY	MAC	MAC	SSAN	TST	TST
2	SHAC	SPA	KATY	MAC	MARC	CATS	TST	TST

FRIDAY PM TIMING ASSIGNMENTS – LOBBY END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	HEAT	KATY	KATY	MAC	MAC	SSAN	TST	FFE
2	PLAT	KATY	KATY	MAC	MAC	SSAN	TST	FFE

SATURDAY AM WARM-UP LANES

***** DIVING WELL OPEN FOR WARM-UP BUT ONLY WITH COACH'S SUPERVISION *****

SATURDAY AM 1ST WARM-UP (7:30 – 7:55 AM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
KATY	KATY	KATY	KATY	KATY	SPA	SPA	HEAT

SATURDAY AM 2ND WARM-UP (7:55 – 8:20 AM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
PLAT SWIM BEAQ AMBU OSAS	SHAC	TAMU	SSAN	SSAN	AGS	AGS	AGS ESCA

SATURDAY AM 3RD WARM-UP (8:20 – 8:45 AM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
FFE CATS	MARC	TST	TST	TST	MAC	MAC	MAC

SATURDAY AM TEAM TIMING LANES

***** 800 FREE SWIMMERS NEED TO PROVIDE THEIR OWN TIMERS & LAP COUNTERS*****

SATURDAY AM TIMING ASSIGNMENTS – DIVE WELL END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	HEAT	SSAN	TST	KATY	KATY	SPA	MAC	MARC
2	HEAT	SSAN	TST	KATY	KATY	SPA	MAC	CATS

SATURDAY AM TIMING ASSIGNMENTS – LOBBY END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	SHAC	SSAN	TST	KATY	KATY	KATY	MAC	FFE
2	SHAC	SSAN	TST	KATY	KATY	SPA	MAC	MAC

SATURDAY PM WARM-UP LANES

***** DIVING WELL OPEN FOR WARM-UP BUT ONLY WITH COACH'S SUPERVISION *****

SATURDAY PM 1ST WARM-UP (3:25 – 3:50 PM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SPA BEAQ AMBU	TST	TST	PLAT MARC	HEAT	MAC	MAC	CATS SHAC

SATURDAY PM 2ND WARM-UP (3:50 – 4:15 PM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SSAN SWIM	SSAN	FFE	KATY	KATY	KATY	AGS	AGS UN-01

SATURDAY PM TEAM TIMING LANES

SATURDAY PM TIMING ASSIGNMENTS – DIVE WELL END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	SPA	HEAT	TST	KATY	KATY	MAC	SSAN	FFE
2	SPA	HEAT	TST	KATY	KATY	MAC	SSAN	FFE

SATURDAY PM TIMING ASSIGNMENTS – LOBBY END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	PLAT	HEAT	TST	KATY	KATY	MAC	SSAN	CATS
2	SHAC	MARC	TST	KATY	MAC	MAC	SSAN	CATS

SUNDAY AM WARM-UP LANES

*** DIVING WELL OPEN FOR WARM-UP BUT ONLY WITH COACH'S SUPERVISION ***

SUNDAY AM 1ST WARM-UP (7:30 – 7:55 AM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
FFE CATS	MARC	TST	TST	TST	MAC	MAC	MAC

SUNDAY AM 2ND WARM-UP (7:55 – 8:20 AM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
PLAT SWIM BEAQ AMBU OSAS	SHAC	TAMU	SSAN	SSAN	AGS	AGS	AGS ESCA

SUNDAY AM 3RD WARM-UP (8:20 – 8:45 AM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
KATY	KATY	KATY	KATY	KATY	KATY	SPA	HEAT

SUNDAY AM TEAM TIMING LANES

*** 400 IM SWIMMERS NEED TO PROVIDE THEIR OWN TIMERS ***

SUNDAY AM TIMING ASSIGNMENTS – DIVE WELL END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	HEAT	SSAN	TST	KATY	KATY	SPA	MAC	MARC
2	HEAT	SSAN	TST	KATY	KATY	SPA	MAC	CATS

SUNDAY AM TIMING ASSIGNMENTS – LOBBY END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	SHAC	SSAN	TST	KATY	KATY	KATY	MAC	FFE
2	SHAC	SSAN	TST	KATY	KATY	SPA	MAC	MAC

SUNDAY PM WARM-UP LANES

*** DIVING WELL OPEN FOR WARM-UP BUT ONLY WITH COACH'S SUPERVISION ***

SUNDAY PM 1ST WARM-UP (1:55 – 2:20 PM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SSAN SWIM	SSAN	FFE	KATY	KATY	AGS	AGS	AGS UN-01

SUNDAY PM 2ND WARM-UP (2:20 – 2:45 PM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SPA BEAQ AMBU	TST	TST	PLAT MARC	HEAT	MAC	MAC	CATS SHAC

SUNDAY PM TEAM TIMING LANES

*** 400 FREE SWIMMERS NEED TO PROVIDE THEIR OWN TIMERS ***

SUNDAY PM TIMING ASSIGNMENTS – DIVE WELL END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	SPA	HEAT	TST	KATY	KATY	MAC	SSAN	FFE
2	SHAC	HEAT	TST	KATY	KATY	MAC	SSAN	FFE

SUNDAY PM TIMING ASSIGNMENTS – LOBBY END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	PLAT	HEAT	TST	KATY	MAC	MAC	SSAN	CATS
2	PLAT	MARC	TST	KATY	MAC	MAC	SSAN	CATS