

WARM-UP SCHEDULE

Coaches of teams sharing pools are encouraged to work together to arrange warm-up lanes. The instructional pool will be available throughout the meet for warm-up/warm-down **ONLY – no play time or non-competing siblings or parents. Please remember that coaches are responsible for their swimmers at ALL TIMES (includes warm-ups and warm downs).** Start dives and sprints may be started at the discretion of all the coaches in each lane. All **Unattached swimmers** will warm up with their respective teams.

Friday, Saturday and Sunday Mornings (11 - 14-year-olds)

7:00 a.m. – 8:15 a.m.

Saturday Afternoon (10 and Unders)

1:00 p.m. - 2:00 p.m.

Sunday Afternoon (10 & Unders)

12:30 a.m. - 1:30 a.m.

Friday and Saturday Evenings

5:00 p.m. - 6:00 p.m.

Sunday Evening

4:30 p.m. - 5:30 p.m.

Pool A – Scoreboard End

ABSC
ABT
DAQ
DYNA
GA
GAS
GOLD
HURR
LA
LINS
SMAC
SO
SST
SUMM
TWS
WAVE
YWCO

Pool B – Door End

ASL
BOOM
BYST
CAD
CBF
CCAC
DART
DCS
FRRR
GCAT
HRST
RAYS
ROCK
SA
SCAT
TCS
VALDOSTA
WRA