

Each team is required to provide timers for the Colorado Senior Meet.  
 There will be a timers meeting at 4:50 on Friday, and 2:50 pm on Saturday and Sunday.  
 Your cooperation in this process is appreciated.

## 2010 CO SENIOR MEET Timer Assignments

Lane	1	2	3	4	5	6	7	8
Timer #1	RACE	CAC	FST	NJ	ACES	FLFN	FAST	TOPS
Timer # 2	RACE	CAC	HRA	DSA	DSA	ROCK	CSST	TOPS
Relief	CMA	WOOD	PARK	RIP	RMT	EVER	GTS	TOPS
Relief	LONG	CT/DD	PSC	FAC	VOTX	CUDA	SOCO	TOPS
Relief	ATST	NFSC	MM	GJD	RPDS	PCST	STAR	TOPS

### Colorado Senior Meet Warm-Up Procedure

**Friday 4-4:40PM General Warm-up, 4:40-5:00 PM Specific Warm-up**

**Sat & Sun 2:00-2:40 PM General Warm-Up, 2:40-3:00 Specific Warm-up**

#### Specific Warm-Up Lane Assignments

Lane 1+ 8 PACE ONLY Coach Supervised

Lane 2,3 + 6,7 One Way Starts

Lanes 4-5 General Warm-Up

**MEET START: Friday 5:10 PM and Saturday & Sunday 3:10 PM**