

Hampton Dolphins November Open

Warm-ups

November 6-7, 2021

Note - **One spectator per swimmer, everyone must wear a mask.**

If you have not mailed your check please do not mail it now. Please bring your check to the meet and give it to Judy who will be at the computer. Please do not give it to anyone else.

Entry fees are due before the meet begins. Please share this information with your treasurer.

Saturday AM session 7:30 – 7:50	HD, UNDAC, PRA
Saturday AM session 7:50 – 8:10	NHA, RESY
Saturday AM session 8:10 – 8:30	GPAC, NGAC, SASC, MMSA, WHAT, BYAC
Saturday AM distance Immediately following session 20 minute open warm up	HD, RESY, GPAC, NGAC, BYAC
Saturday AM meet start time 8:35	
Saturday PM session 12:00 – 12:20	HD, PRA
Saturday PM session 12:20 – 12:40	NHA, RESY
Saturday PM session 12:40 – 1:00	GPAC, GLAC, NGAC, SASC, MMSA, WHAT, BYAC
Saturday PM distance Immediately following session 20 minute open warm up	HD, BYAC, WHAT, PRA, NCAG, RESY,
Saturday PM meet start time 1:05	
Sunday AM session 7:30- 7:50	HD, UNDAC, PRA
Sunday AM session 7:50-8:10	NHA, RESY
Sunday AM session 8:10-8:30	GPAC, NGAC, SASC, MMSA, WHAT, BYAC
Sunday AM distance Immediately following session 20 minute open warm up	RESY, PRA
Sunday AM meet start time 8:35	
Sunday PM session 12:00-12:20	HD, PRA
Sunday PM session 12:20-12:40	NHA, RESY
Sunday PM session 12:40-1:00	GPAC, GLAC, NGAC, SASC, MMSA, WHAT, BYAC
Sunday PM meet start time 1:05	

Sunday PM distance Immediately following session 20 minute open warm up	PRA, RESY, NGAC, BYAC, HD, GLAC, GPAC, MMSA, SASC
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