

# TCAT 8 & Under Warm up Plan

Warm up from 8:15a-9:00a. Starts in the competition pool will begin at 8:45a.  
All 20 lanes available.

\*All starts will begin at start end so that blocks are available, timers will move for 25s.

\*Clerk of Course will be in the separate pool area behind the blocks at the scoreboard end.

\*Deck entries will be accepted.

**\*\*Volunteers to time for fun or for service hours are available!**