

Group A Regions 2, 3, 5, 6, 7, 14, 15

Group B Regions 1, 4, 11, 13, 16, 17

Thursday Session 1

2:00-2:30 Warmup Group A
2:30-2:45 Starts All Lanes

2:50-3:20 Warmup Group B
3:20-3:35 Starts All Lanes

4:00 PM Meet Starts

Friday Session 2

6:30-7:00 Warmup Group B
7:00-7:15 Starts All Lanes

7:20-7:50 Warmup Group A
7:50-8:05 Starts All Lanes

8:30 AM Meet Starts

Friday Session 3

12:00-12:30 Warmup Group A
12:30-12:45 Starts All Lanes

12:50-1:20 Warmup Group B
1:20-1:35 Starts All Lanes

Tentative 2:00:00 PM Meet Start

Saturday Session 4

6:30-7:00 Warmup Group A
7:00-7:15 Starts All Lanes

7:20-7:50 Warmup Group B
7:50-8:05 Starts All Lanes

8:30 AM Meet Starts

Saturday Session 5

12:00-12:30 Warmup Group B
12:30-12:45 Starts All Lanes

12:50-1:20 Warmup Group A
1:20-1:35 Starts All Lanes

Tentative 2:00:00 PM Meet Start

Sunday Session 6

6:30-7:00 Warmup Group B
7:00-7:15 Starts All Lanes

7:20-7:50 Warmup Group A
7:50-8:05 Starts All Lanes

8:30 AM Meet Starts

Warm-ups begin at time listed, OR 30 minutes after the conclusion of the previous session. If TAAF needs to adjust the start time, we will make an announcement at the facility and post to the TAAF Nation Facebook page.

Starts

Odd number lanes 1,3,5,7 will start from the finish end. Even number lanes 2,4,6,8 will be for return swim or start from bulkhead

Mixed Relays swim at the END of the morning session on Friday and Saturday.

Warm-ups are open lane, entire pool