



**2024 STX South Champs - 2/2/2024 to 2/4/2024
Warm Up Assignments**

Session 1 Friday Timed Finals

Warm Up Start 4:30 PM - Meet 5:30 PM Start

4:30-5:00 PM General Warm Up

5:00-5:15 PM Dive Lanes 2-4 & 8-10, Pace Lanes 1&11, Open Lanes 5-7

Session 2 Saturday Prelims

1st Warm Up Start 7:45 AM - 2nd Warm Up Start 8:15 AM - Meet Start 9:00 AM

Mandatory Coaches Meeting - 7:25 AM

First Warm-Up - 7:45-8:15 AM

SASA	Streamline Aquatics	Lanes 1-4
CCSS	Circle C Select	Lane 4
AAAA	Alamo Area Aquatics	Lanes 5-7
COTA	Capital of Texas Aquatics	Lane 8
AQSA	Aqua Swift Aquatics	Lane 9
CCLR	CCLR - Del Rio Diamond	Lane 9
ASC	Austin Swim Club	Lanes 10
LIFE	LifeTime - Central	Lane 11

Second Warm-Up - 8:15-8:45 AM

YMCA	Greater Austin YMCA	Lanes 1-3
SRG	Surge Aquatics	Lanes 4-5
HOT	Heart of Texas	Lane 6
GOLD	Texas Gold Swimming	Lane 6
WAVE	San Antonio Wave	Lanes 7-9
SYS	Schertz YMCA	Lanes 10-11

Session 3 Saturday Finals Warm Up

Start 4:00 PM - Meet 5:00 PM Start

4:00-4:30 PM General Warm Up

4:30-4:50 PM Dive Lanes 2-4 & 8-10, Pace Lanes 1&11, Open Lanes 5-7

Session 4 Sunday Prelims

1st Warm Up 7:45 AM Start - 2nd Warm Up 8:15 AM Start - Meet 9:00 AM Start

First Warm-Up - 7:45-8:15 AM

YMCA	Greater Austin YMCA	Lanes 1-3
SRG	Surge Aquatics	Lanes 4-6
WAVE	San Antonio Wave	Lanes 7-9
SYS	Schertz YMCA	Lanes 10-11

Second Warm-Up - 8:15-8:45 AM

SASA	Streamline Aquatics	Lanes 1-3
AAAA	Alamo Area Aquatics	Lanes 4-6
COTA	Capital of Texas Aquatics	Lane 7
CCLR	CCLR – Del Rio Diamond	Lane 7
AQSA	Aqua Swift Aquatics	Lane 8
ASC	Austin Swim Club	Lanes 9-10
LIFE	LifeTime - Central	Lane 10
HOT	Heart of Texas	Lane 11
CCSS	Circle C Select	Lane 11

Session 5 Sunday Finals

Warm Up Start 4:00 PM - Meet 5:00 PM Start

4:00-4:30 PM General Warm Up

4:30-4:50 PM Dive Lanes 2-4 & 8-10, Pace Lanes 1&11, Open Lanes 5-7

STREAMLINE
A Q U A T I C S