

# 2023 ST SASA 'Tis The Season - 12/15/2023 to 12/17/2023

## WARMUP ASSIGNMENTS

*'Tis the Season to be  
Swimming!*

**Session: 1 Friday PM  
Meet Starts at 05:30 PM**



### First Warmup: 4:20 PM to 4:50 PM

SASA	Streamline Aquatics	Lanes 1-5
UN	Unattached	Lane 1
UN	Unattached Gulf	Lane 1
AQSA	Aqua Swift Aquatics	Lane 6
WAVE	San Antonio Wave	Lanes 7-8
AAAA	Alamo Area Aquatics	Lanes 9-10
VTAC	Victoria Texas Aquatic Club	Lane 11

### Second Warmup: 4:50 PM to 5:20 PM

CATS	Conroe Area Team Swimmers	Lane 1
YMCA	Greater Austin YMCA Swim Allia	Lanes 2-3
LSAC	Lone Star Aquatic Club	Lane 4
SYS	Schertz YMCA Swim Team	Lane 5 and share 6
MVSC	Medina Valley Swim Club	Share Lane 6
SRG	Surge Aquatics	Lanes 7-9
TST	Tiger Sharks of Texas	Lanes 10-11

**Session: 2 Saturday AM  
Meet Starts at 09:30 AM**

### First Warmup: 7:55 to 8:20

SASA	Streamline Aquatics	Lanes 1-5
UN	Unattached	Lane 1
UN	Unattached Gulf	Lane 1
ASC	Austin Swim Club	Lane 1
CCLR	Corpus Christi Laredo Del Rio	Lane 6
CATS	Conroe Area Team Swimmers	Lanes 7-8
TST	Tiger Sharks of Texas	Lanes 9-11

### Second Warmup: 8:20 to 8:45

MVSC	Medina Valley Swim Club	Lane 1
SRG	Surge Aquatics	Lane 2-4
LSAC	Lone Star Aquatic Club	Lane 5-7
VTAC	Victoria Texas Aquatic Club	Lane 8
WAVE	San Antonio Wave	Lane 9-11

### Third Warmup: 8:45 to 9:10

AQSA	Aqua Swift Aquatics	Lanes 1-2
AAAA	Alamo Area Aquatics	Lanes 3-5
SYS	Schertz YMCA Swim Team	Lanes 6-8
YMCA	Greater Austin YMCA Swim Allia	Lanes 9-11



**MANDATORY COACHES MEETING 9:15 to 9:25  
PRIOR TO SATURDAY PRELIMS START**





**Session: 3 Saturday PM  
Meet Starts at 06:00 PM**



**Open Warmup: 4:30 to 5:55**

Lanes 1-11

**Session: 4 Sunday AM  
Meet Starts at 09:30 AM**

**First Warm-up 8:05 to 8:30**

SYS	Schertz YMCA Swim Team	Lanes 1-3
WAVE	San Antonio Wave	Lanes 4-6
SRG	Surge Aquatics	Lanes 7-8
LSAC	Lone Star Aquatic Club	Lanes 9-11

**Second Warm-up 8:30 to 8:55**

SASA	Streamline Aquatics	Lanes 1-5
UN	Unattached	Lane 1
UN	Unattached Gulf	Lane 1
CCLR	Corpus Christi Laredo Del Rio	Lane 6
VTAC	Victoria Texas Aquatic Club	Lanes 7-8
AAAA	Alamo Area Aquatics	Lanes 9-11

**Third Warm-up 8:55 to 9:20**

CATS	Conroe Area Team Swimmers	Lanes 1-2
YMCA	Greater Austin YMCA Swim Allia	Lanes 3-5
MVSC	Medina Valley Swim Club	Lane 6
AQSA	Aqua Swift Aquatics	Lanes 7-8
TST	Tiger Sharks of Texas	Lanes 9-11

**Session: 5 Sunday PM  
Meet Starts at 05:30 PM**

**Open Warmup: 4:00 to 5:25**

Lanes 1-11

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