



# 2024 ATST Western Mass Showdown

## Warm Up Assignments



### Saturday 13&Over - Warm Up 1

8:00-8:25 AM

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

### Saturday 13&Over - Warm Up 2

8:26-8:51 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
SUN	SUN	SUN	SUN	CLIP	PVA
			UN-WM	HRY	ONE
Pool Clears at 8:51 AM			Meet Starts at 9:00 AM		



# 2024 ATST Western Mass Showdown

## Warm Up Assignments



### Saturday 12&Under - Warm Up 1

10:50-11:15 AM

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

### Saturday 12&Under - Warm Up 2

11:16-11:41 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	CLIP	CLIP	PVA	HRY	UN-WM
		PVA	SUN	ONE	ONE
Pool Clears at 11:41 AM			Meet Starts at 11:50 AM		



# 2024 ATST Western Mass Showdown

## Warm Up Assignments



### Sunday 13&Over - Warm Up 1

8:00-8:25 AM

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

### Sunday 13&Over - Warm Up 2

8:26-8:51 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
SUN	SUN	SUN	SUN	SUN	ONE
					UN-WM
Pool Clears at 8:51 AM			Meet Starts at 9:00 AM		



# 2024 ATST Western Mass Showdown

## Warm Up Assignments



### Sunday 12&Under - Warm Up 1

10:45-11:10 AM

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

### Sunday 12&Under - Warm Up 2

11:11-11:36 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	ATST	ATST	ATST	SUN	UN-WM
					HRY
					ONE

<b>Pool Clears at 11:36 AM</b>	<b>Meet Starts at 11:45 AM</b>
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