

HSA Meet Information

Check in: HSA (2) - 7AM-8:30AM

Runner: HSA (1)

Warm up Saturday

1st 0630-07:05-HSA

2nd Warm up- 7:05AM-7:40 NCA 5-10, RST-4, **HSA cont. 1-2**, MVY-3

3rd Warm up- 7:40-8:15 PS lanes 3-10, MRA Lane 1-2,

4th Warm up-8:15-8:50 CALI- Lane 4, TAQ-5, SBA 1-3, MGST 6-7, CAST 8-9

Warm up Sunday

1st Warm up- 7 AM-7:40 HSA 1-4, RST 5-6, SBA 7-10

2nd Warm up- 7:40-8:15 PS lanes 3-10, MRA Lane 1-2,

3rd Warm up-8:15-8:50 NCA Lanes 1-5, CALI/TAQ-6, CAST 7, MGST 8-9, MVY-10

Timing Assignments:

Head Timer-HSA

Lane	1	2	3	4	5	6	7	8
Sat/SUN	NCA (2)	NCA (2)	PS (2)	PS (2)	PS (2)	MRA(2)	SBA(2)	CAST(2)

Awards: HSA