

IMPORTANT TIMES TO KNOW...

WARM UP SCHEDULE

All lanes one-way sprint lanes during last 5 minutes of warm up.

Teams	CODE	WARM-UP TIMES	LANES
Aquatic Club of the West Shore	ACWS	7:00 -7:15 AM	1 & 2
Camp Hill Aquatic Club	CHAC	7:00 -7:20 AM	3 & 4
Cumberland Valley Aquatic Club	CVAC	7:00 -7:20 AM	5 & 6
Dover Area Aquatic Club	DAAC	7:20 -7:40 AM	1 & 2
Lion Aquatic Club	LAC	7:20 -7:40 AM	3 & 4
Spring Grove Swim Club	SGSC	7:20 -7:40 AM	5 & 6

7:45 am Timers Meeting

- Meet in small bleacher area on deck.

7:30 am Officials Meeting

- Meet in diving board area on deck.

7:45 am Scratch Meeting

- Meet in the "Seeding" area (gym).

8:15 am Meet Starts

Mid Session Break

- There will be a break between events 38 & 39 (after backstroke).
- Second half volunteers will replace first half volunteers.
- There will be a brief meeting for 2nd half timers and officials.
- Exact length of Break will be determined by ACWS. A 10-minute notice to second half start will be announced. This break is for a shift change, meet management/organization and warm-up purposes only.
- **Modified Warm Up:**
 - Lanes 3 & 4 one way sprints only - all swimmers
 - ACWS & CHAC & CVAC share Lanes 1 & 2
 - DAAC & LAC & SGSC share Lanes 5 & 6

All times are preliminary for planning purposes.

ACWS reserves the right to modify this schedule as needed.

Every attempt to communicate schedule changes will be made as much in advance as possible.

We urge you to check our website regularly prior to this meet for any late breaking news!

If you have any questions, please feel free to contact us via e-mail:

inforequest@seaserpents.org