

**2011 GSSA STATE MEET-WARMUP SCHEDULE**  
**SATURDAY, August 6, 2011**

Warm Up  
Start Time

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:00am	BAB 30 minutes 7:00-7:30 am	Clark 30 minutes 7:00-7:30 am	NSTC 30 minutes 7:00-7:30 am	NSTC 30 minutes 7:00-7:30 am	GST 30 minutes 7:00-7:30 am	CTS 30 minutes 7:00-7:30 am

7:30 AM	SBGC 30 minutes 7:30 -8:00 am	WST 30 minutes 7:30 -8:00 am	NCC 30 minutes 7:30 -8:00 am	MKS 30 minutes 7:30 -8:00 am	BGCN 30 minutes 7:30 -8:00 am	JRS 30 minutes 7:30 -8:00 am
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8:00 AM	SGBC 20 minutes 8:00-8:20 am	WST 20 minutes 8:00-8:20 am	NCC 20 minutes 8:00-8:20 am	MKS 20 minutes 8:00-8:20 am	BGCN 20 minutes 8:00-8:20 am	JRS 20 minutes 8:00-8:20 am
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8:00 AM Officials Meeting Picnic Table on Pool Deck  
 8:15 AM Timers Meeting Picnic Table on Pool Deck  
 8:25 AM Coaches Meeting Picnic Table on Pool Deck  
 8:35 AM Events 1&2 Report to Respective Starting Areas  
 8:39 AM National Anthem  
 8:45 AM First Heat hits the Water  
 4:57 PM Meet Ends