

2017 NORTH BALTIMORE AQUATIC CLUB SPRING LC MEET / MAY 19 – 21, 2017
 @ ST. MARY’S COLLEGE / ST. MARY’S CITY, MARYLAND

WARM-UP LANE ASSIGNMENTS / FRIDAY – TIMED FINALS SESSION

MAIN POOL	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>LANE 7</u>	<u>LANE 8</u>
4:00 PM – 4:50 PM	NBAC	NBAC	NBAC	NBAC	NCAP	NCAP ASC	YORK	YORK CBAC RAYS

25 YARD POOL	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>LANE 7</u>
4:00 PM – END OF SESSION	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

WARM-UP LANE ASSIGNMENTS / SATUDAY & SUNDAY AM PRELIM SESSIONS

MAIN POOL	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>LANE 7</u>	<u>LANE 8</u>
7:30 AM – 8:20 AM	NBAC	NBAC	YORK	YORK	NCAP	NCAP	RAYS	ASC CBAC

25 YARD POOL	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>LANE 7</u>
7:30 am – END OF SESSION	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

WARM-UP LANE ASSIGNMENTS / SATURDAY & SUNDAY – FINALS SESSIONS

MAIN POOL – 4:30 PM – 5:10 PM OPEN WARM-UPS / 5:10 PM – 5:20 PM LANES 1 & 8 PACE, 2,3,6,7 SPRINT AND 4 & 5 OPEN

25 YARD POOL – 4:30 PM – END OF SESSION OPEN WARM-UPS

