

TCAT Fall Breakout – Sunday, November 11 at Twinsburg Aquatic Center

- Fly over starts will be used for the both sessions.
- The morning session is pre-seeded. Swimmers will NOT need to check in for their events. There will be a clerk of course for the AM session only
- Afternoon swimmers will have to check in/circle in for their events prior to the start of warm-ups.
- Deck entries will be taken on a space available basis.
- Unsupervised swimmers: Any swimmer attending the meet without a coach should check in with the meet referee to be assigned a coach for the meet.

Warm-up Information/Lane Assignments:

AM Warm-ups will be split by team – see team and lane assignments below; AM Competition will begin at 8:35 am

	1	2	3	4	5	6
7:00 – 7:30 am	TCAT will have practice					
7:30 – 8:00 am	PA CFYN	LRST	LSSC	LSSC CSI	SHSH	SHSH
8:00 – 8:30 am	BBA	BBA MAC	CLE	PS	LESD PS	LESD WHAT

PM warm-ups will be split by team and will NOT begin before 11:45 am – see team and lane assignments below; Competition will begin 85 minutes after the start of warm-ups

	1	2	3	4	5	6
1st – 40 minutes	TCAT	TCAT CFYN	SHSH	SHSH WHAT	LSSC	LRST
2nd – 40 minutes	CLE BBA	CSI UNAT	FAST MAC	LESD PS	PS	PA