

2011 Long Course JO
Warm-up assignments

We have 725 athletes
Sessions are comfortable

Thursday is no problem - warm-ups will be open from 11:30 AM to 12:25 PM FRIDAY Finish 5:30 PM
Second warm-up
Competition pool only

Friday	1	2	3	4	5	6	7	8
7:00	CM	CM	CM	RAYS	RAYS	RAYS	SFF	SFF/SOS
7:25	CLPR	CLPR	CLPR	DR	DR	DR	CAC	CAC\MAC
7:50	GTAC	GTAC	UASC	UASC/FMST	MHSW	MHSW/USA	OSSC	FAST
8:15	WOR	WAC	ABLY	GCST	NAAC	SYL	BKHY	BGSC
				WTRC	SPY	DCST	MAST	KAC

Clear pool 8:40 Meet starts 8:45 AM Finish 1:00 PM

Saturday	1	2	3	4	5	6	7	8
7:00	CLPR	CLPR	CLPR	DR	DR	DR	CAC	CAC\MAC
7:25	GTAC	GTAC	UASC	UASC/FMST	MHSW	MHSW/USA	OSSC	FAST
7:50	WOR	WAC	ABLY	GCST	NAAC	SYL	BKHY	BGSC
				WTRC	SPY	DCST	MAST	KAC
8:15	CM	CM	CM	RAYS	RAYS	RAYS	SFF	SFF/SOS

Clear pool 8:40 Meet starts 8:45 AM Finish 1:00 PM

Friday	1	2	3	4	5	6	7	8
7:00	GTAC	GTAC	UASC	UASC/FMST	MHSW	MHSW/USA	OSSC	FAST
7:25	WOR	WAC	ABLY	GCST	NAAC	SYL	BKHY	BGSC
				WTRC	SPY	DCST	MAST	KAC
7:50	CM	CM	CM	RAYS	RAYS	RAYS	SFF	SFF/SOS
8:15	CLPR	CLPR	CLPR	DR	DR	DR	CAC	CAC\MAC

Clear pool 8:40 Meet starts 8:45 AM Finish 11:15 AM

Evening warm-ups are OPEN beginning at 3:30 PM PLEASE only finals competitors in evening warm-ups