



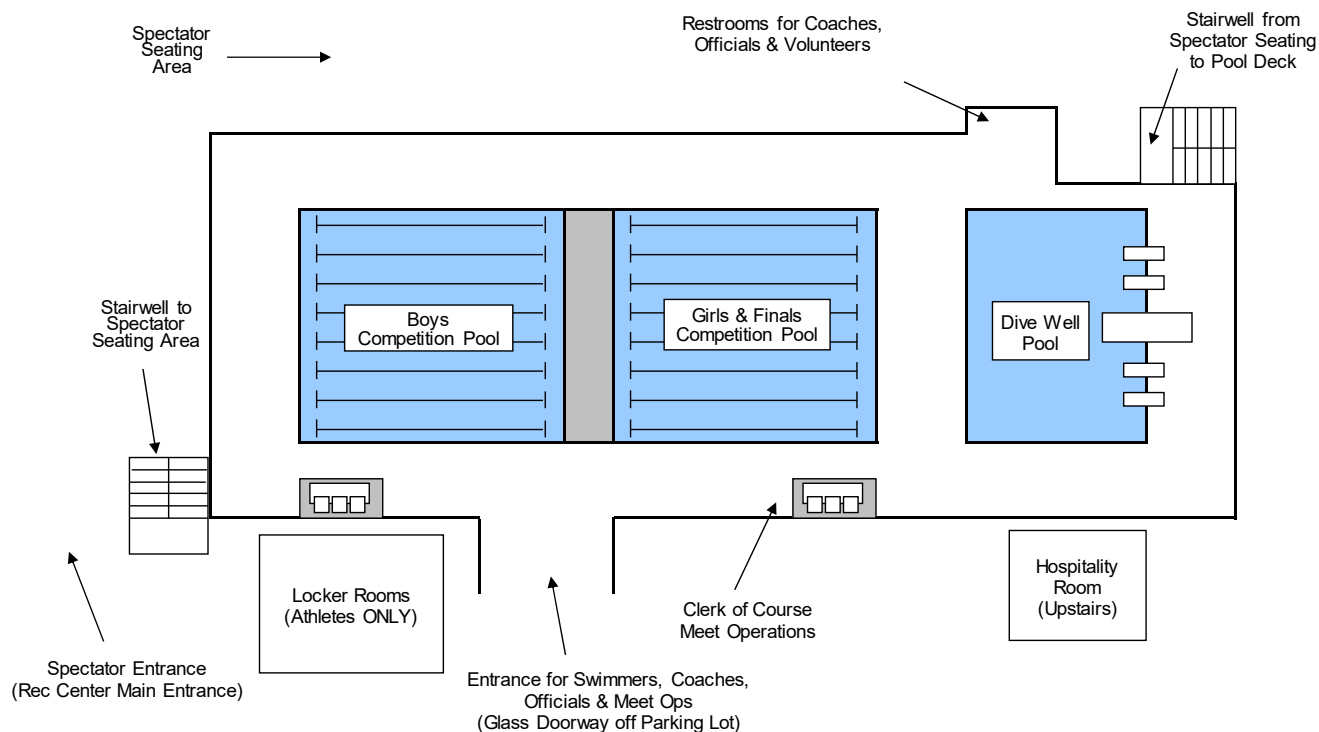
AGE GROUP CHAMPIONSHIPS

FRIDAY PM SESSION – DECEMBER 6, 2024

***** OPEN WARMUP WITH COACH SUPERVISION: 4:30 – 5:45 PM *****

400 IM swimmers must provide their own Timers

500 Free swimmers must provide their own Timers and Lap Counter



SATURDAY AM SESSION – DECEMBER 7, 2024

1ST WARM UP.....8:00 – 8:25 AM :

Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
25 Meter Dive Well	CFSC	CFSC	CFSC	DADS	DADS	OPEN	OPEN	OPEN
***** Lane 8 in the Dive Well is Closest to the Dive Boards *****								
Dive Well End Pool	CFSC	CFSC	CFSC	CFSC	DADS	DADS	MAC	MAC
Lobby End Pool	PACK HEAT	TEST	TEST	TEST	PEAK NEHA	BATS	BATS	HTX MARC

2ND WARM UP.....8:25 – 8:50 AM :

Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
25 Meter Dive Well	HYDR	HYDR	KATY	KATY	SSAN	OPEN	OPEN	OPEN
***** Lane 8 in the Dive Well is Closest to the Dive Boards *****								
Dive Well End Pool	HYDR	HYDR	KATY	KATY	KATY	SSAN	SSAN	AGS UNAT
Lobby End Pool	NOCH STA	SHAC	SWAT	LIFE 300	BTA	BTA	BTA	FRST AMBU

3RD WARM UP.....8:50 – 9:15 AM :

Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
25 Meter Dive Well	FCST	FCST	FCST	FCST	TWST	TWST	OPEN	OPEN
***** Lane 8 in the Dive Well is Closest to the Dive Boards *****								
Dive Well End Pool	FCST	FCST	FCST	FCST	TWST	TWST	TWST	LSST AQUA
Lobby End Pool	COOG SST LAP	ESA	ESCA TASC	SSS	PACE TST	SHRK	SHRK	INSP VSST SWIM THST USA

DIVE WELL END & FINALS POOL – TIMING ASSIGNMENTS :

Chair	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	HYDR	FCST	MAC	CFSC	KATY	TWST	DADS	BTA
2	SHRK	FCST	SSAN	CFSC	KATY	TWST	BATS	TEST

***** Teams at the Dive Well End Pool will time at both Prelims and Finals**

LOBBY END POOL – TIMING ASSIGNMENTS :

Chair	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	HYDR	FCST	FCST	CFSC	KATY	TWST	DADS	BTA
2	SWAT	FCST	SSAN	CFSC	ESA	SSS	DADS	TEST

Note: 1000 Free swimmers will provide their own Timers and Lap Counter

SUNDAY AM SESSION – DECEMBER 8, 2024

1ST WARM UP.....8:00 – 8:25 AM :

Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
25 Meter Dive Well	FCST	FCST	FCST	FCST	TWST	TWST	OPEN	OPEN
***** Lane 8 in the Dive Well is Closest to the Dive Boards *****								
Dive Well End Pool	FCST	FCST	FCST	FCST	TWST	TWST	TWST	LSST AQUA
Lobby End Pool	COOG SST LAP	ESA	ESCA TASC	SSS	PACE TST	SHRK	SHRK	INSP SWIM THST USA

2ND WARM UP.....8:25 – 8:50 AM :

Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
25 Meter Dive Well	HYDR	HYDR	KATY	KATY	KATY	SSAN	SSAN	OPEN
***** Lane 8 in the Dive Well is Closest to the Dive Boards *****								
Dive Well End Pool	HYDR	HYDR	KATY	KATY	KATY	SSAN	SSAN	AGS UNAT
Lobby End Pool	NOCH STA	SHAC	SWAT	LIFE 300	BTA	BTA	BTA	FRST AMBU

3RD WARM UP.....8:50 – 9:15 AM :

Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
25 Meter Dive Well	CFSC	CFSC	CFSC	DADS	DADS	OPEN	OPEN	OPEN
***** Lane 8 in the Dive Well is Closest to the Dive Boards *****								
Dive Well End Pool	CFSC	CFSC	CFSC	CFSC	DADS	DADS	MAC	MAC
Lobby End Pool	PACK HEAT	TEST	TEST	TEST	PEAK NEHA	BATS	BATS	HTX MARC

DIVE WELL END & FINALS POOL – TIMING ASSIGNMENTS :

Chair	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	HYDR	FCST	MAC	CFSC	KATY	TWST	DADS	BTA
2	SHRK	FCST	SSAN	CFSC	KATY	TWST	BATS	TEST

*** Teams at the Dive Well End Pool will time at both Prelims and Finals

LOBBY END POOL – TIMING ASSIGNMENTS :

Chair	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	HYDR	FCST	FCST	CFSC	KATY	TWST	DADS	BTA
2	SWAT	FCST	SSAN	CFSC	ESA	SSS	DADS	TEST

Note: 1650 Free swimmers will provide their own Timers and Lap Counter