

HD Warm Ups AGO November 5-6, 2022

NOTE: Please share these warm up with all attending this meet. If you have not already mailed your check please do not mail it, please bring it to the meet and give it to Judy at the computer. Please check warm ups carefully as some teams do not have the same warm up time each day due to the number of swimmers per session.

Saturday AM session 7:00 – 7:20 AM	HD, PRA, GPAC
Saturday AM session 7:20 – 7:40 AM	NHA, SASC, CSC
Saturday AM session 7:40 - 8:00 AM	NGAC, PTAC, RESY, WHAT, GLAC, MMSA
Saturday AM meet start 8:05 AM	
Saturday AM Distance	OPEN WARM UPS
Saturday PM session 12:00 – 12:20	HD, PRA, UNDAC
Saturday PM session 12:20 – 12:40	NHA, MMSA, RESY
Saturday PM session 12:40 – 1:00	NGAC, PTAC, SASC, WHAT, GLAC, CSC
Saturday PM meet start 1:05 PM	
Saturday PM Distance	OPEN WARM UPS
Sunday AM session 7:00 – 7:20 AM	HD, PRA, GPAC, UNDAC
Sunday AM Session 7:20 – 7:40 AM	NHA, SASC, CSC
Sunday AM session 7:40 - 8:00	NGAC, PTAC, RXA, WHAT, MMSA
Sunday AM meet start 8:05 AM	
Sunday AM Distance	OPEN WARM UPS
Sunday PM session 12:00 – 12:20PM	HD, PRA, UNDAC
Sunday PM session 12:20 – 12:40	NHA, MMSA, RXA
Sunday PM session 12:40 – 1:00	NGAC, PTAC, SASC, WHAT, GLAC, CSC
Sunday PM meet start 1:05 PM	
Sunday PM Distance	OPEN WARM UPS