



Sunday, June 2, 2019
 Hosted by *Eagle Swimming Association*
 and sponsored by
LEM Construction Co. and *speedo*

- ♦ Absolutely no set-up in the natatorium spectator bleachers. Bleachers will be roped off until the beginning of the first event.
 - ♦ Ready Bench Tent (PM session only) is located directly outside of the natatorium (or in athletic hall-way in case of rain). Please listen for staging announcements. It is the parent's responsibility to get the swimmer to the Ready Bench area. Parents are not allowed in the Ready Bench area. There will not be a ready bench for the 11 and up (AM) session.
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Morning Warm-ups

Group 1 7:30—7:55 am	1	2	3	4	5	6	7	8
	ESST	ESST	ESST	ESST	WALD	WALD	WALD	WALD
Group 2 7:55—8:20 am	1	2	3	4	5	6	7	8
	KNGR	KNGR	SMW	SMW	SMW	SMW	OAKS	OAKS
Group 3 8:20—8:45 am	1	2	3	4	5	6	7	8
	SCF	CGC	FCR	FCR	NPT	NPT	LOE	LOE

Afternoon Warm-ups

1st Warm-up group will start immediately after the end of the AM sessions, but not before 12:45 pm

Group 1 (25 min)	1	2	3	4	5	6	7	8
	ESST	ESST	ESST	ESST	WALD	WALD	WALD	WALD
Group 2 (25 min)	1	2	3	4	5	6	7	8
	KNGR	SMW	SMW	OAKS	NPT	NPT		
Group 3 (25 min)	1	2	3	4	5	6	7	8
	SCF	CGC	FCR	FCR	FCR	LOE		

Timing Assignments

AM Session		1	2	3	4	5	6	7	8
	Chair 1	ESST	ESST	KNGR	WALD	FCR	LOE	SMW	SMW
	Chair 2	ESST	ESST	KNGR	WALD	FCR	OAKS	SMW	SMW
PM Session		1	2	3	4	5	6	7	8
	Chair 1	ESST	ESST	WALD	WALD	FCR	FCR	NPT	SMW
	Chair 2	ESST	ESST	WALD	WALD	FCR	FCR	NPT	SMW