

2019 ST SASA Sombrero Dos - 11/8/2019 to 11/10/2019

Warm-up Sheet

Warm-up Starts at 5:00 PM (Note Time Change)

Session: 1 Friday

Day of Meet: 1 Starts at 06:10 PM

	Team	Lane
First Warm-up 5:00 PM to 5:30 PM		
SASA-ST	Streamline Aquatics	1-7
UN-ST	Unattached	with SASA
SAC-AZ	Scottsdale Aquatic Club	with SASA
CLUB-ST	Laredo Tritons Swim Club	share 7
AQSA-ST	Aqua Swift Aquatics	8-9
PRGN-ST	Paragon Training	10-11

Second Warm-up 5:30 PM to 6:00 PM

ASC-ST	Austin Swim Club	1-4
HSC-ST	Hays Swim Club	5-6
VTAC-ST	Victoria Texas Aquatic Club	7
HEAT-ST	Heart of Texas Aquatics Team	8
HOT-ST	Heart of Texas Swim Team	9
SYS-ST	Schertz YMCA Swim Team	10-11
CCAA-ST	Corpus Christi Aquatic Alliance	share 11

Coaches Meeting - 6:00 PM to 6:10 PM

Warm-up Starts at 09:25 AM (Note Time Change)

Session: 2 Saturday

Day of Meet: 2 Starts at 11:30 AM

	Team	Lane
First Warm-up 9:25 AM to 9:50 AM		
SASA-ST	Streamline Aquatics	1-9
UN-ST	Unattached	with SASA
SAC-AZ	Scottsdale Aquatics Club	with SASA
UN-NT	Unattached	with SASA
SAS-ST	San Antonio SwimAcademy Sharks	10-11

Second Warm-up 9:50 AM to 10:15 AM

AQSA-ST	Aqua Swift Aquatics	1-6
SYS-ST	Schertz YMCA Swim Team	6-7
PRGN-ST	Paragon Training	8-9
CCAA-ST	Corpus Christi Aquatic Alliance	10
Open		11

Third Warm-up 10:15 AM to 10:40 AM

ASC-ST	Austin Swim Club	1-8
HSC-ST	Hays Swim Club	9-10
Open		11

Fourth Warm-up 10:40 AM to 11.05 AM

HOT-ST	Heart of Texas Swim Team	1-2
VTAC-ST	Victoria Texas Aquatic Club	3-4
HEAT-ST	Heart of Texas Aquatics Team	5-6
CLAN-ST	Laredo Nadadores	Share 7
CLUB-ST	Laredo Tritons Swim Club	8 & Share 7
Open		9-11

Coach vs Swimmer 50 Free - Event 11 A - 11:10 AM

TEAM SPIRIT CHALLENGE - 11:10 AM to 11:25 AM

Coaches Meeting - 11:15 to 11:25 AM



Warm-up Starts at 09:30 AM

Session: 3 Sunday

Day of Meet: 3 Starts at 11:15 AM

	Team	Lane
First Warm-up 9:30 AM to 10:00 AM		
ASC-ST	Austin Swim Club	1-7
CCSS-ST	Circle C Select Swim Team	with ASC
HSC-ST	Hays Swim Club	8-9
HEAT-ST	Heart of Texas Aquatics Team	10-11

Second Warm-up 10:00 to 10:30

SASA-ST	Streamline Aquatics	1-7
UN-ST	Unattached	with SASA
UN-NT	Unattached	with SASA
SAC-AZ	Scottsdale Aquatics Club	with SASA
PRGN-ST	Paragon Training	8
HOT-ST	Heart of Texas Swim Team	9
CCAA-ST	Corpus Christi Aquatic Alliance	10
CLAN-ST	Laredo Nadadores	Share 11
CLUB-ST	Laredo Tritons Swim Club	Share 11

Third Warm-up 10:30 to 11:00 AM

AQSA-ST	Aqua Swift Aquatics	1-4
SYS-ST	Schertz YMCA Swim Team	5-6
SAS-ST	San Antonio SwimAcademy Sharks	7-8
VTAC-ST	Victoria Texas Aquatic Club	9-10
Open		11

Coaches Meeting - 11:00 AM to 11:10 AM

~ SWIMMERS ATTENDING THE MEET WITHOUT A COACH ~

According to USA Swimming Rules, all swimmers attending the meet are required to be supervised by a currently registered USA Swim Coach.

Please check-in at the computer console to be assigned to a SASA Coach to supervise you.

**At the conclusion of the meet, all Teams are Responsible for picking up awards in the office.
Awards will NOT be Mailed !!!**