

AM session---- We will need to create 3 sessions for the 10 and under warm-up. Each session will be 25 minutes long. The first one will start at 7:30am. Session #2 will start at 7:55am and the last one will start at 8:20am.

Warm-up Schedule:

Session #1 7:30 to 7:55am

**Lane #1 CCAC
Lane #2 CCAC
Lane #3 CCAC
Lane #4 Three Rivers Swim Club
Lane #5 Three Rivers Swim Club
Lane #6 Chattanooga Parks and Rec**

Session #2 7:55 to 8:20am

**Lane #1 Pilot
Lane #2 Pilot
Lane #3 West Georgia
Lane #4 Buckhead barracudas
Lane #5 Scenic City Aquatics Club
Lane #6 Scenic City Aquatics Club**

Session #3 8:20 to 8:45am

**Lane #1 Gold
Lane #2 Gold
Lane #3 Gold
Lane #4 Atomic City
Lane #5 Athens-McMinn
Lane #6 Winchester**

The morning session will start at 9:00am and end at 1:05 pm (4 hrs. and 5 minutes). The afternoon session will not start until 2:00pm with two warm-up sessions of 30 minutes each.

PM session #1 1:00pm to 1:30pm

***Lane #1 CCAC
Lane #2 CCAC \ Golden Tiger
Lane #3 Three Rivers Swim Club
Lane #4 Three Rivers Swim Club
Lane #5 Chattanooga Parks and Rec \ Winchester
Lane #6 Scenic City \ West Georgia***

PM session #2 1:30 to 2:00pm

***Lane #1 Gold
Lane #2 Gold
Lane #3 Athens-McMinn
Lane #4 Atomic City
Lane #5 Buckhead barracudas
Lane #6 Pilot***