



**2024 ATST Here Comes the Sun
LCM Specialty Meet**



Warm Up Assignments

Friday Distance - Warm Up 1

4:00-4:40 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
General Warmup: <i>NO ONE WAY SPRINTS</i>					

Friday Distance - Warm Up 2

4:40-4:50 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
General Warm Up			One Way Sprints		
Pool Clears at 4:50 PM			Meet starts at 5:00 PM		



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Warm Up Assignments

Saturday 13&Over - Warm Up 1

7:00-7:25 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ABF	ABF	ABF	ABF	ABF	YMNT
					BGSC

Saturday 13&Over - Warm Up 2

7:26-7:51 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	ATST	ATST	ATST	CLIP	EDGE
				CCFF	MGCB
					UN
Pool Clears at 7:51 AM			Meet Starts at 8:00 AM		

April 5th-7th, 2024

****All sessions must utilize Sit and Slide Entry.
One Way Sprints can be performed in assigned team lanes.****

[Meet Page](#)



2024 ATST Here Comes the Sun LCM Specialty Meet

Warm Up Assignments



Saturday Distance - Warm Up

11:15-11:40 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
General Warm Up					One Way Sprints
Pool Clears at 11:40 AM			Meet Starts at 11:45 AM		

Saturday Time Trials

The pool will open for 10 minutes immediately after the 800 Free.
Time Trials will be capped at 20 minutes.

April 5th-7th, 2024

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[Meet Page](#)



2024 ATST Here Comes the Sun LCM Specialty Meet



Warm Up Assignments

Saturday 12&Under - Warm Up 1

1:35-2:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CRA	CRA	ABF	ABF	KASC	CCFF
			YMNT	MGCB	EDGE
					BGSC

Saturday 12&Under - Warm Up 2

2:01-2:26 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	ATST	ATST	ATST	ATST	CLIP
				CLIP	
Pool Clears at 2:26 PM			Meet Starts at 2:35 PM		

April 5th-7th, 2024

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[Meet Page](#)



2024 ATST Here Comes the Sun LCM Specialty Meet



Warm Up Assignments

Sunday 13&Over - Warm Up 1

7:00-7:25 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	ATST	ATST	ATST	EDGE	CLIP
				MGCB	CCFF

Sunday 13&Over - Warm Up 2

7:26-7:51 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ABF	ABF	ABF	ABF	ABF	YMNT
					BGSC
					UN
Pool Clears at 7:51 AM				Meet Starts at 8:00 AM	

April 5th-7th, 2024

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[Meet Page](#)



2024 ATST Here Comes the Sun LCM Specialty Meet



Warm Up Assignments

Sunday Distance - Warm Up

11:20-11:45 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
General Warm Up					One Way Sprints
Pool Clears at 11:45 AM			Meet Starts at 11:50 AM		

April 5th-7th, 2024

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[Meet Page](#)



**2024 ATST Here Comes the Sun
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Warm Up Assignments

Sunday 12&Under - Warm Up 1

1:30-1:55 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	ATST	ATST	ATST	ATST	ATST
				CRA	KASC

Sunday 12&Under - Warm Up 2

1:56-2:21 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CLIP	CLIP	MGCB	CCFF	ABF	ABF
		BGSC	EDGE	YMNT	
Pool Clears at 2:21 PM			Meet Starts at 2:30 PM		