

## WEST REGIONALS 2019

### Friday Prelims and Saturday Finals

#### 6A- AM 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- 8:00 am

Warm Ups begin- 8:30 am

Coaches' meeting- 9:30 am

Timers' meeting- 9:40 am

One-way sprints- 9:30-9:45 am

Pool closes- 9:45 am

National anthem- 9:55 am (Brooke Anderson- Edmond Memorial)

Meet begins- 10:00 am

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

<u>Lane #</u>	<u>Friday</u>	<u>Saturday</u>
Lane 1-	Choctaw	Norman North
Lane 2-	Deer Creek	Putnam City
Lane 3-	Del City	Putnam City North
Lane 4-	Lawton	Putnam City West
Lane 5-	Midwest City	Shawnee
Lane 6-	Moore	Southmoore
Lane 7-	Mustang	Westmoore
Lane 8-	Norman	Yukon

Head Timer positions have already been filled for both days.

#### Warm Up Schedule-

##### **Warm Up #1: 8:30-8:50 am**

<u>Lane #</u>	<u>North End:</u>	<u>South End:</u>	<u>Bulkhead:</u>
1-	Edmond SFe	Edmond North	Deer Creek
2-	Edmond SFe	Edmond North	Deer Creek
3-	Edmond SFe	Edmond North	
4-	Edmond Memo	Edmond North	
5-	Edmond Memo	MWC	
6-	Edmond Memo	MWC	
7-	Del City	MWC	
8-	Del City	Deer Creek	

##### **Warm Up #2: 8:50-9:10 am**

<u>Lane #</u>	<u>North End:</u>	<u>South End:</u>	<u>Bulkhead:</u>
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1-	Yukon	PCN	Choctaw
2-	Yukon	PCN	Choctaw
3-	Yukon	PCN	
4-	Shawnee	PCO	
5-	Shawnee	PCO	
6-	Mustang	PCW	
7-	Mustang	PCW	
8-	Mustang	Choctaw	

***Warm Up #3: 9:10-9:30 am***

<b><i>Lane #</i></b>	<b><i>North End:</i></b>	<b><i>South End:</i></b>	<b><i>Bulkhead:</i></b>
1-	Southmoore	Norman	overflow
2-	Southmoore	Norman	overflow
3-	Westmoore	Norman	
4-	Westmoore	NN	
5-	West/Moore	NN	
6-	Moore	NN	
7-	Moore	Lawton	
8-	Moore	Lawton	

**ON 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