

BAC SINGLE AGE SPOOKTACULAR ASSIGNED WARM UPS:

Sunday AM Session warm ups:

1st 20 Minutes: 8:00-8:20am

- **Badger Aquatics Club-WI (163) swimmers (+)Stevens Point-WI (1) swimmer
Lanes 1-8**

2nd 20 Minutes: 8:20-8:40am

- **Waterloo Swim Club-WI (8) swimmers sharing lanes 1-2-3**
- **MoHo Gators-WI (46) swimmers sharing lanes 1-2-3**
- **Lake Geneva Swim Club-WI (6) swimmers sharing lanes 4-5-6**
- **Southwest Aquatic Team-WI (42) swimmers Lanes (4-5-6)**
- **Ripon Community Swim Club-WI (6) sharing lanes 7-8**
- **Waunakee Wave-WI (32) swimmers sharing lanes 7-8**
- **Unattached-WI (7) swimmers, all belong to one of the above teams**

3rd 20 Minutes: 8:40-9:00am

- **6 lanes for one way sprints**
- **2 lanes for general warm up**

Diving well open during the whole meet.

Sunday PM Session warm ups:

1st 20 Minutes: 1:35-1:55pm

- **All BAC 11-12's (90 Swimmers)**

2nd 20 Minutes: 1:55-2:15pm

- **All 11-12's from LGSC, MOHO, RCSC, SPDY, LOO, WAUN, SWAT (70 swimmers)**

3RD 20 Minutes: 2:15-2:35pm

- **All teams 8-Unders in 6 lanes (90 swimmers)**
- **Two lanes for starts**

Diving well open during the whole meet.