

NHA warm ups Jan. 22 & 23, 2022

NOTE: NHA warm ups

Please NOTE: We will have 3 warm up times for the NHA meet.

The seeding for the mini meet session has changed to positive check in. To make sure the meet starts on time please have your check in sheets to Dana at the computer by **8 AM**. Since this is before the 3rd warm up please have your swimmers/parents communicate with you if their swimmer will not be at the meet. This will eliminate a large number of no shows that have been occurring at recent meets. Thank you for your help in this matter. Please do not hold your sheet because you are waiting for a swimmer, turn them into Dana with an explanation and the swimmers name.

COACHES: Your check in sheets will be available when you sign in for the AM sessions. Please do not cross off the swimmers names when you scratch them, just write **scratch** next to their name. Please turn these into Dana at the computer by **8 AM**.

Saturday AM session 7:30 – 7:50 AM	NHA, HD, BWA
Saturday AM session 7:50 – 8:10 AM	ANSC, STEE, CSC
Saturday AM session 8:10 - 8:30 AM	PRA, 3RVS, JCCS, MMSA, RXA
Saturday AM meet start 8:35 AM	
Saturday PM session 12:30 – 1:30 Distance	OPEN warm ups
Saturday PM Session start 1:35 PM	
Sunday AM session 7:30 – 7:50 AM	NHA, HD, BWA
Sunday AM Session 7:50 – 8:10 AM	ANSC, STEE, CSC
Sunday AM session 8:10 - 8:30	PRA, 3RVS, JCCS, MMSA, RXA, SASC
Sunday AM meet start time 8:35 AM	
Sunday PM session 12:30 – 1:30 PM Distance	OPEN warm ups
Saturday PM Session start 1:35 PM	