

2018 ST SASA Sombrero Uno - 10/12/2018 to 10/14/2018

Warm-up Sheet



Warm-up Starts at 05:00 PM

Session: 1 Friday

Day of Meet: 1 Starts at 06:10 PM

Team	Lane
Early Warm-up 5:00 to 5:30 PM	
SASA-ST Streamline Aquatics	1-10
UN-ST Unattached	1-10
Open Warm-up	11
Late Warm-up 5:30 to 6:00 PM	
LIFE-ST Life Time Swim Team - Central	1-2
PRGN-ST Paragon Training	3-4
AQSA-ST Aqua Swift Aquatics	5-6
WWAC-ST Winning Waters Aquatics Club	7-8
HSC-ST Hays Swim Club	9 and share 10
AAAA-ST Alamo Area Aquatics	share 10
Open Warm-up	11

ALERT ** SIGNIFICANT START TIME CHANGES**

Warm-up Starts at 10:00 AM

Session: 2 Saturday

Sombrero Parade Starts at 11:10 AM

Coaches Meeting at 11:20 AM

Day of Meet: 2 Starts at 11:30 AM

Team	Lane
Early Warm-up 10:00 to 10:30 AM	
SASA-ST Streamline Aquatics	1-8
UN-ST Unattached	1-8
HOT-ST Heart of Texas Swim Team	Share 8
AQSA-ST Aqua Swift Aquatics	9-10
Open Warm-up	11
Late Warm-up to 10:30 to 11:00 AM	
PRGN-ST Paragon Training	1-2 and Share 3
AAAA-ST Alamo Area Aquatics	Share 3
LIFE-ST Life Time Swim Team - Central	4-5
HSC-ST Hays Swim Club	6-7
WWAC-ST Winning Waters Aquatics Club	8-9
CLUB-ST Laredo Tritons Swim Club	Share 10
CLAN-ST Laredo Nadadores	Share 10
Open Warm-up	11



Warm-up Starts at 11:20 AM

Session: 3 Sunday

Day of Meet: 3 Starts at 12:30 PM

	Team	Lane
Early Warm-up 11:20 to 11:50 AM		
SASA-ST	Streamline Aquatics	1-9
UN-ST	Unattached	1-9
CLUB-ST	Laredo Tritons Swim Club	Share 10
CLAN-ST	Laredo Nadadores	Share 10
HOT-ST	Heart of Texas Swim Team	11
Late Warm-up 11:50 AM to 12:20 PM		
LIFE-ST	Life Time Swim Team - Central	1-2 and share 3
AAAA-ST	Alamo Area Aquatics	Share 3
AQSA-ST	Aqua Swift Aquatics	4-5
HSC-ST	Hays Swim Club	6-7
WWAC-ST	Winning Waters Aquatics Club	8-9
PRGN-ST	Paragon Training	10 and Share 11
SYS-ST	Schertz YMCA Swim Team	Share 11