

# TCAT Winter Breakout – Sunday, December 9 at Twinsburg Aquatic Center

- Fly over starts will be used for the both sessions.
- The both 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 500 events.
- 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
<b>7:00 – 7:30 am</b>	TCAT will have practice					
<b>7:30 – 8:00 am</b>	BBA	BBA	BBA	SASC	SHSH	SHSH
<b>8:00 – 8:30 am</b>	WHAT/Kraken	STARS	STARS	GLSS	STARS	PA/Other

PM warm-ups will be split by team and will NOT begin before 11:30 am – see team and lane assignments below; Competition will begin 85 minutes after the start of warm-ups

	1	2	3	4	5	6
<b>1<sup>st</sup> – 40 minutes</b>	TCAT	TCAT	SHSH	SHSH	BBA	BBA
<b>2<sup>nd</sup> – 40 minutes</b>	WHAT/Kraken	SASC	GLSS	STARS/GLSS	STARS	PA/Other