

NHA warm ups Oct. 15 & 16, 2022

NOTE: Please share the attached warm ups with all coaches attending this meet.

The morning warm ups will be 3 20 minute warm ups.

All deck entries must be given to Dana at the computer $\frac{1}{2}$ hour before the session begins. If you are in the 3rd warm up and want to deck enter a swimmer please be at the meet early so you can get you entry into the meet.

If you have not mailed your check please do not mail it, please bring it to the meet and give it to Dana at the computer.

Saturday AM session 7:30 – 7:50 AM	NHA, KW, SASC
Saturday AM session 7:50 – 8:10 AM	STEEL, RXA, PRA, SAAT, RGSY, CSC, BWA
Saturday AM session 8:10 - 8:30 AM	ANSC, SVSC, 3RVS
Saturday AM meet start 8:35 AM	
Saturday Distance Session 12:30-1:00	NHA, JCCS, KW, RXA
Saturday Distance Session 1:00 – 1:30	PRA, ANSC, CSC, NAC, RGSY, STEEL, SVSC
Saturday Distance meet start 1:35	
Sunday AM session 7:30 – 7:50 AM	NHA, KW, SASC
Sunday AM Session 7:50 – 8:10 AM	STEEL, RXA, PRA, SAAT, RGSY, CSC, BWA
Sunday AM session 8:10 - 8:30	ANSC, SVSC, 3RVS
Sunday AM meet start time 8:35 AM	
Sunday Distance	Open warm ups