

MAC October Open Meet – October 11-13, 2024

TEAM WARM UP ASSIGNMENTS

Friday, October 11, 2024 – 9 & Over Swimmers - Evening Session starts at 6:30pm

Open Warm-Up for ALL Swimmers: 5:00-6:15pm

Saturday, October 12, 2024 – 13 & Over Swimmers - Morning Session starts at 9:00am

TIME	MAIN COMPETITION POOL								WARM UP/COOL DOWN POOL				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
7:30-7:55	ESA	ESA	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	OPEN	OPEN
7:55-8:20	SST	SST/HUNT	PLAT	AGS	AGS	AGS	AGS	AGS	AGS	AGS	AGS	AGS	OPEN
8:20-8:45	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO

Saturday, October 12, 2024 – 12 & Under Swimmers - Afternoon Session starts at 2:00pm

Warm-up times below are an estimate based on the timeline for the morning session. Meet will not start before 2:00pm

TIME	MAIN COMPETITION POOL								WARM UP/COOL DOWN POOL				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
12:45-1:05	HUNT/MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC
1:05-1:25	SST	SST	SST/PLAT	ESA	ESA	ESA	ESA	ESA	ESA	ESA	ESA	ESA	OPEN
1:25-1:45	AGS	AGS	AGS	AGS	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	AGS	AGS

Sunday, October 13, 2024 – 13 & Over Swimmers - Morning Session starts at 9:00am

TIME	MAIN COMPETITION POOL								WARM UP/COOL DOWN POOL				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
7:30-7:55	PLAT	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	OPEN	OPEN	OPEN
7:55-8:20	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO
8:20-8:45	ESA	ESA	SST	SST	AGS	AGS	AGS	AGS	AGS	AGS	AGS	AGS	AGS

Sunday, October 13, 2024 – 12 & Under Swimmers - Afternoon Session starts at 1:30pm

Warm-up times below are an estimate based on the timeline for the morning. Meet will not start before 1:30pm

TIME	MAIN COMPETITION POOL								WARM UP/COOL DOWN POOL				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
12:15-12:35	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	OPEN
12:35-12:55	SST	SST	SST/PLAT	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	NTRO	OPEN	OPEN	OPEN
12:55-1:15	AGS	AGS	AGS	AGS	ESA	ESA	ESA	ESA	ESA	ESA	AGS	AGS	AGS

MAC October Open Meet – October 11-13, 2024

TEAM TIMING ASSIGNMENTS

Friday Night, October 11, 2024 – 500 Free – Swimmers provide their own timers and lap counter

Saturday, October 12, 2024– Morning Session Timer Chairs – Session starts at 9:00am

MAIN COMPETITION POOL							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	AGS	MAC	MAC	NTRO	NTRO	NTRO	NTRO
AGS	AGS	MAC	MAC	NTRO	NTRO	NTRO	ESA

ALL swimmers MUST provide their own timers for the 400 IM

Saturday, October 12, 2024– Afternoon Session Timer Chairs – Session starts at 2:00pm

Session start time is estimate based on the timeline for the morning. Meet will not start before 2:00pm

MAIN COMPETITION POOL							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	AGS	ESA	ESA	MAC	MAC	MAC	NTRO
AGS	SST	ESA	ESA	MAC	MAC	NTRO	NTRO

Sunday, October 13, 2024– Morning Session Timer Chairs – Session starts at 9:00am

MAIN COMPETITION POOL							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	AGS	MAC	MAC	NTRO	NTRO	NTRO	SST
AGS	AGS	MAC	MAC	NTRO	NTRO	NTRO	ESA

Sunday, October 13, 2024– Afternoon Session Timer Chairs – Session starts at 1:30pm

Session start time is estimate based on the timeline for the morning. Meet will not start before 1:30pm

MAIN COMPETITION POOL							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	AGS	ESA	ESA	NTRO	MAC	MAC	MAC
AGS	SST	ESA	NTRO	NTRO	MAC	MAC	MAC