

2025 Cougar Cold Snap, Saturday January 25th

Meet Schedule

| Session | Age Group | Warm-Up | Check-In | Start |
|---------|------------|---------|----------|--------|
| 1 | 13 & Over | 1:00pm | 1:10pm | 1:45pm |
| 2 | 12 & Under | 4:35pm | 4:45pm | 5:20pm |

Warm-up Schedule

13 & Over

| | M1 | M2 | M3 | M4 | M5 | M6 | M7 | M8 |
|--------|-----|-----|-----|-----|-----|----------|------|----------|
| 1:00pm | CAT | CAT | CAT | CAT | CAT | CAT/NJSD | APEX | APEX/HQH |

| | D1 | D2 | D3 | D4 | D5 | D6 | D7 | D8 |
|--------|------|------|------|------|------|------|-----|-----|
| 1:00pm | LIFE | LIFE | LIFE | STAC | STAC | STAC | SAY | SAY |

12 & Under

| | M1 | M2 | M3 | M4 | M5 | M6 | M7 | M8 |
|--------|-----|-----|-----|-----|-----|-----|-----|------|
| 4:35pm | CAT | CAT | CAT | CAT | CAT | CAT | CAT | APEX |

| | D1 | D2 | D3 | D4 | D5 | D6 | D7 | D8 |
|--------|-----|-----|-----|-----|------|------|------|------|
| 4:35pm | SAY | SAY | SAY | HQH | NJSD | STAC | STAC | STAC |



2025 Cougar Cold Snap, Saturday January 25th

Timing Assignments

13 & Over

| L1 | L2 | L3 | L4 | L5 | L6 | L7 | L8 |
|-----------------------------------|------|------|-----|-----|------|-----|-----|
| APEX | STAC | LIFE | CAT | CAT | LIFE | SAY | HQH |
| APEX | STAC | LIFE | CAT | CAT | CAT | SAY | CAT |
| <i>Alternates: STAC, SAY, CAT</i> | | | | | | | |

12 & Under

| L1 | L2 | L3 | L4 | L5 | L6 | L7 | L8 |
|-----------------------------------|-----|-----|-----|-----|------|------|------|
| A[EX | HQH | SAY | CAT | CAT | STAC | NJSD | SAY |
| APEX | HQH | SAY | CAT | CAT | STAC | NJSD | STAC |
| <i>Alternates: CAT, HQH, NJSD</i> | | | | | | | |

