

Warm-up Schedule for January 31, 2015

Adams Championship Meet

Saturday AM Session - Warm-Up Information

Warm-up Session 1 (7:00 AM - 7:15) Sprints (7:15 - 7:20)

WCAY	38 swimmers	Lanes:	2, 3, 4 & 5
UMLY	45 swimmers	Lanes:	6, 7, 8, 9 & 10

Warm-up Session 2 (7:20 AM - 7:35) Sprints (7:35 - 7:40)

KAY	55 swimmers	Lanes:	1, 2, 3, 4, 5 & 6
RAY	45 swimmers	Lanes:	6, 7, 8, 9 & 10

Warm-up Session 3 (7:40 AM - 7:55) Sprints (7:55 - 8:00)

JY	58 swimmers	Lanes:	2, 3, 4, 5, 6 & 7
BCY	25 swimmers	Lanes:	8, 9 & 10

Warm-up Schedule for January 31, 2015

Adams Championship Meet

Saturday PM Session - Warm-Up Information

Warm-up Session 1 (12:30 PM - 12:45) Sprints (12:45 - 12:50)

WCAY	29 swimmers	Lanes:	3, 4 & 5
UMLY	50 swimmers	Lanes:	6, 7, 8, 9 & 10

Warm-up Session 2 (12:50 PM - 1:05) Sprints (1:05 - 1:10)

KAY	58 swimmers	Lanes:	1, 2, 3, 4, 5 & 6
BCY	42 swimmers	Lanes:	7, 8, 9 & 10

Warm-up Session 3 (1:10 PM - 1:25) Sprints (1:25 - 1:30)

JY	51 swimmers	Lanes:	1, 2, 3, 4 & 5
RAY	47 swimmers	Lanes:	6, 7, 8, 9 & 10

Swimmers will be staged in the gym between events.

Please dress appropriately to stay warm. This is an air-conditioned space, sweats, fleece, blankets may be appropriate.

All electronics and personal items are the sole responsibility of the owner.

Meeting Schedules and Finish Times for January 31, 2015

Adams Championship Meet

Meeting Schedule Saturday Morning Session

WARM-UPS	7:00 AM
COACHES MEETING	7:10 AM
OFFICIALS MEETING:	7:25 AM
TIMERS MEETING:	7:40 AM
MEET START:	8:10 AM

Meeting Schedule Saturday Afternoon Session

WARM-UPS	12:30 PM
COACHES MEETING	12:40 PM
OFFICIALS MEETING:	12:55 PM
TIMERS MEETING:	1:10 PM
MEET START:	1:40 PM

The Saturday morning session is scheduled to end at 11:45 PM.

The Saturday AM session break will be after event 28

The Saturday afternoon session is scheduled to end at 6:55 PM.

The Saturday PM session break will be after event 68.