

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>	
SAT	1	BOYS	7:00	7:30	8:05	TWO WARMUP SESSIONS
SAT	2	BOYS' 400 IM's	10 mins.	11:30	11:40	approximate
SAT	3	GIRLS	12:00	12:40	1:15	THREE WARMUP SESSIONS
SAT	4	GIRLS' 400 IM's	10 mins.	6:30pm	6:40	approximate
SUN	5	BOYS	7:00	7:30	8:05	TWO WARMUP SESSIONS
SUN	6	BOYS' 500	10 mins.	11:30	11:40	approximate
SUN	7	GIRLS	12:00	12:40	1:15	THREE WARMUP SESSIONS
SUN	8	GIRLS' 500	10 mins.	6:30pm	6:40	approximate

TIMING ASSIGNMENTS

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

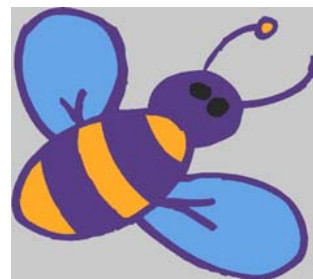
*Timers need to have their own stopwatches and teams need to cover their lane for the entire session.
Teams with no specific assignments are asked to be ready to provide backup timers when called.*

Warmup Assignments

BOYS			
Saturday		Sunday	
7:00AM	7:30	7:00AM	7:30
SDSC	CJAC	SDSC	HACY
HACY	EEX	CJAC	HCY
HCY	ESC	EEX	JCSC
JCSC	MEY	ESC	MB
MB	PPST	MEY	NJRC
NJRC	SDSC	PPST	PAA
PAA	SVY	SDSC	PTAC
PTAC	TAC	SVY	SAC
SAC	WMY	TAC	SAY
SAY	WY	WMY	SHY
SHY	YWMC	WY	XCEL
XCEL	<i>all others</i>	YWMC	<i>all others</i>

GIRLS					
Saturday			Sunday		
1:00	1:20	1:40	1:00	1:20	1:40
SDSC	CJAC	SVY	SDSC	SVY	EEX
EEX	ESC	DESC	CJAC	DESC	HACY
HACY	JCSC	HCY	ESC	HCY	PAA
PAA	MB	MEY	JCSC	MEY	PENN
PENN	NJRC	SAC	MB	SAC	PTAC
PTAC	PPST	SHY	NJRC	SHY	SAY
SAY	SDSC	TAC	PPST	TAC	XCEL
XCEL	WMY	WY	SDSC	WY	YWMC
YWMC		<i>all others</i>	WMY		<i>all others</i>

www.besmarttinc.com for meet information



**BE SMARTT, INC. for meet management, awards,
and timing system maintenance**

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