

2024 Spring into Splash - 4/13/2024 to 4/14/2024
Warm-up Sheet (Scratch Factor: 8%)

Warm-up Starts at 07:30 AM
 Session: 1 13 and up Day 1
 Day of Meet: 1 Starts at 08:30 AM
 Total Athletes: 144 - Women: 78 - Men: 66

Team		Women	Men	Total	Timers	Officials Needed
DART-SN	DART SWIMMING	22	25	47	5	2
WAC-SN	WOLVERINE AQUATICS	27	15	42	5	2
EGAC-SN	ELK GROVE AQUATICS CLUB	13	17	30	3	2
LIFE-SN	LIFE TIME NORTHERN CALIFORNIA	12	6	18	2	1
ROC-SN	ROCKLIN SWIM TEAM	4	3	7	1	0

Warm-up Starts at 11:00 AM
 Session: 2 12 and under day 1
 Day of Meet: 1 Starts at 12:00 PM
 Total Athletes: 218 - Women: 109 - Men: 109

Team		Women	Men	Total	Timers	Officials Needed
DART-SN	DART SWIMMING	50	42	92	7	4
EGAC-SN	ELK GROVE AQUATICS CLUB	19	20	39	3	2
WAC-SN	WOLVERINE AQUATICS	17	21	38	3	2
LIFE-SN	LIFE TIME NORTHERN CALIFORNIA	14	21	35	2	2
ROC-SN	ROCKLIN SWIM TEAM	5	5	10	1	0

Warm-up Starts at 07:30 AM
 Session: 3 13 and up Day 2
 Day of Meet: 2 Starts at 08:30 AM
 Total Athletes: 123 - Women: 65 - Men: 58

Team		Women	Men	Total	Timers	Officials Needed
DART-SN	DART SWIMMING	21	24	45	6	2
WAC-SN	WOLVERINE AQUATICS	20	12	32	4	2
EGAC-SN	ELK GROVE AQUATICS CLUB	16	14	30	4	2
LIFE-SN	LIFE TIME NORTHERN CALIFORNIA	15	6	21	2	1
ROC-SN	ROCKLIN SWIM TEAM	4	4	8	0	0

Warm-up Starts at 11:00 AM
 Session: 4 12 and under Day 2
 Day of Meet: 2 Starts at 12:00 PM
 Total Athletes: 207 - Women: 104 - Men: 103

Team		Women	Men	Total	Timers	Officials Needed
DART-SN	DART SWIMMING	49	39	88	7	4
WAC-SN	WOLVERINE AQUATICS	17	21	38	3	2
EGAC-SN	ELK GROVE AQUATICS CLUB	16	16	32	2	2
LIFE-SN	LIFE TIME NORTHERN CALIFORNIA	13	18	31	2	2
ROC-SN	ROCKLIN SWIM TEAM	5	7	12	2	1
CDST-PC	CALIFORNIA DOLPHIN SWIM TEAM	0	1	1	0	0
WOOD-SN	WOODLAND SWIM TEAM	0	1	1	0	0