

## Timing and Warm up Schedule -EZ LC AG Championships- Aug.8-11, 2012

### Timing Schedule:

Timers should report to the pool deck 25 minutes prior to the scheduled start of the session, so that they can attend a brief instructional meeting led by the officials. Team timer assignments are below:

#### 12 and Under Timed Finals

| LSC     | AD | A M | CT   | MA      | MR    | NE | NI | NJ  | PVS  | VA |
|---------|----|-----|------|---------|-------|----|----|-----|------|----|
| Lane(s) | 7  | 7   | 2, 2 | 3, 3, 4 | 4, 5, | 6  | 6  | 1.1 | 8, 8 | 5  |

#### 13 and Over - Prelims and Finals

| LSC      | AD | AM | CT | MA | MR  | NE    | NI | NJ | PVS | VA    |
|----------|----|----|----|----|-----|-------|----|----|-----|-------|
| Lane (s) | 7  | 7  | 2  | 2  | 3,3 | 4,4,8 | 5  | 5  | 6,6 | 1,1,8 |

#### Warm up Schedule: 13 and Over

##### Wednesday and Friday Mornings- Prelim Sessions

Warm up A – 6:30 – 7:15 am - Virginia, (lanes 7, 8); PVS (lanes 5, 6); Mid Atlantic (lanes 3, 4), Allegheny Mountain, (lanes 2, share 3 with MA); CT (lane 1)

Warm up B - 7:15 to 8:00 a.m. - New Jersey (lanes 1, 2); NI (lane 3, share lane 4); NE (lane 5, share lane 4), MR (lanes 6, 7), and AD (lane 8)

For Thursday and Saturday sessions: Warm up B goes first (6:30 – 7:15), and Warm up A goes

(7:15 – 8:00 am)

For Finals, 13 and over, all lanes will be open. Final warm-ups begin no earlier than 5:00 pm and will last for 50 minutes. The last 25 minutes will be used for Sprint / Pace lanes

**12 and Under Timed Finals – Warm-ups on Wednesday and Friday**

**Warm up A** – Not to start before 11:00 am, with 40 minute warm up, last 20 minutes being used for sprint starts: New Jersey (lane 1 and 2), Metro (lane 3 and 4), Conn. (lane 5, share lane 6), New England (Lane 7, share lane 6), and Allegheny Mountain (Lane 8)

**Warm up B** – Not to start before 11:40 am, with 40 minutes warm up, last 20 minutes being used for sprint starts: Potomac Valley (Lane 1,2,3); Mid Atlantic (Lane 4,5, and share lane 6); Niagara (share lane 6), Virginia –( Lane 7, and share lane 8, ), and Adirondack (share lane )

***Thursday and Saturday – Reverse order, with Warm up B starting first***