

2025 MAY Winter Storm Sunday January 26th

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
1	Main Session	1:00pm	1:10pm	1:45pm
2	Distance	**	4:15pm	5:00pm



**** Warm-up for distance session in Dive Pool during main session.
Distance will not start before 5:00pm**

Warm-up Schedule

Main Session

1:00pm	L1 MAY	L2 MAY	L3 MAY	L4 MAY	L5 MAY	L6 MAY	L7 MAY	L8 MAY
1:00pm	D1 MAY	D2 MDY	D3 APEX	D4 SAY	D5 SAY	D6 NYS	D7 NYS	D8 NYS

Distance

Open	D1	D2	D3	D4	D5	D6	D7	D8
	Open Warm-up during Main Session							



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Timing Assignments

Main Session

L1	L2	L3	L4	L5	L6	L7	L8
NYS	MDY	NYS	MAY	MAY	SAY	APEX	SAY
MAY	MDY	NYS	MAY	MAY	SAY	APEX	MAY

Backups: APEX, MDY, MAY

Distance

L1	L2	L3	L4	L5	L6	L7	L8
Swimmers provide their own timers & counters							

