

## **2007 SAC LC JUNIOR OLYMPICS**

### **SESSION TIMES:**

***Fly over starts will be used throughout the meet!***

Check-in sheets are due 30 minutes prior to each session.

Positive check-in all 400/longer freestyles and relays.

#### **Sessions 1, 3, & 5--AM/ 12 & Unders**

Warmup @ 7:15. Start at 8:20

**POSITIVE CHECK-IN FOR ALL DISTANCE EVENTS & RELAYS**

#### **SESSION 2/ Friday --13/Overs**

Warmup at 12:25; Start at 1:30PM

15/over 400's no earlier than 5:00PM; alternating heats

13/14 1500'S no earlier than 5:45PM; alternating heats

Swimmers provide own timers 400's

Swimmers provide own timers & lap counters for 1500's

#### **SESSION 4/Saturday--13/Overs**

Warmup at 12:45PM; Start at 1:50PM

13/14 800's will not start before 6:00PM; alternating heats

15/over 800's will not start before 7:30PM; alternating heats

Swimmers provide own timers & lap counters for 800's

#### **SESSION 6/Sunday--13/Overs**

Warmup at 12:45PM; Start at 1:50PM

13/14 400's no earlier than 4:30PM; alternating heats

15/over 1500's no earlier than 5:30PM; alternating heats

Swimmers provide own timers 400's

Swimmers provide own timers & lap counters for 1500's