



NORTHWEST AQUATICS LEAGUE

2016 SUMMER HEAT MEET

Sunday, May 29th, 2016

IMPORTANT INFORMATION:

All swimmer/team/parent rest area will be outdoors on the grassy area directly adjacent to the natatorium. The big gym will be available for floor space as well as bleacher space.

Absolutely no set-up in the natatorium spectator bleachers. Bleachers will be roped off until the beginning of the first event.

Ready Bench staging is located in the practice gym. Please listen for staging announcements. It is the parent's responsibility to get the swimmer to the Ready Bench area. Parents are not allowed in the Ready Bench area.

Morning WARM-UPS

Group 1: 7:30-7:50 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ESST	ESST	ESST	ESST	ESST	SMW	SMW	FMKP

Group 2: 7:55 – 8:15 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WNDR	WNDR	WNDR	WNDR	FCR	FCR	WALD	WALD

Group 3: 8:20 – 8:40

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NPT	PF	OAKS	CGC	SCF	EHC	BSST	BCST/ NORP

Afternoon WARM-UPS

Group 1: 1:00 – 1:20 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ESST	ESST	ESST	ESST	SMW	SMW	FMKP	FMKP/ WIN

Group 2: 1:25 – 1:45 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WNDR	WNDR	WNDR	FCR	FCR	FCR	SCF	NPT

Group 3: 1:50 – 2:10 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
OAKS	BSST/ WFST	CGC/ NORP	PF/ MBW	EHC/ WLH	WALD	WALD	WALD

**Timer Assignments**

Chair	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	SMW	FCR	WALD	ESST	FMKP	WNDR	SCF	NPT
2	SMW	FCR	WALD	ESST	FMKP	WNDR	SCF	OAKS