

TEAM WARM UP ASSIGNMENTS

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

[illegible]

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
11:45-12:05	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC	MAC
12:05-12:25	MARC	MARC	MARC	MARC	BATS	BATS	BATS	BATS	OPEN	OPEN	MAC	MAC	MAC
12:25-12:45	SST	SST	SST	PLAT	PLAT	AGS	AGS	AGS	AGS	AGS	AGS	AGS	OPEN

[illegible]

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	MAC
12:35-12:55	MARC	MARC	MARC	MARC	BATS	BATS	BATS	BATS	OPEN	MAC	MAC	MAC	MAC
12:55-1:15	SST	SST	SST	PLAT	PLAT	AGS	AGS	AGS	AGS	AGS	AGS	AGS	AGS

MAC Neon New Year Meet – January 9-11, 2026

TEAM TIMING ASSIGNMENTS

Friday Night, January 9, 2026 – 1650 Free – Swimmers provide their own timers and lap counter

Saturday, January 10, 2026– 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	AGS	BATS	BATS	MAC	MAC	MAC
AGS	AGS	MARC	BATS	SST	MAC	MAC	MAC

ALL swimmers MUST provide their own timers for the 400 IM

Saturday, January 10, 2026– Afternoon Session Timer Chairs – Session starts at 1:00pm

Session start time is estimate based on the timeline for the morning. Meet will not start before 1:00pm

MAIN COMPETITION POOL							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	AGS	MAC	MAC	MAC	MAC	BATS	MARC
AGS	PLAT	MAC	MAC	MAC	SST	BATS	MARC

Sunday, January 11, 2026– 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	MAC	BATS	BATS	MARC
AGS	AGS	MAC	MAC	MAC	BATS	PLAT	MARC

ALL swimmers MUST provide their own timers and lap counter for the 500 Free

Sunday, January 11, 2026– 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	MAC	MAC	MAC	MAC	BATS	MARC
AGS	SST	MAC	MAC	MAC	MAC	BATS	MARC

ALL swimmers MUST provide their own timers and lap counter for the 500 Free