

2018 ST SASA 'Tis The Season - 12/14/2018 to 12/16/2018

Happy Holidays

Warm-up Sheet

Warm-up Starts at 04:35 PM

Session: 1 Friday PM

Day of Meet: 1 Starts at 05:45 PM



Team	Lane
Early Warm-up 4:35 PM to 5:05 PM	
SASA-ST Streamline Aquatics	1-7
UNI-CO Unattached	1-7
UNI-ST Unattached	1-7
CCW-WY Converse County Waves	1-7
AQSA-ST Aqua Swift Aquatics	8-10
SAS-ST San Antonio SwimAcademy Sharks	11
Late Warm-up 5:05 PM to 5:35 PM	
CATS-GU Conroe Area Team Swimmers	1-2
HEAT-ST Heart of Texas Aquatics Team	share 3
AAAA-ST Alamo Area Aquatics	share 3
HSC-ST Hays Swim Club	4 and share 5
HOT-ST Heart of Texas Swim Team	share 5
LCA-ST Lost Creek Aquatics	6
LIFE-ST Life Time Swim Team - Central	7 and share 8
CCSS-ST Circle C Select Swim Team	share 8
PRGN-ST Paragon Training	9
VTAC-ST Victoria Texas Aquatic Club	10
Open Warm-up	11

Warm-up Starts at 07:20 AM

Session: 2 Saturday AM

Day of Meet: 2 Starts at 09:00 AM

Team	Lane
Early Warm-up 7:20 AM to 7:50 AM	
SASA-ST Streamline Aquatics	1-7
UNI-CO Unattached	1-7
UNI-ST Unattached	1-7
CCW-WY Converse County Waves	1-7
AQSA-ST Aqua Swift Aquatics	8-10 and share 11
AAAA-ST Alamo Area Aquatics	share 11
Middle Warm-up 7:50 AM to 8:20 AM	
CATS-GU Conroe Area Team Swimmers	1-3
VTAC-ST Victoria Texas Aquatic Club	4 and share 5
CCAA-ST Del Rio Diamondbacks	share 5
HSC-ST Hays Swim Club	6-7 and share 8

CCSS-ST	Circle C Select Swim Team	share 8
CLAN-ST	Laredo Nadadores	share 9
CLUB-ST	Laredo Tritons Swim Club	share 9
SAS-ST	San Antonio SwimAcademy Sharks	10-11

Late Warm-up 8:20 AM to 8:50 AM

LCA-ST	Lost Creek Aquatics	1-3
HEAT-ST	Heart of Texas Aquatics Team	4-5
HOT-ST	Heart of Texas Swim Team	6
LIFE-ST	Life Time Swim Team - Central	7-9
PRGN-ST	Paragon Training	10-11

Warm-up Starts at 04:30 PM

Session: 3 Saturday PM

Day of Meet: 2 Starts at 06:00 PM

Open Warm-up

Warm-up Starts at 07:20 AM

Session: 4 Sunday AM

Day of Meet: 3 Starts at 09:00 AM



	Team	Lane
Early Warm-up 7:20 AM to 7:50 AM		
LCA-ST	Lost Creek Aquatics	1-3
HEAT-ST	Heart of Texas Aquatics Team	4-5
HOT-ST	Heart of Texas Swim Team	6
LIFE-ST	Life Time Swim Team - Central	7-8
CLAN-ST	Laredo Nadadores	share 9
CLUB-ST	Laredo Tritons Swim Club	share 9
SAS-ST	San Antonio SwimAcademy Sharks	10-11

Middle Warm-up 7:50 AM to 8:20 AM

SASA-ST	Streamline Aquatics	1-7
UNI-CO	Unattached	1-7
UNI-ST	Unattached	1-7
WWW-ST	Westwood Aquatics	1-7
CCW-WY	Converse County Waves	1-7
AQSA-ST	Aqua Swift Aquatics	8-10
AAAA-ST	Alamo Area Aquatics	11

Late Warm-up 8:20 AM to 8:50 AM

CATS-GU	Conroe Area Team Swimmers	1-3
VTAC-ST	Victoria Texas Aquatic Club	4 and share 5
CCAA-ST	Del Rio Diamondbacks	share 5
HSC-ST	Hays Swim Club	6-8
PRGN-ST	Paragon Training	9 and share 10
CCSS-ST	Circle C Select Swim Team	share 10
Open Warm-up		11

Open Warm-up

Warm-up Starts at 04:00 PM
Session: 5 Sunday PM
Day of Meet: 3 Starts at 05:30 PM

