

TCAT Winter Breakout Warm-up

Morning Warm-up

7:30 AM-8:00AM 8 and under

8:00 AM-8:30AM 9 and 10 year olds

Competition will begin at 8:30 AM

*25's will start at the turn end of the pool.

*Swimmers must check in prior to the start of their warm-up period or they will not be seeded.

*Events 1 and 2 will be pre-seeded to allow for us to start the meet on time.

*** NO deck entries will be accepted, the session is full.**

Afternoon Warm-up

Not before 12:40 pm

session 1 – HEAT/ TCAT/SHSH/PA = 1st 20 minutes (not before 12:40)

session 2 – All other teams = 2nd 20 minutes (not before 1:00)

sessions 3 - combined sprint warm-up = 10 minutes (not before 1:20)

*Competition will not start before 1:35 p.m.

*Swimmers must check in prior to the start of their warm-up period or they will not be seeded.

*Afternoon competition will begin 5 min after conclusion of combined sprint warm-up.

*Limited deck entries will be accepted for the PM session.