



JANUARY CLASSIC

WARM-UP

ASSIGNMENTS

FRIDAY DISTANCE – 4:30 – 5:25

Nothing assigned, only the competition pool is available. The diving well will be open throughout the session – please do not enter from the starting block side

SATURDAY & SUNDAY

With the 'warm water pool' not available, we'll do everything in the competition pool. For the AM sessions we'll have some lanes/times designated for just 8-under athletes.

The diving well is open and unassigned during most warm-up periods and is also available during the meet.

SATURDAY AM: 7:35 – 8:00, 8:00 – 8:25, 8:25 – 8:50, 8:50 – 9:00, 9:05 SESSION START

7:35 – 8:00: BAC 13-overs in Lanes 1-8

8:00 – 8:25: BAC 8-unders in Lanes 1-3, BAC in Lanes 4-5, VAST in Lanes 6-8

8:25 – 8:50: Non-BAC 8-unders in Lanes 1-2, DASH in Lane 3, OZ in Lane 4, MTKA in Lane 5, SHOR in Lanes 6-7, Lane 8 unassigned

8:50-9:00: All lanes open for starts

SATURDAY PM: 12:40 – 1:05, 1:05 – 1:30, 1:30 – 1:40, 1:45 SESSION START

12:40-1:05: BAC & NLAC Lanes 1-8

1:05-1:30: DASH in Lane 1, MTKA in Lane 2, OZ in Lane 3, SHOR in Lane 4, VAST in Lanes 5-8

1:30-1:40: All lanes open for starts

SUNDAY AM: 8:00 – 8:25, 8:25 – 8:50, 8:50 – 9:00, 9:05 SESSION START

8:00-8:25: BAC 8-unders in Lane 1 & Diving Well, BAC 13-overs in Lanes 2-7, OZ Lane 8

8:25-8:50: Non-BAC 8-unders in Lanes 1-2, DASH & MTKA Lane 3, SHOR Lanes 4-5, VAST Lanes 6-8

8:50-9:00: All lanes open for starts

SATURDAY PM: 11:55 - 12:20, 12:20– 12:45, 12:45 – 12:55, 1:00 SESSION START

11:55-12:20: BAC & NLAC Lanes 1-8

12:20-12:45: DASH in Lane 1, MTKA in Lane 2, OZ in Lane 3, SHOR in Lane 4, VAST in Lanes 5-8

12:45-12:55: All lanes open for starts

SHOULD BE A GREAT MEET – SEE YOU AT THE POOL!