

**Southeastern Swimming EAST REGIONAL CHAMPIONSHIPS- February 26-28, 2016
FRIDAY PM ALL AGES- Warm-Up Lane Assignments**

General Warm Up- 2:45-3:45 PM, Meet Starts at 4:00 PM

Specific Warm-UP- 3:35-3:45 PM (SunTrust ONLY)

Pace Lanes 1,10 Sprint/Dive Lanes 2,9

		Suntrust Pool			Chattem Pool				
Starting Area	Lane 10	TNAQ	Bulk Head	Lane 1	Bulk Head	BAYLOR	Lane 1	Starting Area	Diving Board Area
	Lane 9	TNAQ		Lane 2		BAYLOR	Lane 2		
	Lane 8	TNAQ		Open Warm-Up		BAYLOR	Lane 3		
	Lane 7	BSC		Open Warm-Up		BAYLOR	Lane 4		
	Lane 6	PA, SAC				BAYLOR	Lane 5		
	Lane 5	OSC, AMSD, MMST, TSC				BAYLOR	Lane 6		
	Lane 4	ACAC				BAYLOR	Lane 7		
	Lane 3	MCC				BAYLOR	Lane 8		
	Lane 2	MCC				BAYLOR	Lane 9		
	Lane 1	MCC				BAYLOR	Lane 10		
Spectator Seating Above Pool									

Southeastern Swimming EAST REGIONAL CHAMPIONSHIPS- February 26-28, 2016

SATURDAY AM 10 & Under, 11-12 Girls Session- Warm-Up Lane Assignments

General Warm Up- 8:00-9:00 AM, Meet Starts at 9:15 AM

Specific Warm-UP- 8:50-9:00 AM (SunTrust ONLY)

Pace Lanes 1,10 Sprint/Dive Lanes 2,9

		Suntrust Pool			Chattem Pool				
Starting Area	Lane 10	MCC	Bulk Head	BAYLOR	Bulk Head	BAYLOR	Lane 1	Starting Area	Diving Board Area
	Lane 9	MCC				BAYLOR	Lane 2		
	Lane 8	MCC				BAYLOR	Lane 3		
	Lane 7	MCC				BAYLOR	Lane 4		
	Lane 6	PA				BSC, WST	Lane 5		
	Lane 5	ACAC				MMST	Lane 6		
	Lane 4	AMSD, FRST				SAC, KP	Lane 7		
	Lane 3	TSC, CAT				SAC	Lane 8		
	Lane 2	TNAQ				OSC	Lane 9		
	Lane 1	TNAQ				OSC	Lane 10		

Spectator Seating Above Pool

SATURDAY PM 13 & Over, 11-12 Boys Session- Warm-Up Lane Assignments

General Warm Up- approx. 12:15-12:55 PM, Meet Starts at 1:00 PM

Specific Warm-UP- 12:45-12:55 PM (SunTrust ONLY)

Pace Lanes 1,10 Sprint/Dive Lanes 2,9

		Suntrust Pool			Chattem Pool				
Starting Area	Lane 10	MCC	Bulk Head	Open Warm-Up	Bulk Head	BAYLOR	Lane 1	Starting Area	Diving Board Area
	Lane 9	MCC				BAYLOR	Lane 2		
	Lane 8	MCC				BAYLOR	Lane 3		
	Lane 7	WST				BAYLOR	Lane 4		
	Lane 6	WST				BAYLOR	Lane 5		
	Lane 5	SAC, TSC				BAYLOR	Lane 6		
	Lane 4	BSC, PA				OSC	Lane 7		
	Lane 3	AMSD, CAT, FRST				MMST	Lane 8		
	Lane 2	ACAC				TNAQ	Lane 9		
	Lane 1	ACAC				TNAQ	Lane 10		

Spectator Seating Above Pool

Southeastern Swimming EAST REGIONAL CHAMPIONSHIPS- February 26-28, 2016

SUNDAY AM 10 & Under, 11-12 Girls Session- Warm-Up Lane Assignments

General Warm Up- 8:00-9:00 AM, Meet Starts at 9:15 AM

Specific Warm-UP- 8:50-9:00 AM (SunTrust ONLY)

Pace Lanes 1,10 Sprint/Dive Lanes 2,9

		Suntrust Pool			Chattem Pool				
Starting Area	Lane 10	BAYLOR	Bulk Head	Lane 1	Bulk Head	MCC	Lane 1	Starting Area	Diving Board Area
	Lane 9	BAYLOR		Lane 2		MCC	Lane 2		
	Lane 8	BAYLOR		BAYLOR		MCC	Lane 3		
	Lane 7	BAYLOR		BAYLOR		MCC	Lane 4		
	Lane 6	BSC, WST				PA	Lane 5		
	Lane 5	MMST				ACAC	Lane 6		
	Lane 4	SAC, KP				AMSD, FRST	Lane 7		
	Lane 3	SAC				TSC, CAT	Lane 8		
	Lane 2	OSC				TNAQ	Lane 9		
	Lane 1	OSC				TNAQ	Lane 10		

Spectator Seating Above Pool

SUNDAY PM 13 & Over, 11-12 Boys Session- Warm-Up Lane Assignments

General Warm Up- approx. 12:05-12:50 PM, Meet Starts at 1:00 PM

Specific Warm-UP- 12:40-12:50 PM (SunTrust ONLY)

Pace Lanes 1,10 Sprint/Dive Lanes 2,9

		Suntrust Pool			Chattem Pool				
Starting Area	Lane 10	BAYLOR	Bulk Head	Lane 1	Bulk Head	MCC	Lane 1	Starting Area	Diving Board Area
	Lane 9	BAYLOR		Lane 2		MCC	Lane 2		
	Lane 8	BAYLOR		Open Warm-Up		MCC	Lane 3		
	Lane 7	BAYLOR		Open Warm-Up		WST	Lane 4		
	Lane 6	BAYLOR				WST	Lane 5		
	Lane 5	BAYLOR				SAC	Lane 6		
	Lane 4	OSC				BSC, PA	Lane 7		
	Lane 3	MMST				AMSD, CAT, FRST	Lane 8		
	Lane 2	TNAQ				ACAC	Lane 9		
	Lane 1	TNAQ				ACAC	Lane 10		

Spectator Seating Above Pool