



SILVER/BRONZE SOUTH CHAMPIONSHIP FOR 11/12's Hosted by SEADRAGONS SWIM CLUB @ RVCC

SCHEDULE OF SESSION TIMES

<u>DAY</u>	<u>SESSION</u>	<u>AGE</u>	<u>WARM-UP</u>	<u>CHECK-IN</u>	<u>START</u>	(WILL NOT START BEFORE)
SAT	1	BOYS	7:00	7:40	8:15	TWO WARMUP SESSIONS
SAT	2	BOYS' 400 IM's	10 mins.	10:45AM	11:15	approximate
SAT	3	GIRLS	12:00PM	12:40PM	1:15	THREE WARMUP SESSIONS
SAT	4	GIRLS' 400 IM's	10 mins.	5:30	6:00	approximate
SUN	5	BOYS	7:00	7:40	8:15	TWO WARMUP SESSIONS
SUN	6	BOYS' 500	10 mins.	10:45	11:15	approximate
SUN	7	GIRLS	12:00PM	12:40PM	1:15	THREE WARMUP SESSIONS
SUN	8	GIRLS' 500	10 mins.	5:30PM	6:00PM	approximate

TIMING ASSIGNMENTS

<u>DAY</u>	<u>SESSION</u>	<u>AGE</u>	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	<u>ALTERNATES:</u>
SAT	1	BOYS	SVY	TAC	ESC	SHY	XCEL	WMY	MB, HCY, BWTD
SAT	2	BOYS' 400 IM's	SWIMMERS PROVIDE OWN TIMERS, OWN WATCHES						
SAT	3	GIRLS	SAC	WY	NJRC	HACY	PTAC	PAA	SHY, ESC, MB
SAT	4	GIRLS' 400 IM's	SWIMMERS PROVIDE OWN TIMERS, OWN WATCHES						
SUN	5	BOYS	WY	WMY	MB	SHY	XCEL	HCY	MEY, PTAC, WW
SUN	6	BOYS' 500	SWIMMERS PROVIDE OWN TIMERS, OWN WATCHES, AND COUNTERS						
SUN	7	GIRLS	TAC	PAA	ESC	SVY	SHY	WY	WMY, NJRC, BWTD
SUN	8	GIRLS' 500	SWIMMERS PROVIDE OWN TIMERS, OWN WATCHES. AND COUNTERS						

*Timers need to have their own stopwatches and teams need to cover their lane for the entire session.
Teams with no specific assignments are asked to be ready to provide backup timers when called.*



Warmup Assignments

BOYS					
Saturday			Sunday		
7:00AM	7:25	7:50	7:00AM	7:25	7:50
SDSC	DESC	CJAC	SDSC	CJAC	BWTD
BWTD	PAA	MB	DESC	MB	ESC
ESC	PPST	MEY	PAA	MEY	HACY
HACY	PTAC	NJRC	PPST	NJRC	HCY
HCY	SDSC	PENN	PTAC	PENN	JCSC
JCSC	SHY	TAC	SDSC	TAC	SAC
SAC	SVY	WY	SHY	WY	SVY
WW	WMY	XCEL	WMY	XCEL	WW
<i>all others</i>			<i>all others</i>		

GIRLS					
Saturday			Sunday		
12:00	12:25	12:50	12:00	12:25	12:50
SDSC	CJAC	JCSC	SDSC	JCSC	BWTD
BWTD	ESC	MB	CJAC	MB	HCY
HCY	HACY	NJRC	ESC	NJRC	PENN
PENN	MEY	PAA	HACY	PAA	PPST
PPST	SAC	SVY	MEY	SVY	PTAC
PTAC	TAC	WY	SAC	WY	SHY
SHY	XCEL	<i>all others</i>	TAC	WMY	XCEL
WMY					<i>all others</i>