

**GATOR GRID IRON MEET  
SUNDAY DECEMBER 4, 2011**

**MEET SCHEDULE**

<u>Session</u>	<u>Age Group</u>	<u>Warm-up</u>	<u>Check-In (Scratch sheets due)</u>	<u>Start</u>
1	11/12's	7:30am	7:55am	8:30am
2	10/Under	11:30am	11:55am	12:30am
3	13/Over	4:40pm	4:55pm	5:30pm

**WARMUP SCHEDULE**

**Session 1 - 11/12 Year olds**

	<u>Gutter</u>	<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>Gutter</u>
7:30 - 7:55 AM	NJRC	NJRC	MB	MB	ESC	ESC	WY	WY
8:00 - 8:25 AM		Pace All Swimmers	JG	JG	TAC	TAC	Sprint - All swimmers	

**Session 2 - 10 & Unders**

	<u>Gutter</u>	<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>gutter</u>
11:30 - 11:55 AM	MB	MB	MB	JG	JG	TAC	TAC	TAC
12:00 - 12:25 PM		Pace All swimmers	ESC	ESC	NJRC	WY	Sprint All swimmers	

**Session 3 - 13 & Overs**

	<u>Gutter</u>	<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>gutter</u>
4:40 - 5:05 PM	MB	MB	MB	MB	JG	JG	NJRC	
5:10 - 5:35 PM		Pace All Swimmers	TAC	TAC	ESC	ESC	Sprint - All swimmers	

**TIMING SCHEDULE**

<u>SESSION</u>	<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>Back up</u>
1	JG & JG	JG & WY	JG & MB	JG & ESC	JG & TAC	JG & NJRC	JG & JG
2	JG & JG	JG & WY	JG & MB	JG & ESC	JG & TAC	JG & NJRC	JG & JG
3	JG & JG	JG & JG	JG & MB	JG & ESC	JG & TAC	JG & NJRC	JG & JG