

WARM-UPS FOR MIDTOWN AQUATIC CENTER - 2007 AGE GROUP CHAMPS, 3/15-18/2007

Thursday Timed Finals, March 15, 2007

1st Warm-up Session 4:00-4:30 pm; competition starts at 5:15 pm

(Lanes 1-8 are at the start end of pool, Lane 9 is next to bulkhead)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
BAC BASS DC	FAST GATR	CGBD	CGBD	NOVA	NOVA	NOVA	NOVA	TAC	WAC	CCA	CCA UCCA	OBX RAYS	HA LASO

2nd Warm-up Session 4:30-5:00 pm; competition starts at 5:15 pm

(Lanes 1-8 are at the start end of pool, Lane 9 is next to bulkhead)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
PSDN	PSDN	PSDN	PSDN	TIDE	TIDE	SQST	ODAC	QDD	QDD	VACS SHKS SEVA	SMAC	SWAT TCAC	PWSC RACE VAST

Friday Prelims, March 16, 2007

1st Warm-up Session 7:00-7:25 am; competition starts at 8:30 am

(Lanes 1-8 are at the start end of pool, Lane 9 is next to bulkhead)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
PSDN	PSDN	PSDN	QDD	QDD	WAC	WAC	TAC	CGBD	CGBD	CGBD	CGBD	CGBD	BAC

2nd Warm-up Session 7:25-7:50 am; competition starts at 8:30 am

(Lanes 1-8 are at the start end of pool, Lane 9 is next to bulkhead)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
CCA	CCA	CCA	VSTP WST	TCAC	SMAC STRM SWAT	LASO FAST	GATR	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA

3rd Warm-up Session 7:50-8:15 am; competition starts at 8:30 am

(Lanes 1-8 are at the start end of pool, Lane 9 is next to bulkhead)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
SQST	OBX HA	PWSC SHKS	VACS	RAYS	BASS	ODAC	ODAC	TIDE	TIDE	General	General	General	General

**Friday Finals, March 16, 2007, Warm-ups: General: 4:30-5:30 pm in Lanes 1-14;
Specific: 5:30-5:45 pm in Lanes 1-8; Competition starts: 6:00 pm**

WARM-UPS FOR MIDTOWN AQUATIC CENTER - 2007 AGE GROUP CHAMPS, 3/15-18/2007

Saturday Prelims, March 17, 2007

1st Warm-up Session 7:00-7:25 am; competition starts at 8:30 am

(Lanes 1-8 are at the start end of pool, Lane 9 is next to bulkhead)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
QDD	QDD	BAC	CGBD	CGBD	CGBD	CGBD	CGBD	TAC	WAC	WAC	RAYS	RAYS	BASS

2nd Warm-up Session 7:25-7:50 am; competition starts at 8:30 am

(Lanes 1-8 are at the start end of pool, Lane 9 is next to bulkhead)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
FAST HA	LASO OBX	PWSC SEVA	SQST	SHKS SMAC	GATR	TIDE	TIDE	PSDN	PSDN	PSDN	PSDN	ODAC	ODAC

3rd Warm-up Session 7:50-8:15 am; competition starts at 8:30 am

(Lanes 1-8 are at the start end of pool, Lane 9 is next to bulkhead)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	TCAC TSU	STRM SWAT	CCA	CCA	VACS	VACS	WST	VAST VSTP

Saturday Finals, March 16, 2007, Warm-ups: General: 4:30-5:30 pm in Lanes 1-14;

Specific: 5:30-5:45 pm in Lanes 1-8; Competition starts: 6:00 pm

WARM-UPS FOR MIDTOWN AQUATIC CENTER - 2007 AGE GROUP CHAMPS, 3/15-18/2007

Sunday Prelims, March 17, 2007

1st Warm-up Session 7:00-7:25 am; competition starts at 8:30 am

(Lanes 1-8 are at the start end of pool, Lane 9 is next to bulkhead)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
BASS	BAC	CCA	CCA	RAYS	RAYS	WAC	WAC	TAC	SQST	TIDE	TIDE	General	General

2nd Warm-up Session 7:25-7:50 am; competition starts at 8:30 am

(Lanes 1-8 are at the start end of pool, Lane 9 is next to bulkhead)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
PSDN	PSDN	PSDN	PSDN	GATR	CGBD	CGBD	CGBD	CGBD	CGBD	CGBD	QDD	QDD	General

3rd Warm-up Session 7:50-8:15 am; competition starts at 8:30 am

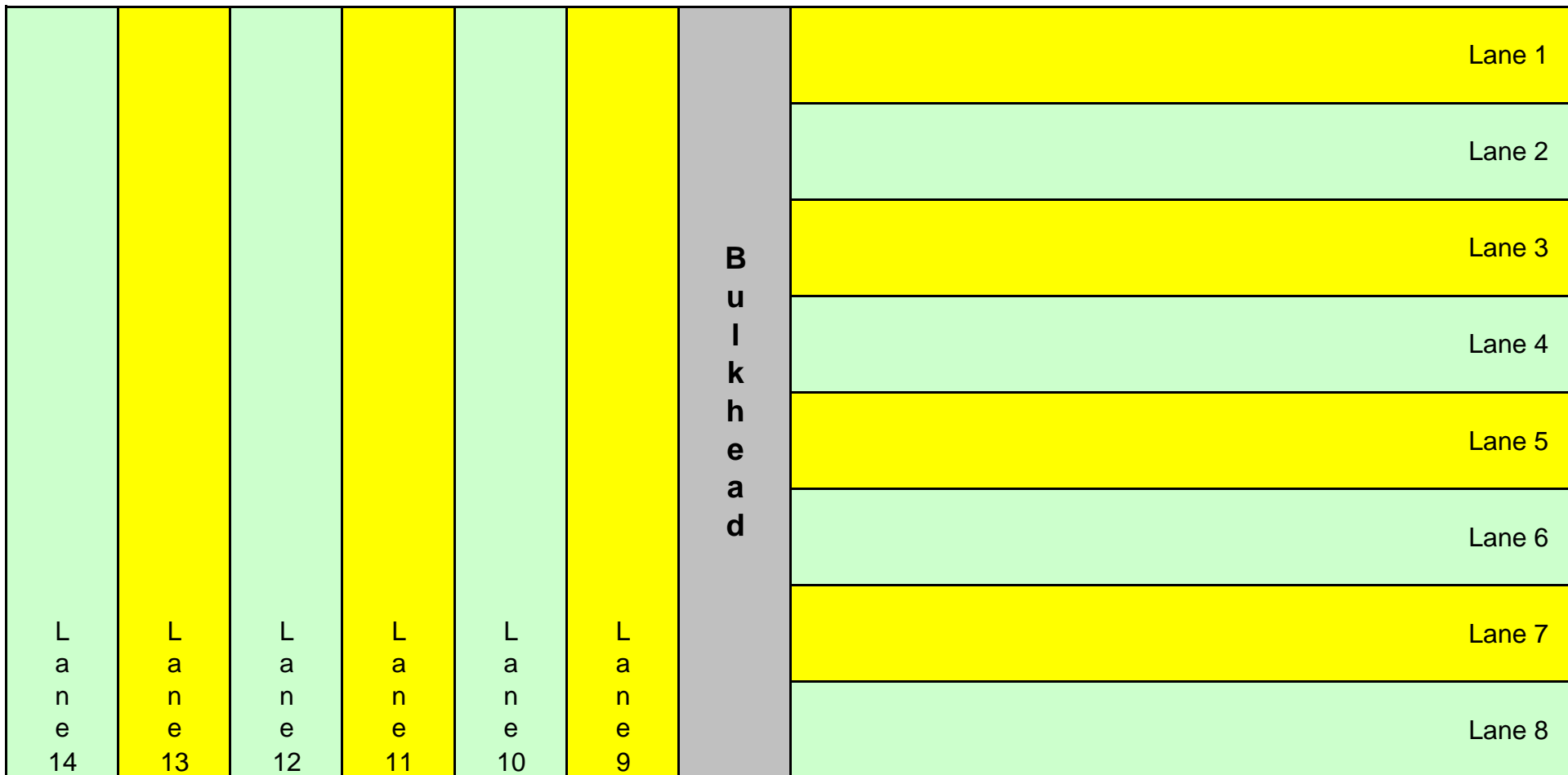
(Lanes 1-8 are at the start end of pool, Lane 9 is next to bulkhead)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
FAST HA LASO	TCAC VACS	OBX PWSC SMAC	ODAC	ODAC	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	SHKS STRM SWAT	General	General

1650 freestyle session: 10 Minute General warm-up with Competition starting 15 minutes after completion of the relay events.

**Sunday Finals, March 16, 2007, Warm-ups: General: 4:30-5:30 pm in Lanes 1-14;
Specific: 5:30-5:45 pm in Lanes 1-8; Competition starts: 6:00 pm**

Pool Layout



← To Gymnasium & Parking Lot

To Starting Blocks →