

2019 OSSAA 5A EAST REGIONALS

Doors open- 3:30 pm

Warm Ups Session 1 begin- 3:30 pm

Warm Ups Session 2 begin- 4:00 pm

Starts/One-way sprints- 4:30 pm

Coaches' meeting- 4:30 pm

Timers' meeting- 4:40 pm

Entry fee- \$5.00 both days

Heat sheets Friday- \$3.00; Saturday- \$3.00

Hospitality available for coaches

Concessions available

WARM-UP ASSIGNMENTS

FRIDAY SESSION 1

WARM-UPS 3:30 – 4:00 PM

STARTS 4:30-4:50 PM

MEET START 5:00 PM

NORTH SIDE

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
Open	Open	TSAS	Memorial	Memorial	Metro	Regent	Open

SOUTH SIDE

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
Open	Open	Open	Open	Open	Open	Open	Open

FRIDAY SESSION 2

WARM-UPS 4:00 – 4:30 PM

STARTS 4:30-4:50 PM

MEET START 5:00 PM

NORTH SIDE

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
BISHOP MCGUINNESS	BISHOP MCGUINNESS	BISHOP MCGUINNESS	BISHOP MCGUINNESS	HERITAGE HALL	HERITAGE HALL	OOLOGAH- TALALA	OOLOGAH- TALALA

SOUTH SIDE

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
FT. GIBSON	FT. GIBSON	FT. GIBSON	FT. GIBSON	MOUNT ST. MARY	MOUNT ST. MARY	MOUNT ST. MARY	GROVE

SATURDAY

WARM-UPS 3:30 – 4:30 PM

STARTS 4:30-4:50 PM

MEET START 5:00 PM

Warm ups will be open, no lane assignments

Warm-up/Cool Down available in North Pool during competition