

GAAC December 2022 - Warm-Up Schedule

Patriot Classic - Sat AM	1	2	3	4	5	6
8:00-8:25am	RAYS	RAYS	RAYS	ORCA	ORCA	NPAC
8:25-8:50am	PACE	PACE	PACE	PACE	PACE	PFY
8:50-9:15am	GA	GA	GA	GA	GA	GA

Meet Start: 9:20

*Immediately following the first session, there will be a 10 minute open warm-up for the 400 IM
400 IM swimmers need their own timer. Event will be swum fast to slow, alternating.*

Saturday MINI	1	2	3	4	5	6
1:00-1:25 pm	GA	PACE	GPAC/LIFE	NPAC/ORCA	PENN	PENN
					Meet Start:	1:30

Patriot Classic - Sun AM	1	2	3	4	5	6
8:00-8:25am	RAYS	RAYS	PACE	PACE	PACE	PACE
8:25-8:50am	GA	GA	GA	GA	GA/WGY	CORE/PFY
8:50-9:15am						

Meet Start: 9:20

*Immediately following the first session, there will be a 10 minute open warm-up for the 500 Free
500 Free swimmers need their own timer and counter. Event will be swum fast to slow, alternating.*

Sunday MINI	1	2	3	4	5	6
1:30-1:55pm	GA	PACE	GPAC/LIFE	NPAC/ORCA	PENN	PENN

Meet Start: 2:00