

# 2013 ASA Worker and Warmup Summary

**Warmups must be supervised by a coach. All swimmers must enter the water feet first in lanes 2-9 and may not use the blocks in those lanes. Lanes 1 and 10 are for 1 way sprints and swimmers may use blocks in those lanes. Teams not following these rules will not be allowed to warm up.**

**Timers please report to the bullpen for your pool 30 minutes prior to the start of the session (TIMERS NEED TO BRING YOUR OWN WATCHES, WE WILL PROVIDE CLIPBOARDS). Runners please report to the timing room 20 minutes before the start of the session. Drink workers please report to the timing room at the end of the medley relays. Crowd control workers please report to the timing room 30 minutes before the start of the session. Bullpen workers please report to the bullpen you are assigned at the beginning of the session. Award workers please report to the scoring room at the beginning of the session.**

Team	Date	Volunteer Position	Warmup	Seating
Aberdeen	Sat. 9:00 am-1:15 pm	2 Timers Girls Pool Lane 1, 2 Timers Boys Pool Lane 1-2, 1 Backup Timer Girls Pool	8:30 - 8:50	On Deck
Alpharetta	Sat. 3:00 pm-6:30 pm	2 Timers Each Girls Lane 1,2,3 Boys Lane 1,2, 1 Award, 2 Runners, 1 Boys Bullpen, 1 Girls Bullpen	1:30 - 1:50	On Deck
Alpharetta AC	Fri. 2:30 pm-6:00 pm	2 TimersBoys Lane 3, 1 Girls Bullpen	1:20 - 1:40	Upstairs
Brittany Club	Thur. 10:00 am-1:30 pm	2 Timers Each for Girls Lane 1, Boys Lane 1, 1 Award Worker, 1 Runner	9:30 - 9:50	Upstairs
Brookfield CC	Fri. 2:30 pm-6:00 pm		1:00 - 1:20	Upstairs
Brookwood Hills	Sat. 3:00 pm-6:30 pm	2 Timers Each Boys Lane 3,4,5 Girls Lane 4, 5, 2 Crowd Control, 1 Boys Bullpen, 1 Girls Bullpen	1:50 - 2:10	On Deck
Cambridge	Fri. 9:00 am-12:30 pm	1 Crowd Control, 1 Award Worker, 1 Runner	7:50 - 8:10	Upstairs
CC of Roswell	Fri. 2:30 pm-6:00 pm	1 Boys, 1 Girls Bullpen Workers, 1 Runner	2:00 - 2:20	Upstairs
CC of the South	Fri. 9:00 am-12:30 pm	2 Timers Each Boys Lane 1, 2, Girls Lane 1	8:10 - 8:30	Upstairs
Chartwell	Fri. 9:00 am-12:30 pm	2 Timers Girls Lane 7, 1 Drink Worker, 1 Girls Bullpen Worker	7:30 - 7:50	Upstairs
Chastain	Sat. 3:00 pm-6:30 pm	2 Timers Each Girls Lane 6, 7 Boys Lane 6,7,8, 1 Crowd Control, 1 Award, 1 Boys Bullpen, 1 Girls Bullpen	2:10 - 2:30	On Deck
Chat. River Club	Sat. 9:00 am-1:15 pm	2 Timers Boys Pool Lane 1, 2 Timers Girls Pool Lane 1-2, 1 Backup Timer Boys Pool	7:30 - 7:50	On Deck
Chattahoochee	Fri. 9:00 am-12:30 pm	2 Runners, 1 Drink Worker, 1 Boys Bullpen Worker	8:10 - 8:30	Upstairs
Creekstone Estates	Sat. 9:00 am-1:15 pm	2 Timers Girls Pool Lane 6, 2 Timers Boys Pool lane 5	8:30 - 8:50	On Deck
Crooked Creek	Fri. 2:30 pm-6:00 pm	2 Timers Each Boys Lane 1, Girls Lane 1 and Lane 6	1:20 - 1:40	Upstairs
Cumming Waves	Sat. 9:00 am-1:15 pm	1 Runner	7:30 - 7:50	On Deck
Deer Lake	Sat. 9:00 am-1:15 pm	2 Timers Girls Pool Lane 3	8:30 - 8:50	On Deck
Deerbrooke Waters	Thur. 10:00 am-1:30 pm	1 Crowd Control Worker	9:10 - 9:30	Upstairs
Deerfield SL	Thur. 10:00 am-1:30 pm		9:30 - 9:50	Upstairs
Doublegate	Fri. 9:00 am-12:30 pm	2 Timers Each Girls Lane 3, Boys Lane 3, 1 Award Worker	7:50 - 8:10	Upstairs