



## 2024 ATST The British are Coming LCM Last Chance Meet



### Warm Up Assignments

## All Distance and Time Trial - Warm Up

20 minutes

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
General Warm Up					One Way Sprints
Pool Opens right after session			Pool closes 20 minutes after start		

July 6<sup>th</sup>-7<sup>th</sup>, 2024

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

[Meet Page](#)



## 2024 ATST The British are Coming LCM Last Chance Meet



### 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
ATST	ATST	ATST	ATST	ATST	ONE
					BGSC
					ARCT

## Saturday 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	AA	UN
					BBSC
					HALE
					KASC
Pool Clears at 7:51 AM			Meet Starts at 8:00 AM		

July 6<sup>th</sup>-7<sup>th</sup>, 2024

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[Meet Page](#)



## 2024 ATST The British are Coming LCM Last Chance Meet



### Warm Up Assignments

## Saturday 12&Under - Warm Up 1

12:40-1:05 PM

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

## Saturday 12&Under - Warm Up 2

1:06-1:31 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ABF	ABF	BBSC	UN	AA	CRA
				ARCT	BGSC
					KASC
					ONE
Pool Clears at 1:31 PM			Meet Starts at 1:40 PM		



## 2024 ATST The British are Coming LCM Last Chance 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
ABF	ABF	ABF	ABF	AA	UN
					BBSC
					HALE
					KASC

## Sunday 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	ATST	ONE
					BGSC
					ARCT
Pool Clears at 7:51 AM			Meet Starts at 8:00 AM		



## 2024 ATST The British are Coming LCM Last Chance Meet



### Warm Up Assignments

## Sunday 12&Under - Warm Up 1

1:00-1:25 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ABF	ABF	AA	UN	ARCT	BBSC
				BGSC	KASC
				CRA	ONE

## Sunday 12&Under - Warm Up 2

1:26-1:51 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	ATST	ATST	ATST	ATST	ATST
Pool Clears at 1:51 PM			Meet Starts at 2:00 PM		

July 6<sup>th</sup>-7<sup>th</sup>, 2024

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[Meet Page](#)