

**PRELIMINARIES/FINALS 2019  
WARMUP SESSION  
CANYON DEL ORO**

AM Warm-ups 7:00-7:50

PM Warm-ups 4:00-4:45

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FAST	FAST	CT	CT	ORCA	ORCA	HV	HV

(NO DIVING)

**TEAM TIMING ASSIGNMENTS  
TWO TIMERS PER LANE**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FAST	FAST	CT	CT	ORCA	ORCA	HV	HV

**VOLUNTEER ASSIGNMENTS FOR  
CHAMPIONSHIPS**

SEE YOUR TEAMS' FOLDER THAT YOU WERE GIVEN IN APRIL FOR YOUR ASSIGNMENTS.

YOUR TEAM WILL BE RESPONSIBLE FOR THESE ASSIGNMENTS DURING PRELIMS AND FINALS. IT IS EACH TEAMS RESPONSIBILITY TO ASSIGN PARENTS TO THESE POSTIONS. THANK YOU FOR YOUR HELP!!

TEAMS MAY WARM UP AT THE EAST END DURING THE WARMUP SESSION. **AN SAAA COACH MUST BE PRESENT.**

**The east end of the pool is for an SAAA coach supervised warm up and warm down only with the 3-point-entry being enforced during all sessions.**

**Three-point-entry will be used in the competition pool unless there is a designated swim back lane.**