

2018 ST SASA Sombrero Dos - 11/9/2018 to 11/11/2018

Warm-up Sheet



Warm-up Starts at 04:30 PM

Session: 1 Friday

Day of Meet: 1 Starts at 06:10 PM

	Team	Lane
First Warm-up 4:30 PM to 5:00 PM		
SASA-ST	Streamline Aquatics	1-8
UN-ST	Unattached	1-8
AQSA-ST	Aqua Swift Aquatics	9-11

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

LIFE-ST	Life Time Swim Team - Central	1-3
WWAC-ST	Winning Waters Aquatics Club	4-5
SYS-ST	Schertz YMCA Swim Team	6-7
PRGN-ST	Paragon Training	8-10
	Open Warm-up	11

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

ASC-ST	Austin Swim Club	1-3
MSC-ST	McAllen Swim Club	4
HSC-ST	Hays Swim Club	share 5
HOT-ST	Heart of Texas Swim Team	share 5
SAS-ST	San Antonio SwimAcademy Sharks	6
VTAC-ST	Victoria Texas Aquatic Club	7
	Open Warm-up	8-11

Warm-up Starts at 10:05 AM

Session: 2 Saturday

Day of Meet: 2 Starts at 11:30 AM

	Team	Lane
First Warm-Up 10:05 AM to 10:30 AM		
SASA-ST	Streamline Aquatics	1-7
UN-ST	Unattached	1-7
AQSA-ST	Aqua Swift Aquatics	8-10
HOT-ST	Heart of Texas Swim Team	11

Second Warm-up 10:30 AM to 10:55 AM

LIFE-ST	Life Time Swim Team - Central	1-3
SYS-ST	Schertz YMCA Swim Team	4-6
SAS-ST	San Antonio SwimAcademy Sharks	7-8
WWAC-ST	Winning Waters Aquatics Club	9-10
CCAA-ST	Del Rio Diamondbacks	11

Third Warm-up 10:55 AM to 11:20 AM

ASC-ST	Austin Swim Club	1-4
MSC-ST	McAllen Swim Club	5
PRGN-ST	Paragon Training	6-7
HSC-ST	Hays Swim Club	8
VTAC-ST	Victoria Texas Aquatic Club	9
CLAN-ST	Laredo Nadadores	share 10
CLUB-ST	Laredo Tritons Swim Club	share 10
	Open Warm-Up	11

Warm-up Starts at 10:50 AM

Session: 3 Sunday

Day of Meet: 3 Starts at 12:30 PM

	Team	Lane
First Warm-up 10:50 AM to 11:20 AM		
SASA-ST	Streamline Aquatics	1-7
UN-ST	Unattached	1-7
AQSA-ST	Aqua Swift Aquatics	8-10
HOT-ST	Heart of Texas Swim Team	11

Second Warm-up 11:20 AM to 11:50 AM

ASC-ST	Austin Swim Club	1-4
WWAC-ST	Winning Waters Aquatics Club	5-6
MSC-ST	McAllen Swim Club	7
SAS-ST	San Antonio SwimAcademy Sharks	8-9
VTAC-ST	Victoria Texas Aquatic Club	10-11

Third Warm-up 11:50 AM to 12:20 PM

PRGN-ST	Paragon Training	1-2
SYS-ST	Schertz YMCA Swim Team	3-5
LIFE-ST	Life Time Swim Team - Central	6-8
HSC-ST	Hays Swim Club	9
CCAA-ST	Del Rio Diamondbacks	10
CLAN-ST	Laredo Nadadores	share 11
CLUB-ST	Laredo Tritons Swim Club	share 11

WARM UP!