

**WEST REGIONALS 2019**

**Friday Prelims and Saturday Finals**

**5A- PM Group**

**Edmond Schools Aquatic Center at Mitch Park**

**Coaches, please drop swimmers off at the pool and park in the far lots on the east side of the YMCA at Mitch Park. Look for signs.**

**Friday, 2/1/19 and Saturday, 2/2/19:**

Doors open- 2:30 pm

Warm Ups begin- 3:00 pm

Coaches' meeting- 4:30 pm

Timers' meeting- 4:40 pm

One-way sprints- 4:30-4:45 pm

Pool closes- 4:45 pm

National anthem- 4:55 pm (**Anyone have a singer for 5A?**)

Meet begins- 5:00 pm

**Provide timers- Each school provides 2 timers per lane**

<u>Lane #</u>	<u>Friday</u>	<u>Saturday</u>
Lane 1-	Ada	Altus
Lane 2-	Carl Albert	Chickasha
Lane 3-	Duncan	Eisenhower
Lane 4-	Guymon	Harrah
Lane 5-	Macarthur	Noble
Lane 6-	OCS	Bethany
Lane 7-	Tuttle	Newcastle
Lane 8-	Harding Charter	Harding Fine Arts

**Warm Up Schedule-**

**Warm Up #1: 3:00-3:30 pm**

<u>Lane #</u>	<u>North End:</u>	<u>South End:</u>	<u>Bulkhead:</u>
1-	Harding Charter	Carl Albert	OCS
2-	Harding Fine Arts	Carl Albert	OCS
3-	Bethany	Carl Albert	
4-	Bethany	Bridge Creek	
5-	Bethany	Noble	
6-	Harrah	Noble/Newcastle	
7-	Harrah	Newcastle	
8-	Harrah	Southwest Covenant	

**Warm Up #2: 3:30-4:00 pm**

<u>Lane #</u>	<u>North End:</u>	<u>South End:</u>	<u>Bulkhead:</u>
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1-	Chickasha	Macarthur	overflow
2-	Chickasha	Macarthur	overflow
3-	Duncan	Eisenhower	
4-	Duncan	Eisenhower	
5-	Duncan	Ada	
6-	Tuttle	Ada	
7-	Tuttle	Byng	
8-	overflow	overflow	

***Warm Up #3: 4:00-4:30 pm***

<b><i>Lane #</i></b>	<b><i>North End:</i></b>	<b><i>South End:</i></b>	<b><i>Bulkhead:</i></b>
1-	Altus	overflow	overflow
2-	Altus	overflow	overflow
3-	Altus	overflow	
4-	Guymon	overflow	
5-	Guymon	overflow	
6-	Guymon	overflow	
7-	Plainview	overflow	
8-	Plainview	overflow	

**SATURDAY- PLEASE ARRIVE AT THE SAME TIME FOR WARM UP, BUT THERE ARE NO LANE ASSIGNMENTS. WARM UPS WILL BE OPEN.**

**Miscellaneous Information-**

- Entry fee- \$5.00 both days
- Heat sheets Friday- \$5.00; Saturday- \$4.00
- Hospitality available for coaches
- Concession available