

**PRELIMINARIES/FINALS 2019
WARMUP SESSION
SAN PEDRO**

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
SVH	SVH	VC	VC	OV	OV	SWAS	SWAS

(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
SVH	SVH	VC	VC	OV	OV	SWAS	SWAS

**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.