

2024 NHA Championships at UVAC

Warm-up Assignments

All swimmers must sit in the gutter and slide in the water to enter the water during warm-ups and when using the warm-down lanes.

FRIDAY EVENING

Lanes	0	1	2	3	4	5	6	7	8	9	10
4:15-4:45	UVAC	UVAC	UVAC	RAYS	RAYS	RAYS	GYT	GYT	GYT	CONY	KYD
4:45-5:15	ESC	ESC	ESC	ESC	ESC	ESC	ESC	CRVS	EDGE	EDGE	BLUE PRDE

SATURDAY MORNING

Lanes	0	1	2	3	4	5	6	7	8	9	10
8:00-8:20	UVAC	UVAC	UVAC	UVAC	UVAC	UVAC	CRVS	CRVS KYD	KYD	EDGE	EDGE
8:20-8:40	ESC	ESC	ESC	ESC	ESC	ESC	CONY	CONY	CONY	PRDE	BLUE
8:40-9:00	RAYS	RAYS	RAYS	RAYS	RAYS	GYT	GYT	GYT	GYT	LRW	LRW

SATURDAY AFTERNOON

Lanes	0	1	2	3	4	5	6	7	8	9	10
2:00-2:20	UVAC	UVAC	UVAC	UVAC	UVAC	PRDE	PRDE	GYT	GYT	GYT	GYT
2:20-2:40	ESC	ESC	ESC	ESC	ESC	ESC	ESC	CONY	CONY	CONY	LRW
2:40-3:00	KYD	KYD	KYD	RAYS	RAYS	RAYS	RAYS	EDGE	EDGE	CRVS	BLUE

Senior Ceremony 3:00 PM Saturday – Immediately after the last warm-ups on Saturday Afternoon

All Seniors should report to the starting end behind lanes 0-3