

2014 NC Swimming 14 Under Short Course Championship

Warm Up Assignments

**Session 1 (S1), Session 2 (S2) or Session 3 (S3) designates which warm-up sessions your team has.

You will then be designated in the pool at the Scoreboard end (SB), Main Competition Pool (CP), Diving Well (DW) or Bulkhead (BH) and given lanes in that pool.

Thus S1/CP/2-3 would be Session 1 in the Competition Pool lanes 2 & 3. Lanes will typically be shared and you may use the space as best suits your team.

Club Code	Team Name	Session 1 Friday (PM)	Session 2 Sat. (AM)	Session 3 Sat. (10&U)	Session 4 Sat. (PM)	Session 5 Sun. (AM)	Session 6 Sun. (10&U)
YBAC-NC	Alamance County Community YMCA	SB/3	S2/CP/6	S1/DW/1	S1/SB/8	S1/SB/2	S1/CP/4
ATOM-NC	Aquatic Team Of Mecklenburg	SB/3	S2/CP/1&2	S1/DW/1	S2/SB/1	S1/SB/4	S1/CP/4
ASC-NC	Asheville Swim Club	SB/1	S2/CP/1&2	S1/DW/2	S1/SB/1&2	S1/SB/1&2	S1/CP/3
BAD-NC	Badfish Aquatics		S2/CP/6		S1/SB/10	S1/SB/2	
BAC-NC	Brunswick Aquatic Club		S2/CP/6	S1/DW/2	S1/SB/10		S1/CP/4
CFAC-NC	Cape Fear Aquatic Club			S1/DW/3			S1CP/4
CVAC-NC	Catawba Valley Aquatic Club	SB/3	S2/CP/4	S1/BH/1	S1/SB/7	S1/SB/2	S1/CP/2
CHY-NC	Chapel Hill YMCA Swim Club	SB/3	S2/CP/3	S1/DW/4	S1/SB/7	S1/SB/7	S1/CP/2
DUKE-NC	Duke Aquatics	SB/2	S2/CP/4	S1/CP/1	S1/SB/8	S1/SB/5	S1/DW/1
ECA-NC	East Carolina Aquatic Club	SB/2	S2/CP/5&6	S1/CP/2	S1/SB/9&10	S1/SB/5&6	S1/DW/2
EAC-NC	Enfinity Aquatic Club	SB/3	S1/CP/5	S1/DW/3	S1/SB/6	S1/DW/3	S1/CP/1
ASTF-NC	Fayetteville Aquatics Swim Team		S2/CP/7		S1/SB/1	S1/DW/2	
GG-NC	Gaston Gators		S2/CP/7	S1/BH/1	S1/SB/1		S1/CP/3
GYW-NC	Gateway Ywca Seadragons	SB/9	S2/CP/7	S1/BH/1	S2/SB/2	S1/SB/7	S1/CP/1
GOLD-NC	Goldsboro Family YMCA		S2/CP/7		S1/SB/1	S1/SB/3	S1/CP/6
GFSC-NC	Granite Falls Swim Club Makos		S2/CP/7	S1/BH/1			S1/CP/1
GCY-NC	Greensboro Community YMCA	CP/6	S2/CP/6	S1/CP/6	S1/SB/3&4	S1/DW/1&2	S1/DW/3
GSA-NC	Greensboro Swimming Assoc	SB/9	S1/CP/4	S1/BH/2	S1/SB/4&5	S1/DW/4	S1/CP/5
HCAC-NC	Harnett County Aquatic Club			S1/BH/2			S1/CP/5
YSST-NC	Hickory Foundation YMCA Seahorses	SB/8	S2/CP/8	S1/BH/2	S2/SB/2	S1/SB/3	S1/CP/5
HPSC-NC	High Point Swim Club	CP/6	S1/CP/7	S1/CP/5	S2/SB/8	S1/DW/2	S1/DW/4
HAC-NC	Hillsborough Aquatic Club			S1/BH/2			S1/CP/5
LOY-NC	Lowes Lightning YMCA	SB/9	S1/CP/7	S1/CP/6	S1/SB/4	S1/SB/9	S1/DW/4
MOR-NC	Marlins of Raleigh	SB/4-6	S1/CP/1-3 & BH/1-2	S1/CP/3-5	S2/SB/3-6	S2/CP/2 & DW 1-3	S2/CP/1&2 & BH/1
MSA-NC	Mecklenburg Swim Association	SB/9	S1/CP/7		S2/SB/2	S1/SB/9	
PAC-NC	N. Piedmont Aquatic Club	SB/9	S2/CP/7	S1/CP/6	S2/SB/8	S1/SB/9	S1/DW/4
NUMA-NC	New Millennium Aquatics			S1/CP/6			S1/DW/4
NSS-NC	New South Swimming	SB/7	S1/CP/8	S1/CP/6	S2/SB/7	S1/SB/8&9	S1/BH/1
WAVE-NC	New Wave Swim Team	CP/1-2	S1/DW/4-5	S1/CP/7	S2/SB/9-10	S2/SB/3&4	S1/BH/1
WAKE-NC	NMyWake Athletics				S2/SB/8		
NCAC-NC	North Carolina Aquatic Club	CP/3-4	S1/SB/8-10	S2/DW/2&3	S1/DW/3-5	S2/CP/3-5	S1/CP/7

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NMA-NC	North Mecklenburg Aquatics, In	CP/4	S1/SB/6	S1/CP/8	S1/CP/2	S1/DW/5	S1CP/6
QCD-NC	Queen City Dolphins			S1/CP/7	S1/DW/2		S1/CP/6
RSA-NC	Raleigh Swimming Association	CP/4	S1/SB/7	S2/CP/1	S1/DW/1	S2/CP/1	S1/BH/2
RMY-NC	Rocky Mount Family YMCA			S1/CP/7			S2/DW/3
RACY-NC	Rowan Aquatic Club - YMCA		S2/DW/4	S2/CP/1	S2/SB/9-10	S1/CP/1	S1/BH/2
RCST_NC	Rutherford County Swim Team			S2/DW/3			S1/CP/8
SAIL-NC	Sailfish Aquatics	BH/5	S1/SB/5	S2/DW/3	S1/DW/2	S1/CP/1	S1/CP/8
SSS-NC	Sandhills Sand Sharks	BH/2	S1/SB/5		S2/DW/5	S1/CP/2	
SAC-NC	Sharks Aquatic Club		S2/CP/8		S1/DW/2	S1/CP/2	
STAR-NC	Star Aquatics	CP/2	S1/DW/1-3	S2/DW/4	S1/CP/6&7	S2/SB/1&2	S1/CP/8
SA-NC	Stingray Aquatics	BH/5	S2/DW/4	S1/CP/7	S1/CP/1	S1/SB/10	S2/CP/5
SFSC-NC	Swim Fanatics Swim Club		S1/SB/10		S1/CP/1	S2/DW/4	
LENR-NC	Swim Lenoir		S1/SB/10				
MAC-NC	SwimMAC Carolina	CP/7-8 & BH/1-2	S2/SB/1-5 & BH/1&2	S2/CP/2&3 & BH/1&2	S3/SB/1-8	S1/CP/3-8 & BH/1&2	S2/CP/7&8 & DW/1
TEAM-NC	Team Charlotte Swimming	BH/2	S2/SB/9		S1/CP/8	S2/DW/4	
TAC-NC	Triangle Aquatics Club	CP/5 & BH/1- 2	S1/SB/1-4	S2/CP/7&8 & DW/1	S2/DW/1-4	S2/SB/6-10	S2/CP/6 & BH/2
WST-NC	Watauga County Swim Team		S1/SB/10	S2/DW/3	S3/SB/10	S1/SB/10	S2/CP/5
WOW-NC	Waves Of Wilmington, Inc.	SB/10	S2/SB/10	S2/DW/4	S3/SB/10	S2/SB/4	S2/CP/5
WBST-NC	Wilson Barracuda Swim Team		S2/SB/10	S2/DW/4	S3/SB/10	S1/CP/1	S2/CP/5
XA-NC	Xcell Aquatics			S1/CP/8			
TYDE-NC	YMCA of Northwest NC Riptyde	SB/10	S2/DW/1-2	S2/CP/6	S3/SB/9	S2/SB/5&6	S2/DW/3
YOTA-NC	YMCA of the Triangle Area Swim	BH/3-4	S2/SB/6-9	S2/CP/4&5	S1/CP/3-5	S2/CP/5-8	S2/CP/3&4
YWNC-NC	YMCA of Western North Carolina	BH/5	S2/DW/3	S2/CP/6	S1/CP/8	S2/DW/5	S2/CP/4
*****			S2/DW/5	S1&2/DW/5	S2&3/BH/1&2	S2/BH/1&2	S1&2/DW/5
<u>Friday PM Session</u> - One Session of Warm-up - 4:30-5:20 - Meet Starts at 5:30							
<u>Saturday AM Session</u> - S1 -7:00-7:30 & S2 - 7:30-8:00. Specific Warm-up 8:00-8:20. Meet start at 8:30							
<u>Saturday 10 & Under Afternoon Session</u> - S1 - 11:15-11:40 & S2 - 11:40-12:05. Meet Starts at 12:15							
<u>Saturday PM Session</u> - Three Scoreboard Sessions - S1 - 3:35-4:00, S2 - 4:00-4:25 & S3 - 4:25-4:50; Two Dive Well Sessions - DW1 - 4:00-4:25 & DW2 - 4:25-4:50; One Comp Pool Session - CP1 - 4:15-4:40 - Specific Warm Up Comp Pool - 4:40-4:55. Meet Starts at 5:00.							
<u>Sunday AM Session</u> - S1 - 8:00-8:30 & S2 - 8:30-9:00. Specific Warm-up 9:00-9:20. Meet Start at 9:30.							
<u>Sunday 10 & Under Afternoon Session</u> - S1 - 2:00-2:25 & S2 - 2:25-2:50. Meet Starts at 3:00.							