



# HEAT MADNESS 2011

Saturday, June 4, 2011

## Fly Over Starts for all sessions

Session 1--13/Overs	Warm-up 7:15AM	Check-in 7:30AM	Start 8:20AM
<b>400 FREESTYLES</b> Warmup for 30 minutes immediately following session 1 Check-in by noon in control room; provide own timers; will not start before 12:45PM; Fastest to slowest alternating women, then men.			

Session 2--12/Unders	2:30PM	3:00PM	3:35PM
<u>Warm-up Assignments</u>			

AM	
7:15 to 7:45	7:45 to 8:15
SAC	CBGC
BMS	CJAC
EAG	EEX
JFAC	MCSC
PTAC	MEY
SKYY	NJW
TWST	XCEL
YWMC	ALL OTHERS

PM	
2:30-3:00	3:00-3:30
SAC	BAC
CGBC	CJAC
JFAC	EAG
MEY	EEX
NJW	TWST
SKYY	WEY
WAVE	YWMC
XCEL	ALL OTHERS

### TIMING ASSIGNMENTS

	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>LANE 7</u>	<u>LANE 8</u>
<b>AM SESSION</b> ALTS: MCSC, MEY, TWST	SAC/NJW	SAC/XCEL	SAC/CJAC	SAC/YWMC	SAC/EEX	SAC/PTAC	SAC/BMS	SAC/JFAC
<b>PM SESSION</b> ALTS: XCEL, CBGC, EEX	SAC/TWST	SAC/EAG	SAC/WEY	SAC/MEY	SAC/BAC	SAC/MCSC	SAC/NJW	SAC/YWMC

Please be prepared to time for the entire session; please come with a stopwatch

FOR COMPLETE MEET RESULTS AND MORE...

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