

ARENA Long Course Invitational- April 28-30, 2017
Warm-Up Lane Assignments- ALL AGES FRIDAY Evening Session

Warm-Up: 3:15-4:15 PM
Meet Starts at 4:30 PM

		<i>SunTrust Pool</i>	<i>Chattem Pool</i>		
Starting Area	Lane 10		BAYLOR	Lane 10	Starting area
	Lane 9		BAYLOR	Lane 9	
	Lane 8		BAYLOR	Lane 8	
	Lane 7		SwimAtlanta	Lane 7	
	Lane 6		SwimAtlanta	Lane 6	
	Lane 5		Ensworth	Lane 5	
	Lane 4		Ensworth, OSC	Lane 4	
	Lane 3		CCAC, MTSC, MMST	Lane 3	
	Lane 2		TNAQ	Lane 2	
	Lane 1		TNAQ	Lane 1	

Diving Board Area

Spectator Seating Above Pool

ARENA Long Course Invitational- April 28-30, 2017
Warm-Up Lane Assignments- 13 & Over- SATURDAY Morning Session

Warm Up #1: 6:15-6:55 AM

Meet Starts at 8:00 AM

Specific Warm-Up: 7:35-7:45 AM 1,10 Pace; 2,9 one way sprints; 3-8 Open warm-up

		<i>SunTrust Pool</i>	<i>Chattem Pool</i>		
Starting Area	Lane 10	BAYLOR		Lane 10	Starting area Diving Board Area
	Lane 9	BAYLOR		Lane 9	
	Lane 8	BAYLOR		Lane 8	
	Lane 7	CCAC		Lane 7	
	Lane 6	RRST, OSC		Lane 6	
	Lane 5	TNAQ		Lane 5	
	Lane 4	TNAQ		Lane 4	
	Lane 3	TNAQ		Lane 3	
	Lane 2	TNAQ		Lane 2	
	Lane 1	TNAQ		Lane 1	

Spectator Seating Above Pool

Warm Up #2: 6:55-7:35 AM

Meet Starts at 8:00 AM

Specific Warm-Up: 7:35-7:45 AM 1,10 Pace; 2,9 one way sprints; 3-8 Open warm-up

		<i>SunTrust Pool</i>	<i>Chattem Pool</i>		
Starting Area	Lane 10	Ensworth		Lane 10	Starting area Diving Board Area
	Lane 9	Ensworth		Lane 9	
	Lane 8	Ensworth		Lane 8	
	Lane 7	STAC		Lane 7	
	Lane 6	MTSC		Lane 6	
	Lane 5	MTSC		Lane 5	
	Lane 4	MMST, WST		Lane 4	
	Lane 3	SwimAtlanta		Lane 3	
	Lane 2	SwimAtlanta		Lane 2	
	Lane 1	SwimAtlanta		Lane 1	

Spectator Seating Above Pool

ARENA Long Course Invitational- April 28-30, 2017
Warm-Up Lane Assignments- 12 & Under- SATURDAY Afternoon Session

Warm Up #1: APPROX. 12:30-12:50 PM

Meet Starts APPROX. 1:15 PM

		<i>SunTrust Pool</i>	<i>Chattem Pool</i>		
Starting Area	Lane 10	BAYLOR	Lane 10	Starting area	Diving Board Area
	Lane 9	BAYLOR	Lane 9		
	Lane 8	BAYLOR	Lane 8		
	Lane 7	BAYLOR	Lane 7		
	Lane 6	CCAC	Lane 6		
	Lane 5	OSC	Lane 5		
	Lane 4	WST, RRST	Lane 4		
	Lane 3	TNAQ	Lane 3		
	Lane 2	TNAQ	Lane 2		
	Lane 1	TNAQ	Lane 1		

Spectator Seating Above Pool

Warm Up #2: APPROX. 12:50-1:10 PM

Meet Starts APPROX. 1:15 PM

		<i>SunTrust Pool</i>	<i>Chattem Pool</i>		
Starting Area	Lane 10	Ensworth	Lane 10	Starting area	Diving Board Area
	Lane 9	Ensworth	Lane 9		
	Lane 8	Ensworth	Lane 8		
	Lane 7	Ensworth	Lane 7		
	Lane 6	MTSC, MMST	Lane 6		
	Lane 5	STAC	Lane 5		
	Lane 4	SwimAtlanta	Lane 4		
	Lane 3	SwimAtlanta	Lane 3		
	Lane 2	SwimAtlanta	Lane 2		
	Lane 1	SwimAtlanta	Lane 1		

Spectator Seating Above Pool

ARENA Long Course Invitational- April 28-30, 2017
Warm-Up Lane Assignments- SATURDAY Afternoon Mile Session

OPEN WARM UP

Warm Up: APPROX. 4:15-4:45 PM

Meet Starts at APPROX. 4:50 PM

ARENA Long Course Invitational- April 28-30, 2017
Warm-Up Lane Assignments- 13 & Over- SUNDAY Morning Session

Warm Up #1: 6:15-6:55 AM

Meet Starts at 8:00 AM

Specific Warm-Up: 7:35-7:45 AM 1,10 Pace; 2,9 one way sprints; 3-8 Open warm-up

		<i>SunTrust Pool</i>	<i>Chattem Pool</i>		
Starting Area	Lane 10	Ensworth		Lane 10	Starting area
	Lane 9	Ensworth		Lane 9	
	Lane 8	Ensworth		Lane 8	
	Lane 7	STAC		Lane 7	
	Lane 6	MTSC		Lane 6	
	Lane 5	MTSC		Lane 5	
	Lane 4	MMST, WST		Lane 4	
	Lane 3	SwimAtlanta		Lane 3	
	Lane 2	SwimAtlanta		Lane 2	
	Lane 1	SwimAtlanta		Lane 1	

Diving Board Area

Spectator Seating Above Pool

Warm Up #2: 6:55-7:35 AM

Meet Starts at 8:00 AM

Specific Warm-Up: 7:35-7:45 AM 1,10 Pace; 2,9 one way sprints; 3-8 Open warm-up

		<i>SunTrust Pool</i>	<i>Chattem Pool</i>		
Starting Area	Lane 10	BAYLOR		Lane 10	Starting area
	Lane 9	BAYLOR		Lane 9	
	Lane 8	BAYLOR		Lane 8	
	Lane 7	CCAC		Lane 7	
	Lane 6	RRST, OSC		Lane 6	
	Lane 5	TNAQ		Lane 5	
	Lane 4	TNAQ		Lane 4	
	Lane 3	TNAQ		Lane 3	
	Lane 2	TNAQ		Lane 2	
	Lane 1	TNAQ		Lane 1	

Diving Board Area

Spectator Seating Above Pool

ARENA Long Course Invitational- April 28-30, 2017
Warm-Up Lane Assignments- 12 & Under- SUNDAY Afternoon Session

Warm Up #1: APPROX. 12:15-12:35 PM

Meet Starts APPROX. 1:00 PM

		SunTrust Pool	Chattem Pool		
Starting Area	Lane 10	BAYLOR	Lane 10	Starting area	Diving Board Area
	Lane 9	BAYLOR	Lane 9		
	Lane 8	BAYLOR	Lane 8		
	Lane 7	BAYLOR	Lane 7		
	Lane 6	MTSC, MMST	Lane 6		
	Lane 5	STAC	Lane 5		
	Lane 4	SwimAtlanta	Lane 4		
	Lane 3	SwimAtlanta	Lane 3		
	Lane 2	SwimAtlanta	Lane 2		
	Lane 1	SwimAtlanta	Lane 1		

Spectator Seating Above Pool

Warm Up #2: APPROX. 12:35-12:55 PM

Meet Starts APPROX. 1:00 PM

		SunTrust Pool	Chattem Pool		
Starting Area	Lane 10	Ensworth	Lane 10	Starting area	Diving Board Area
	Lane 9	Ensworth	Lane 9		
	Lane 8	Ensworth	Lane 8		
	Lane 7	Ensworth	Lane 7		
	Lane 6	CCAC	Lane 6		
	Lane 5	WST, RRST	Lane 5		
	Lane 4	TNAQ	Lane 4		
	Lane 3	TNAQ	Lane 3		
	Lane 2	TNAQ	Lane 2		
	Lane 1	TNAQ	Lane 1		

Spectator Seating Above Pool