

2019 OSSAA 6A EAST REGIONALS

Doors open- 8:30 am

Warm Ups Session 1 begin- 8:30 am

Warm Ups Session 2 begin- 9:00 am

Starts/One-way sprints- 9:30 am

Coaches' meeting- 9:30 am

Timers' meeting- 9:40 am

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 8:30 – 9:00 AM STARTS 9:30-9:50 AM MEET START 10:00 AM

NORTH SIDE

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
Jenks	Jenks	Jenks	Jenks	Edison	BA	BA	BA

SOUTH SIDE

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
Bixby	Bixby	Bixby	Union	Union	Owasso	Owasso	Owasso

FRIDAY SESSION 2 WARM-UPS 9:00 – 9:30 AM STARTS 9:30-9:50 AM MEET START 10:00 AM

NORTH SIDE

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
BARTLESVILLE	BARTLESVILLE	BARTLESVILLE	BARTLESVILLE	ENID	ENID	ENID	MUSKOGEE

SOUTH SIDE

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
STILLWATER	STILLWATER	STILLWATER	PONCA CITY	PONCA CITY	BTW	BTW	BTW

SATURDAY WARM-UPS 8:30 – 9:30 AM STARTS 9:30-9:50 AM MEET START 10:00 AM

Warm ups will be open, no lane assignments

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