

2010 SE SCAC Winter Invite

Warm-up Lanes

Saturday, January 30 and Sunday, January 31

9:00-9:45 a.m. Warmup

10:00 a.m. Meet starts

Lane

- 1 UN - Unnattached
- 2 UN - Unnattached
- 3 CCAC – Carpet Capitol Aquatic Club
- 4 CCAC – Carpet Capitol Aquatic Club
- 5 CPR – Chattanooga Parks & Rec
- 6 SCAC – Scenic City Aquatic Club
- 7 SCAC
- 8 SCAC
- 9 SCAC
- 10 SCAC
- 11 SCAC

Notes:

Relay names will be due to Roger at the end of the session.

One heat of relays per Age group (Girls and Boys will swim same heat).

Sign-in for 400 IM and 500 Free will close at 9:45 a.m.

Relay sign-in – Please let Roger know of any Relay scratches.

Clerk of Course for 8 & under swimmers only.

Meet will run in 6 lanes (except 400 IM and 500 Free will be in 8 lanes)