

Oklahoma Age Group Championships

Warmup Assignments

Friday AM

1st Session 9:00-9:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CSC	CSC	CSC	CSC	SSC	SSC	SSC	PSST/SYS

2nd Session 9:35-10:05 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ST	ST	ST	EAT/BSC	EAT	CPSC	JTSC	TS/WW

*Sprints 10:05-10:20 AM. Meet starts at 10:30 AM.

Saturday AM

1st Session 7:30-8:00 AM.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CPSC	JTSC/BSC	TS	EAT	EAT/WW	ST	ST	ST

2nd Session 8:05-8:35 AM.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CSC	CSC	CSC	CSC	SSC	SSC	SSC	PSST/SYS

*Sprints 8:35-8:50 AM. Meet starts at 9:00 AM.

Sunday AM

1st Session 7:30-8:00 AM.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CSC	CSC	CSC	CSC	SSC/SYS	SSC	SSC	PSST/BSC

2nd Session 8:05-8:35 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ST	ST	ST/WW	EAT	EAT	JTSC	CPSC	TS

*Sprints 8:35-8:50 AM. Meet starts at 9:00 AM.

All swimmers must be under the direct supervision of a USA Swimming registered coach. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, just be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or swimmer's legal guardian to ensure compliance with this requirement. OKS warm-up procedures will be enforced.