

WHITEWATERS SWIMMING Fall Festival  
October 28-29, 2006

**Warm-Up Procedures & Schedule**

- **First 20 minutes: General Team Warm-up designated by Lanes/Times (Feet First Entry with Counterclockwise Swimming)**
- **Last 10 minutes: Odd Lanes (Sprint Lanes); Even Lanes (Pace Lanes)**

**Session 1, Saturday AM**

**Session 4, Sunday AM**

7:00am-7:30am				7:30am-8:00am				7:00am-7:30am				7:30am-8:00am			
Scoreboard (Gold)		Diving (Blue)		Scoreboard (Gold)		Diving (Blue)		Scoreboard (Gold)		Diving (Blue)		Scoreboard (Gold)		Diving (Blue)	
<u>Lane</u>				<u>Lane</u>				<u>Lane</u>				<u>Lane</u>			
1	BAC	XCEL		RBY, MEY	CJAC			1	SAC,WW	WFY		YWMC,PAA	WY,PPST		
2	SVY	WFY		YWMC, PAA	FSPY, HCY			2	SAC,RVY	WFY		MCY,MAY	EEX,MCY		
3	SAC	SVY		NJW, CJAC	MAY, JG			3	SVY,BB	XCEL		NJW,CJAC	MAY,HCY		
4	SHY, WW	BAC		WMY, PPST	SAY, CCC			4	SVY,CCC	XCEL		WMY,,SAY	WW,CCC		
5	ESC, CCC	YWMC		EEX, MCY	WW, WMY			5	SHY	YWMC		WY,PPST	CJAC,MEY		
6	WFY, CA	WY		FSPY, MAY	EEX, SHY			6	ESC,CA	SVY		CAT,HCY	FSPY,JG		
7	CAT, WFY	NJW		HCY, SAY	ESC, RVYM			7	RBY,WFY	NJW		XCEL,HACY	RVY,WMY		
8	JG, RVY	RBY		XCEL, HACY	MCY, MEY			8	JG,MEY	RBY		EEX,FSPY	SAY,SHY		

**Session 2, Saturday MID**

**Session 5, Sunday MID**

12:00pm-12:30pm				12:30pm-1:00pm				12:00pm-12:30pm				12:30pm-1:00pm			
Scoreboard (Gold)		Diving (Blue)		Scoreboard (Gold)		Diving (Blue)		Scoreboard (Gold)		Diving (Blue)		Scoreboard (Gold)		Diving (Blue)	
<u>Lane</u>				<u>Lane</u>				<u>Lane</u>				<u>Lane</u>			
1	NJW	SVY,		WY	HCY,WMY			1	NJW	SVY,BB		SVY,MAY	SAC,PAA		
2	RBY	SVY,PPST		WW	RBY,MEY			2	WFY	SVY		WW,JG	SHY,JG		
3	SVY	BAC		XCEL	ESC,MCY			3	RBY	WY,GAAC		SAY,CC	FSPY,CJAC		
4	WFY	XCEL,CA		FSPY,CA,RVY	FSPY,MAY			4	WY	XCEL,CA		CJAC,CBGC	YWMC,MEY		
5	SAY	NJW,JG		MAY,BAC,MCY	SAC,CJAC			5	XCEL	NJW,PPST		WMY,MCY	HCY,MCY		
6	YWMC	WY,CCC		WMY,PPST,JG	WYMC,SAY			6	YWMC	RBY,CCC		HACY,HCY	WW,MAY		
7	CJAC	SHY,CAT		HACY,EEX,CCC	WW,HACY			7	ESC	WFY,CAT		MEY,EEX	EEX,HACY		
8	ESC	WFY,PAA		HCY,MEY,CBGC	ESC,RVY			8	FSPY,PPST	ESC,WMY		RVYM,CA	RVYM,SAY		

**Session 3, Saturday PM**

**Session 6, Sunday PM**

5:00pm-5:30pm				5:30pm-6:00pm				5:00pm-5:30pm				5:30pm-6:00pm			
Scoreboard (Gold)		Diving (Blue)		Scoreboard (Gold)		Diving (Blue)		Scoreboard (Gold)		Diving (Blue)		Scoreboard (Gold)		Diving (Blue)	
<u>Lane</u>				<u>Lane</u>				<u>Lane</u>				<u>Lane</u>			
1	BAC	SVY		RBY,RVY	HCY,SAY			1	SVY,XCEL	SVY,CCC		SAC,WFY	SHY,SAY		
2	BAC,CA	CAT		SAC,MCY	YWMC,MEY			2	SVY,CA	SVY,MAY		ESC,MCY	HACY,RVYM		
3	CAT	BAC		ESC,WY	CJAC,XCEL			3	CAT	CAT		HACY,WMY	WMY,XCEL		
4	FSPY,MAY	WFY		EEX,WFY	NJW,RVYM			4	SHY,	CAT		EEX,SAY	FSPY,PPST		
5	PAA,PPST	PAA,MCY		CJAC,SAY	FSPY,PPST			5	FSPY	WFY,		WW,WY	YWMC,NJW		
6	SHY,CCC	WMY,CCC		WW,MEY	RBY,HACY			6	PAA,PPST	JG,CA		CJAC,RVY	CJAC,ESC		
7	SVY,XCEL	JG,CA		HACY,HCY	WY,ESC			7	YWMC, MAY	PAA,EEX		JG,NJW	WY,WW		
8	YWMC,WMY	SHY,EEX		JG,NJW	SAC,WW			8	RBY,CCC	HCY,MEY		HCY,MEY,BB	RVY,SAC		