

Warm-Up Lane Assignments per Session

	LANE	Time/Team	
Session 1 Friday Evening	Lane 1	<u>5:00p – 5:45p</u> HWSC, GCG	
	Lane 2	HWSC	
	Lane 3	MST	
	Lane 4	MST	
	Lane 5	PAC Brylee, Eli, Levi	
	Lane 6	ATAC, BASS, CREST	
Session 2 Saturday Morning	Lane 1	<u>7:30a – 8:00a</u> HWSC	<u>8:00a – 8:30a</u> BASS
	Lane 2	HWSC	PAC Brylee, Eli, Ryker
	Lane 3	HWSC	WAVES
	Lane 4	HWSC	MST
	Lane 5	HWSC, GCG	MST
	Lane 6	MDST	OPEN
Session 3 Saturday Afternoon	Lane 1	<u>12:00p-12:30p</u> HWSC	<u>12:30p-1:00p</u> ATAC, MDST
	Lane 2	HWSC	BASS,CREST,MENA
	Lane 3	HWSC	MST
	Lane 4	HWSC	MST
	Lane 5	HWSC	MHH, PAC Alexis, Levi
	Lane 6	HWSC	WAVES
Session 4 Sunday Morning	Lane 1	<u>8:00a – 8:30a</u> BASS	
	Lane 2	PAC Brylee, Eli, Ryker	
	Lane 3	HWSC	
	Lane 4	HWSC,GCG,WAVES	
	Lane 5	MST	
	Lane 6	MST	
Session 5 Sunday Afternoon	Lane 1	<u>12:00p-12:30p</u> HWSC	<u>12:30p-1:00p</u> ATAC
	Lane 2	HWSC	ATAC,MDST
	Lane 3	HWSC	MST
	Lane 4	HWSC	MST
	Lane 5	HWSC	MHH,PAC Alexis, Levi
	Lane 6	WAVES	BASS,CREST,MENA

Feet first entries/last 5 minutes of team warm-ups, one way only starts!

**BIG THANKS TO ALL THE PARENTS, COACHES
and VOLUNTEERS WHO HELP KEEP THE MEET
RUNNING SMOOTHLY!**

UPCOMING EVENTS AT HEALTHWORKS: HealthWorks' Year Round Swim Program will be starting in September. Bring your swimming career to the next level! Registration Begins in August.

Call Coach Farrin for more information: 870-862-5442 x 13

Meetings and Rules

We encourage volunteer participation. Please be on time for the following meetings. Thank you!

	MEETING TIMES	MEETINGS HELD	MEETING LOCATION
Session 1 Friday Evening	5:30p	Stroke & Turn	Storage Room
	5:50p	*Timers*	Deck near Starter
	5:50p	Coaches	Yoga Studio
	6:00p	Meet Starts	
Session 2 Saturday Morning	8:00a	Stroke & Turn	Storage Room
	8:30a	*Timers*	Deck near Starter
	8:30a	Coaches	Yoga Studio
	8:40a	Meet Starts	
Session 3 Saturday Afternoon	12:30p	Stroke & Turn	Storage Room
	1:00p	*Timers*	Deck near Starter
	1:00p	Coaches	Yoga Studio
	1:10p	Meet Starts	
Session 4 Sunday Morning	8:00a	Stroke & Turn	Storage Room
	8:30a	*Timers*	Deck near Starter
	8:30a	Coaches	Yoga Studio
	8:40a	Meet Starts	
Session 5 Sunday Afternoon	12:30p	Stroke & Turn	Storage Room
	1:00p	*Timers*	Deck near Starter
	1:00p	Coaches	Yoga Studio
	1:10p	Meet Starts	

Timing Lane Assignments per Session

We do not have to provide any timers.

	LANE	Team
Session 1 Friday Evening	Lane 1	HWSC- Sharp/Sharp
	Lane 2	HWSC-Dobbins/Green
	Lane 3	HWSC-Sanchez/Pope
	Lane 4	HWSC-Hobbie/Allman
	Lane 5	HWSC- Arnold/Daniel
	Lane 6	HWSC-Friday/Guard
		It is the responsibility of the swimmer to provide own timer & counter for the mile.
Session 2 Saturday Morning	Lane 1	Monticello
	Lane 2	HWSC-Gonzalals/Clark
	Lane 3	HWSC-BramJohnson/Stegall
	Lane 4	HWSC-Dobbins/Mitchell
	Lane 5	HWSC-Patterson/Jones
	Lane 6	Warren
Session 3 Saturday Afternoon	Lane 1	Monticello
	Lane 2	HWSC-Friday/Sanchez
	Lane 3	HWSC-Thompson/Ellington
	Lane 4	HWSC-Pope/Colvin
	Lane 5	HWSC-Hobbie/Patterson
	Lane 6	Warren
Session 4 Sunday Morning	Lane 1	Monticello
	Lane 2	HWSC-Sharp/Sharp
	Lane 3	HWSC-Dobbins/Martin
	Lane 4	HWSC-Jones/Stegall
	Lane 5	HWSC-Tran/Kelly
	Lane 6	Warren
Session 5 Sunday Afternoon	Lane 1	Monticello
	Lane 2	HWSC-Arnold/Murphree
	Lane 3	HWSC-Ellington/Pope
	Lane 4	HWSC-Green/Sanchez
	Lane 5	HWSC-Friday/Daniel
	Lane 6	Warren