

FAST Mini/Distance/BB Meet 10/22-23/11

Warm ups

Saturday Mini AM session – 8:30 AM Start

7:35

FAST, FCKW, GPAC, GYST, JCCS, MMSA, NAC, PHD, PRA, PTAC, SAAT, SASC, TPIT, TST, WHAT

8:00

ANSC, BPR, BYAC, CVSC, HAAC, MLAC, SFAC, TWST, UNAT, USCS

PLEASE NOTE CHANGE Saturday afternoon warm ups.

SATURDAY BB SESSION WARM UPS different from Sunday. ½ hour earlier than in invitation

SUNDAY BB SESSION WARM UPS/Meet Start Time will be as stated.

Saturday BB PM session – 1:00 PM Start

12:00

FAST, FCKW, HD, JCCS, MMSA, TPIT

12:35

ANSC, BPR, EAC, GPAC, GYST, HAAC, NAC, PRA, PTAC, RACE, SASC, SFAC, SRST, TST, TWST, UNAT, USCS, WHAT

Sunday Distance Session – 8:30 AM Start

7:35 – 8:35

Open warm ups for all swimmers.

Sunday BB PM session – 1:30 PM Start

12:35

FAST, FCKW, HD, JCCS, MMSA, TPIT, KSTR

1:00

ANSC, BPR, EAC, GPAC, GYST, HAAC, NAC, PRA, PTAC, SFAC, SRST, TST, TWST, UNAT, USCS, WHAT